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# HEADLINES TODAY

VOICE TO THE VOICELESS R.P. School GIRLS WING (LAWAIPORA) NURSERY 15th Sept 9966222622 BOYS WING (HMT) NURSERY TO IST REGISTRATION OPEN

### NEWS IN BRIEF

#### Teenager's Body Found Hanging in Shumriyal Kupwara

DR ABDUL QAYOUM HT CORRESPONDENT

Kupwara, Sep 15: Body of an 18-year-old boy was on Thursday evening found hanging in Shumriyal of North Kashmir's Kupwara district, official sources said. They told GNS that one Saqib Ahmad Khan, son of Wafadar Khan was shifted to SDH Kupwara after being found hanging from the ceiling at his home. The doctors on assessing the boy declared him as brought dead on arrival, they said. Confirming the death of the boy, a police official told HT that they have lodged a case into the matter for due investigations. Notably, the fresh incident has come in less than two days after a 25-year-old youth was found hanging at his home in Gutlipora Haihama area of the district.

#### J&K reports 30 covid-19 cases, no death

Srinagar, Sept 15: Jammu and Kashmir reported 30 fresh covid-19 cases while there was no death due to the virus during the last 24 hours, officials said on Thursday. They said that nine cases were reported from Jammu division and 21 from Kashmir Valley, taking the overall tally to 478871. Among the cases, 173900 are from Jammu division and 304971 from Kashmir Valley. Providing district wise details of the cases, they said, Jammu reported 4 cases, Udhampur 0, Rajouri 0, Doda 0, Kathua 0, Samba 0, Kishtwar 0, Poonch 0, Ramban 0, Reasi 5, Srinagar 10, Baramulla 2, Budgam 1, Pulwama 2, Kupwara 5, Anantnag 1, Bandipora 0, Ganderbal 0, Kulgam 0 and Shopian 0. There was no death due to the virus during the time. So far 4784 people have succumbed to the virus and among them include 2351 from Jammu division and 2433 from the Valley. Besides, they said, 58 Covid-19 patients recovered during the last 24 hours—8 from Jammu division and 50 from Kashmir Valley. There are now 269 active cases—114 in Jammu and 155 in Kashmir.

#### Husband Wife among 3 Peddling Drugs, Arrested

Farooq Rather HT CORRESPONDENT

Kulgam, 15-Sept; Jammu and Kashmir Police on said to have arrested Three drug peddlers including husband-wife and recovered Contraband substances from their possession in South Kashmir's kulgam district.

In a statement issued, police spokesman said that a police party from Police Station Yari-pora headed by SHO PS Yari-pora during surprise Naka checking at Badroo, Yari-pora intercepted a vehicle (Alto) bearing registration number JK15-2063.

The spokesman added that during checking, officers were able to recover 10 gram of Brown sugar from the possession of the Duo (Husband and Wife) identified as Sajad Ahmad Baghat son of Ghulam Hassan Baghat and his wife Zamrooda both the residents of Kokergund, Yari-pora. Both have been arrested and shifted to police station Yari-pora and women cell kulgam where they remains in custody & also vehicle used in commission of crime was seized.

In another incident, after a specific information regarding presence of contraband substance Police party of police station Behibagh led by SHO Behibagh raided the suspicious location (residential house) of Ghulam Hassan Malik son of Ghulam Rasool Malik R/O Khee Jogipora (drug Peddler) at Khee Jogipora under the supervision of executive magistrate Karasoo and recovered Poppy Straw weighing 14 KG. The drug peddler was arrested on spot.

#### Body of 42-Year-Old Woman Found, Retrieved from River Lidder in Pahalgam

Srinagar, Sep 15 (: Body of a 42-year-old woman was found and retrieved from river Lidder in Pahalgam of South Kashmir's Anantnag district this afternoon. Preliminary reports reaching GNS, suggest that the woman drowned while she was taking bath in the river. Some passers-by on spotting the body informed the police, who on reaching the site retrieved the body and shifted it to PHC Pahalgam for necessary medico-legal formalities. A police official identifying the woman as Zareena Begum (42), wife

## Four Killed, 26 Injured As ill fated Bus Rolls Down into a Gorge in Rajouri.

Driver, Conductor Among Dead; LG, Others Offer Condolences

M S NAZKI HT CORRESPONDENT

Jammu, Sept 14 : Four people were killed while 26 others were

in Rajouri district on Thursday, officials said. The bus (JK02CD-9156) was on its way to Rajouri from Surankote Poonch and met with the accident



injured when a bus they were travelling in skidded off the road and rolled down into a deep gorge

near Deri Ralyote in Charkote Manjakote area of the mountainous district this afternoon.

Soon a massive rescue operation was launched by locals along with police and army.

A police officer told HT that four persons including the driver and conductor of the bus died in the accident. He identified the deceased as Mohammad Jhangir Khan (37) son of Mohammad Riaz Khan of Dharati Mendhar, Noushad Akhtar (25) wife of Mohammad Sajjad Khan of Dabrote, Raviaz Iqbal (conductor) son of Mohammad Iqbal of Darraba Surankote and Harshiv Choudhary (25) son of Surinder Kumar of Choukkan Nowhsara Rajouri. He said 26 persons were injured and were shifted to different hospitals.

Lieutenant Governor Manoj Sinha expressed anguish at loss of lives due to a tragic accident in Rajouri. "Anguished by the loss of lives due to a tragic accident in Rajouri. In this hour of grief, my thoughts are with the bereaved families," he said in a tweet, adding, "May the

CONTINUED ON ► PAGE 10

#### Will Never make false Promises, As I am here to Work Sincerely for the People of J&K: G N Azad

HT News Network

Srinagar, Sep 15: Stating that the people of Jammu and Kashmir were emotionally blackmailed through hollow slogans, former Chief Minister Ghulam Nabi Azad on Thursday said that his politics is based on truth and he won't make fake promises with people. Addressing workers in Anantnag, as per the news agency—he said that he will prefer not to get a single seat but won't make fake promises with people of J&K as his aim is welfare of people and curbing unemployment. "In my tenure as a CM, we were working in two-three shifts but today even work isn't done in single shift and the hospitals and schools built in my tenure have still staff shortage," he said, adding that more militants surrendered in his tenure and a round table conference was held in which 27 parties participated. He said that gun culture has devastated J&K and urged those who have picked guns that it is not the solution and fight peacefully for your rights as Gandhi never took a sword. "I don't want to see more dead bodies on roads and I am not among those who will give emotional slogans like 'Azadi milega' but I am telling 'Azaad nai milegi'," he said adding, "you have given chance to those who give slogans of Self rule, Autonomy but what we have they got so far". "I don't want to mislead any body and I never said that Article 370 won't come and it can be restored through three way one is if you have good

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#### Two religious preachers, 5 Jel activists arrested, booked under PSA: Police

HT News Network

Srinagar, Sep 15 Jammu and Kashmir police Thursday said that two clerics and five Jamaat-e-Islami activists have been arrested and booked under public safety act (PSA). Talking to news agency—Kashmir News Observer (KNO), a senior police official said that two religious preachers Moulana Abdur Rashid Dawoodi and Moulana Mushtaq Ahmed Veeri from South Kashmir and five Jamaat-e-Islami activists were arrested and booked under PSA. Reasons for the arrest of two religious preachers and five Jel activists were not known immediately.

#### Hakim Yasin's PDF among J&K's 2 parties deregistered by ECI

HT News Network

Srinagar, Sep 15 The Election Commission of India has de-registered two more political parties of Jammu & Kashmir, taking the number of such parties to eight in the Union Territory. In an order, a copy of which is in possession of news agency—the poll-body has deregistered Jammu & Kashmir Peoples Democratic Front (Secular) and Jammu & Kashmir Save Srinagar Front, saying these parties have been found non-existent either after a physical verification carried out by the CEO or the CEO has submitted report on the basis of the remark given by the postal authority with

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## LG Manhoj Sinha visits Doda, reviews implementation progress of Govt schemes, mega developmental projects

M S NAZKI HT CORRESPONDENT

Doda, Sep 15: Lieutenant Governor Manoj Sinha on his visit to Doda, chaired a meeting to review the implementation progress of Central & UT Government schemes and mega developmental projects on the ground in the district.

After Poonch and Kishtwar, this was the third District visit of the Lt Governor in three days.

The Lt Governor inaugurated newly constructed Government Degree College Kilhotran worth Rs 11.99 cr and 125 meters motorable bridge over river Chenab including 7.30 KM approach road at Sui Gwari, Doda completed at a cost of Rs 14.85 cr.

The Lt Governor also launched a dedi-



cated portal for promotion of new ideas and innovation.

The Lt Governor outlined a four-pronged strategy- speeding up infrastructure development, credit availability to youth & farmers, special impetus to the food processing industry and strengthening

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## DGP visits forward areas, reviews border security scenario

HT News Network

Srinagar, Sep 15 Director General of Police J&K Dilbag Singh on Thursday visited the forward areas of Line of Control (LoC) in Kupwara district to review the border security scenario and directed for strengthening of anti-infiltration grid to check Narco trade.

DGP visited Teetwal, Keran, Gogal Dhar forward areas in Kupwara district where he reviewed the border security scenario,



besides directs to strengthen anti-infiltration grid to check Narco trade. He interacted with representatives of the Pan-

chayati Raj Institutions (PRI) & locals and also surveyed sites for border police posts. The DGP paid tributes to the martyrs at the war memorial Teetwal and also visited the under construction Sharda Temple/Gurdwara.

At Teetwal and Keran, the DGP had a series of interactions with the officers and Jawans of Police and Army and complimented the Commanders and troops for their professional standards, and ability to thwart threats

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#### Hybrid Militant arrested in Reasi

HT News Network

Jammu, Sep 15 (UNI) Police on Thursday arrested one hybrid terrorist along with arms and ammunition in Reasi district of Jammu and Kashmir.

Reasi Senior Superintendent of Police Amit Gupta said that acting on tip off one person, Zaffer Iqbal of Bal was arrested. He was in touch with terrorists handlers in Pakistan.

His brother Mohd Ishaq was LeT terrorist and was

killed in an encounter with security forces in Rajouri and reportedly one of his relatives Abdul Rashid of Ladh is in Pakistan and is also working with terror groups.

Police team raided and arrested Zaffer Iqbal from Plaasu Nallah and put him under sustained interrogation.

The SSP said that during interrogation, he confessed about his links with terror organizations and

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#### J&K Govt declares Maharaja Hari Singh's birthday a public holiday

HT News Network

Jammu, Sep 15: The Jammu and Kashmir government has decided to declare Maharaja Hari Singh's birth anniversary a public holiday. A notification in this regard will be issued soon. The announcement was made by Lieutenant Governor, Manoj Sinha

CONTINUED ON ► PAGE 10

## MP Dr Farooq Abdullah chairs DISHA meeting of Srinagar District

Stresses on timely completion of works under Centrally sponsored schemes, disseminating information about beneficiary schemes

HT News Network

SRINAGAR SEPTEMBER 15: The Member of Parliament (MP), Srinagar-Budgam-Ganderbal Constituency, Dr Farooq Abdullah Thursday chaired a meeting of District Development Coordination & Monitoring Committee, (DISHA) of District Srinagar here at TRC Meeting Hall to review the implementation and progress of different Centrally sponsored schemes being executed in the District.

Mayor, Srinagar Junaid Azim Mattoo, Chairman District Development Council, Malik Aftab Ahmad, other PRI and Urban Local Body members attended the meeting.

At the outset, the Deputy Commissioner, Srinagar, Mohammad Aijaz Asad gave a detailed overview of the developmental



scenario and progress achieved under different schemes/programmes, particularly in implementation of 41 Centrally Sponsored Schemes through a PowerPoint Presentation. MD

KPDCL, Chaudhary Mohammad Yaseen and Commissioner SMC, Athar Amir Khan were also present in the meeting.

Addressing the Officers, the MP, Dr Farooq Abdullah said that

the aim of holding the DISHA meeting is to identify the developmental requirements and facilitate smooth implementation of Government schemes in the District so that people are benefited.

The MP took a comprehensive review of various schemes being implemented by the PWD, Health, PDD, Education, PHE, RDD, Agriculture, Horticulture, Social Welfare, NRLM, Labour, Employment, Industries, FCS&CA, Fisheries, Sheep/Animal Husbandry, Urban Development Department and other Departments and asked the officers to work with dedication and missionary zeal and ensure that the benefits of all Government schemes reach to the genuine beneficiaries in a time bound manner. The MP also stressed on disseminating

CONTINUED ON ► PAGE 10

## BJP transformed country's political landscape by taking every segment along: Rana

CHAMBA SEPTEMBER 15- Maintaining that the BJP has transformed the country's political landscape by taking every segment of Indian society along, party's Co-Prabhari for Himachal Pradesh elections Mr Devender Singh Rana today said this has left the rudderless opposition gasping and intriguing to divide the nation on caste and communal lines.

"BJP's nationalistic character and inclusive essence is the only Mantra to make India a Vishwaguru with Sabka Saath, Sabka Vikas, Sabka Paryas, Sabka Vishwas", Mr Rana said while addressing the BJP Scheduled Caste Convention at Chamba this afternoon. Mr Devender Rana said that Indian politics has entered into a new era of bonding with social barriers crashing and 'nation first' philosophy becoming the way of life and guiding force to ensure progression of the country in every sphere. In this journey of New India, every segment of the society is working towards strengthening the hands of Prime Minister Mr Narendra Modi to carry forward his mission of nation building.

Mr Rana referred to the great initiatives taken over the years, saying these have resulted in the emergence of an Adivasi from the Scheduled Tribe Category rise as President of this great nation. The scenario is no different in every state of

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## J&K Govt. creates system serving everyone equally across J&K

Several key interventions have been made in Education, Tourism, Industrial Sectors to boost growth, economy

Progressing J&K

HT News Network

SRINAGAR, SEPTEMBER 15: The Jammu and Kashmir administration is creating a system that serves everyone with equal opportunities besides endeavours to mobilise all the resources to improve the standard of living of people which have been deprived of progress for decades.

Several interventions were made in the education sector of the Union territory in the last three years, and efforts were being made to provide quality education to children. Educational system of the UT has been overhauled and aligned as per the recommendations of the National Education Policy, 2020.



Through 'Aao School Chalein Campaign' lakhs of students from disadvantaged sections have been brought back to the class rooms. With a

view to provide quality education to the youth in remote areas of the UT, 25,000 additional seats at graduate level have been provided by setting up 50 degree colleges. This is the biggest addition in the Higher Education sector in the last 70 years. Uniform academic calendar has been introduced in all higher educational institutions.

The present LG led Administration is giving prime focus on the education of Tribal children which can be gauged from the fact that the department of tribal affairs, for the first time, initiated an exercise to assess the state of education viz a viz tribal education and literacy levels prevalent among the tribal population. Based on such surveys, a comprehensive education plan was formulated to address specific educational needs of tribals besides efforts are being made by the Education department to up-

grade the educational institutions across J&K. The priority of present Government is to secure the future of tribal children. Smart schools in tribal and remote areas are being equipped with modern facilities which can develop scientific temper in children and make them future-ready, besides arresting the dropout rate.

The prospects for the tribal community in Jammu and Kashmir are bright as a number of schemes have been launched for its benefit. Never before have tribal community prospects been as bright as they are today. The Forest Rights Act, PM Van Dhan Yojana, healthcare, transport facility, hostels, tourist villages, skill development—every initiative has been aimed at ensuring progress of J&K in an equitable, fair and just manner.

Every sector in Jammu and Kashmir is wit

CONTINUED ON ► PAGE 10

## Bhupinder Kumar chairs meeting regarding prevalence, strategies to control life style diseases

JAMMU, SEPTEMBER 15: Secretary, Health and Medical Education (H&ME), Bhupinder Kumar, today chaired a meeting regarding prevalence and strategies to control life style diseases at civil secretariat Jammu.

The meeting was attended by Mission Director, NHM, Principal Medical Colleges (ALL) along with HODs Preventive and Social Medicine (PSM) besides other officials.

A presentation was delivered by State Nodal Officer, NHM, on status of Population Based Screening for Non Communicable Disease (NCDs) and common cancers at Health and Wellness Centers (HWCs) besides Opportunistic Screening for Non Communicable Disease

(NCDs) under National e-Health Certification was held among



Programme for Prevention of Cardiovascular Disease (NPCDCS). The meeting had discussion on prioritization of universal Screening for Non Communicable Disease and Common Cancers at both community and facility level. Besides, a detailed delib-

the participants on increasing Non Communicable Disease screening, Information Education and Communication (IEC) activities, upward and download referral, continuum of care and issues in implementation etc. Secretary entrusted actionable tasks for Govern-

ment Medical Colleges, Directorates and NHM with strict timelines for universal screening of 30 years and above population of J&K, for Hypertension, Diabetes and three Common Cancers (Oral, Breast, Cervical). It was emphasized that the screening of the population can be increased by undertaking opportunistic screening at Non Communicable Disease clinics and population based screening at operational Health and Wellness Centers.

It was decided in the meeting that Information Education and Communication (IEC) activities shall be carried out extensively throughout the UT of J&K so that targets can be achieved during current Financial Year.

## 'Engineers solid pillars of our society': Director NIT Srinagar

Srinagar, Sep 15: To mark the National Engineers Day, Director National Institute of Technology (NIT) Srinagar, Prof. (Dr.) Rakesh Sehgal on Thursday said engineers are the solid pillars of the society and there is need to go sustainable by creating cleaner technologies.

In his special message, Prof. Sehgal said engineers also play a role in society by building safer roads and bridges. They work to create systems that can withstand natural disasters like floods and earthquakes etc, he said. "The purpose of this day is to celebrate the achievements of engineers and promote their contributions towards society. It provides an opportunity for engineers and other interested parties to come together and learn about each



other's work," he said.

Prof. Sehgal said engineers play a very important role in the economic growth and advancement of a country. The day is devoted to honouring upcoming engineering trends as well as past engineering achievements, he added. Institute's Registrar, Prof. Syed Kaiser Bukhari said



that engineers have an important role in society and are called nation builders. "Both engineers and environmentalists can work jointly for a sustainable environment. The day aims to encourage people to appreciate the work of an engineer and acknowledge their contribution to the development of the

nation, he said. Prof. Bukhari said it is crucial to dedicate a day to the engineers of our country. Engineers have made our lives easier in a variety of ways. Every complex procedure has become simpler, and this is entirely due to our extraordinarily talented engineers, he said.

National Engineers Day is celebrated every year in India on 15 September. This day commemorates the birth anniversary of Sir Moksha Gundam Visvesvaraya, who is considered one of the greatest engineers of India.

Engineer's Day of India marks Visvesvaraya Jayanti or the birth anniversary of the most legendary engineers in Indian history, who has left behind an incomparable legacy.

## Secretary Mining reviews e-Marketplace, DMFT usage across all districts

JAMMU, SEPTEMBER 15: Secretary, Mining, Amit Sharma, today had a comprehensive review meeting regarding functioning of e-Market place / e-Challan besides status of various schemes being executed under Pradhan Mantri Kshetra Kalyan Yojana (PMKKKY), while interacting with Deputy Commissioners, SSPs and District Mineral Officers of Geology and Mining Department, Secretary held threadbare discussion regarding implementation of various schemes aimed at

welfare of people affected due to mining activities and utilization of funds available under District Mineral Foundation Trust (DMFT). In order to have uniformity of measurement unit for minor minerals, it was decided to convert the presently operative measurement unit in the rates notified by the respective districts as Cubic Feet into Metric Tonnes as applicable under MM&DR Act, 1957 and SRO-105. Secretary asked the respective district administrations to ensure furnishing of annual plans for utilization of funds under

DMFT and expenditure made during the last three years vis-a-vis future projections as per PMKKKY guidelines, identification of 5 Mmarla state land for establishment of remaining Mineral Check Posts at various entry and exit points.

Amit Sharma also advised district administrations to identify all sources of illegal mining activities with the support of Police authorities. He appreciated the role of Police administration for rendering the necessary support to the Department of Geology and Mining. He also stressed

that the District Mineral Officers shall organize the camps for awareness of Police regarding generation and implementation of e-challans as they are part and parcel of successful implementation of e-Challan and e-Marketplace across entire UT.

The meeting was also attended by the Director, Geology and Mining, J&K, Director Finance, MD JK Minerals, Additional Secretary Mining Department, Joint Director's Geology and Mining Jammu and Kashmir and other Officers of Geology and Mining Department.

## Atal Dulloo launches Accelerated Breed Improvement Programme

SRINAGAR, SEPTEMBER 15: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo, today formally launched the Accelerated Breed Improvement Programme (ABIP) through use of Sex Sorted Semen under the Central Sector Scheme Kashtriya Gokul Mission (RGM), being implemented by the Department of Animal Husbandry Kashmir.

Director Animal Husbandry, Kashmir, Purnima Mittal, Chief Executive Officer, Livestock Development Board, Kashmir, Dr. Mohammad Younis and other officers of the department were present on the occasion.

The programme will benefit the progressive dairy farmers as the Germplasm being used under the scheme has high probability of producing only female calves.

Atal Dulloo, later, inaugurated the Call Centre established under CSS-NADCP and dedicated the facility for redressal of animal health related issues of livestock breeders of Kashmir division. The call centre will also be used for immediate assistance of farmers whose animals are affected with the Lumpy Skin Disease. The farmers can call the Toll-free No "1962" and get veterinary services at their doorstep besides online redressal of minor animal related issues.

On the occasion, Director Animal Husbandry briefed the ACS about various programmes and schemes being implemented by Livestock Development Board Kashmir for upliftment of dairy farmers of Kashmir division which included implementation of Artificial Breed Improvement Programme (ABIP) by use of sex sorted semen, Nationwide

AI Programme (Free AI Programme) and National Animal Disease Control Programme for control of FMD and Brucellosis in UT of J&K.

Later, ACS also inspected the Mobile Veterinary Clinics (MVCs)-"Hospital on Wheels" established by Animal Husbandry Department Kashmir. He directed that they should be put in operation for the benefit of livestock farmers at an earliest. Financial Commissioner was informed that the MVCs shall be launched very shortly and are being integrated with the Call Centre for doorstep delivery of veterinary services. Later, ACS also inspected the Mobile Veterinary Clinics (MVCs)-"Hospital on Wheels" established by Animal Husbandry Department Kashmir. He directed that they should be put in operation for the benefit of livestock farmers at an earliest.

## J&K Institution of Engineers observes 55th Engineers Day

SRINAGAR, SEPTEMBER 15: The Institution of Engineers (India), Jammu & Kashmir State Centre, Srinagar, today observed 55th Engineers Day to commemorate the birthday of legendary engineer Bharat Ratna Sir Mokshagundam Visvesvaraya.

The event was attended by huge number of participants including Executive Committee Members of IEIJKSC, Corporate Members of IEL, field Engineers, Engineering Students, Research Scholars and Experts.

Principal Secretary, Public Works, Shailendra Kumar, was the Chief Guest on the occasion.

Engineer Khurshid Ahmad Ganai, Former Advisor to Governor of J&K and Engineer Athar Aamir Khan, Commissioner, Srinagar Municipal Corporation were guests of honour on the occasion.

Dr. Rouf Ahmad Khan, Chairman, IEI J&K State



Centre welcomed the guests and Er. Firdous Ahad Bhat, MIE, Honorary Secretary, IEI J&K State Centre coordinated the event.

The event was started with the garlanding of the portrait of Bharat Ratna Sir Mokshagundam Visvesvaraya.

The speakers highlighted contribution of Legendary Engineer in the engineering field.

While addressing the gathering, Shailendra Ku-

highlighted the importance of Engineers Day and deliberated at more Mechanization is being adopted in the system for smart services especially in Srinagar Municipal Corporation.

Various in-service and former Chief Engineers, Superintending Engineers and other dignitaries also attended the workshop including Er. Farooq Ahmad Wani (Former Chief Engineer), Er. Mohamad Ashraf Fazili, FIE (Former Chief Engineer), Er. Basharat Jeelani Kawoosa, Chief Engineer, Jal Shakti (PHE), Chief Engineer, PMGSY, Kashmir, Er. Rashid Ahmad Dar, Chief Engineer, Mechanical Engineering Department, Kashmir, Er. Rafiq Ahmad Rafiq, Chief Engineer, PW (R&B) Department, Kashmir & Er. Iftekhar Ahmad Kakroo (MIE), Chief Engineer, Srinagar Smart City Limited.

## PG College Bhadarwah Organises Symposium On "Truth And Non Violence"

Amir Iqbal Khan



Bhadarwah, Sept. 15: A symposium on the theme, "Truth And Non Violence" was organised by the Departments of Political Science and History in collaboration with NCC Unit, NSS Unit and IQAC GDC Bhadarwah on Thursday. On this occasion, slogan writing competition was also held on the same theme. The program was organised under the guidance of Prof. Kuldeep Kumar Sharma principal of the college. The programme started with the welcome address by Prof. Sanjay Kumar. He highlighted the importance of "Truth and Non-violence" and observed that Truth and Non-violence are the two sides of the same coin. The resource person on the occasion was Prof. Deep Chand HOD History. He delivered a lecture on the theme "Truth and Non-violence". In all, there were four student participants namely Sohail Majeed, Akshay Raina, Roopali Kotwal and Arjun Singh. Taranjeet Kour and Adiba Fatima participated in the slogan writing competition. More than hundred students participated in the programme. Light refreshment was served to the student participants at the end of the program. Later, formal vote of thanks was presented by Dr. Banti Kumar.

## Book release Function was held at Govt. degree College DH Pora Kulgam

Farooq Rather



Kulgam: 15, September.. Aharbal Adabi Agur held a book launching function in collaboration with Govt Degree College D. H. Pora. The poetry-collection of late Mohammed Makeen Bhat was released on the occasion. The function started with the welcome address, delivered by Nazir Ahmad Reshi. The book was unveiled by Nazir Ahmad Reshi, Mushtaq Mazroob, Prof Javid, Prof Amin, Adv Kassar and Dr Kassar Makeen. A paper on the book was read by Shahnawaz Ahmad. A poetry-session was also the part of the function. Mushtaq Mazroob, Shahid Hilal, Tanha Ashmuji, Shahnawaz Ahmad, Bashir Asl, A G Shah, Prof Javid, Prof Amin, Muzaffer Shaadand Ch Qamar Sharief recited their poetic creations in the session. The proceedings were conducted by Shahnawaz Ahmad and Dr Bilquees. Vote of thanks was proposed by Dr Javid Jahan.

## Police arrests a drug peddler in Budgam; Contraband substance recovered

September 15: Continuing its efforts to eradicate the menace of drugs from the society, police have arrested a drug peddler in Budgam and recovered contraband substance from his possession. Officers from Police Station Chadoora at a checkpoint established at Kilkadal Chadoora intercepted a suspicious person who tried to flee from the spot after noticing the police party but was apprehended tactfully. During search, 505 tablets of Al-prazolam and 2.39grams of Heroin like substance.

## Public Notice

I Muhammad Rasheed Mir S/O Jumma Ali Mir Resident of Sultan Dikki Baramulla, want to make it public that I want to change the Power Supply connection from my name to the name of Nafeesa Bano.

The said connection bearing Registration number/ Consumer No-0206050013220 is installed at Umar Colony lane no-04 Gund Hassibhat Lawaipora Srinagar. The said property/house which was in the name of my daughter Razia Bano.

Now as my daughter has sold the said house to Nafeesa Bano, it has become imperative to change the name of the consumer from to Anybody having any objection may contact the said office of PDD situated at Gund Hassibhat Lawaipora Srinagar within seven days of publication of this notice.

No objections shall be entertained after the said date.

Name Muhammad Rasheed Mir  
S/O Jumma Ali Mir  
Resident of Sultan Dikki Baramulla

## Public Notice

I have lost my 12Th Pass Discharge and Character Certificate Session Annual regular 2017 under roll no 8141254 .Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact Principal Govt Hr Sec School Jawahar Nagar Srinagar within seven days from the publication of this notice after no objection will be entertained.

MOHSIN MUSHTAQ  
S/O MUSHTAQ AHMAD MIR  
R/O DOULATPORA KREERI

## Public Notice

Residence of showkat Ahmad Telli s/o Shabir Ahmad Telli wrongly mentioned in the school records under admission no 651. My residence mentioned as Mirpora in school records, instead of Aarath budgam. The Actual residence of showkat Ahmad telli is Aarath budgam. I am applying for its correction at government high school Aarath budgam. If anybody have objection in this regard. He/she may contact government high school Aarath budgam within seven days from the publication of this notice, after the completion of said period, no objection will be accepted.

Showkat Ahmad Telli  
S/o Shabir Ahmad Telli  
R/o Aarath budgam

## OFFICE OF THE EXECUTIVE ENGINEER SEWERAGE AND DRAINAGE DIVISION NO.II. SRINAGAR.

### CORRIGENDUM No. TO TENDER NOTICE No:-18/e-NIT OF 2022-23

Due to wrong uploading of BOQ's (clerical mistake/ oversight) the e-NIT No: 18 of 2022-23 issued vide this office endorsement No: 2514-38 Dt: 05.09.2022 is hereby CANCELLED.

DIPK-10073/22  
Dated:- 15.09.2022

Sd/-  
Executive Engineer,  
S&D Division IInd,  
SMC, Srinagar

## UNION TERRITORY JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SUMBAL

### NOTICE INVITING TENDERS NIT No.88 of 2022-23/R&B Sumbal Division

For and on behalf of the Lieutenant Governor, UT J&K, e-tenders (In single cover system) are invited on item rate basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:-

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of 1/Doc. (In Rupees)	Earnest Money (In Rupees)	Time of completion	M.H of Account	Class of Contractor
1	Construction of tile path for M.C Sumbal Office and Upgradation of parking by way of Nallah Muck/Quarry Muck & WBM G-II.	4.25	200/-	8500/-	20 Days	My Town, My Pride	DEE
2	Construction of fencing with C.G.I Sheets near M.C Sumbal Office for Garage Purpose.	4.29	200/-	8580/-	20 Days	Budgetary Support 2022-23	DEE
3	Upgradation of Dumkhan Kanitar road by way of Nallah Muck/Quarry Muck in patches and WBM G-II at M.C Sumbal.	4.37	200/-	8740/-	20 Days	Normal	DEE

Position of AAA: - Accorded.

Position of Funds: - Available

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:-

1	Date of Issue of Tender Notice	
2	Period of downloading of bidding documents	16.09.2022 from 10.00 A.M
3	Bid submission Start Date	16.09.2022 from 10.00 A.M.
4	Bid Submission End Date	21.09.2022 upto 4.00 P.M.
5	Date & time of opening of Bids (Online)	22.09.2022 at 11.00 A.M in the office of Executive Engineer R&B Division Sumbal

2.Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Sumbal(tender inviting authority) (The Date of Treasury Challan should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Sumbal(tender receiving authority).

3.The successful Bidder has to produce Performance Security Deposit @3% of contract value in the shape of CDR/FDR/BG within 02 days after opening of Bids which shall be released after successful completion of work with DLP. This will replace the EMD @ 2% of the Advertised cost uploaded by the Bidder.

4.The date and time of opening of Bids shall be notified on Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Sumbal (tender receiving authority).

5.The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids

6.Instruction to bidders regarding e-tendering process.

6.1Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website [www.jktenders.gov.in](http://www.jktenders.gov.in) to acquaint bid submission process.

6.2To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

6.3The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

6.4Bids will be opened online as per time schedule mentioned in Para-1.

6.5Bidders must ensure to upload scanned copy of all necessary documents with the technical bid.

Note: - Scan all the documents on 100 dpi with black and white option.

7.The department will not be responsible for delay in online submission due to any reasons.

8.Scanned copy of cost of tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Sumbal (The Date of Treasury Challan should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Sumbal must be uploaded with the documents of the bid. The original Treasury Challan (cost of tender document), and other relevant bid documents shall be obtained from the lowest bidder before the fixation of contract.

9.Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually.

10.Price escalation and Taxes:- The %age quoted by the bidder shall be deemed to include price escalation and all taxes upto completion of the work. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

11.Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

DIPK-10075/22

Sd./  
Executive Engineer,  
(R&B) Division Sumbal

## DEO Shopian takes stock of SSR at various polling stations in the district

SHOPIAN, SEPTEMBER 15: The District Election Officer (DEO) Shopian, Sachin Kumar Vaishya today visited various polling stations of the district to take stock of the process of special summary revision (SSR).

The visit was taken on the eve of the first day of special summary revision, 2022. DEO visited polling stations at HS Trenz, District Treasury Shopian, GHS Pinjora and other stations. He interacted with students, new eligible voters to be incorporated in electoral rolls. All the EROs, AEROs, BLOs and Supervisors have been directed to undertake the special summary revision in a friendly and cordial way by involving all the stakeholders in the process with a view to achieve 100 percent coverage and accuracy in new additions. DEO urged the public to

contact BLOs at their respective polling stations for any modification/correction, addition or deletion in the electoral roll in order to maintain a clean and comprehensive electoral roll. He also urged eligible voters to enroll themselves in the Electoral Roll, and said that all forms required for addition, deletion, correction and other modifications are available at all the polling stations to ease out the process for the public. Besides DEO, Dy DEO Shopian and EROs of respective constituencies also visited various polling stations to kick-start SSR-2022 for infusing momentum in the process. Besides DEO, Dy DEO Shopian and EROs of respective constituencies also visited various polling stations to kick-start SSR-2022 for infusing momentum in the process.

# DC Budgam inspects progress of ongoing works in Beerwah, Magam areas

BUDGAM, SEPTEMBER 15: The Deputy Commissioner (DC) Budgam, S F Hamid today inspected progress of various under-execution works in Beerwah and Magam areas of the district.

During his extensive tour, the DC took on spot assessment of newly constructed road project at Purni Suder Shah Mazhama, under-construction receiving station and NTPHC building at Mazhama.

While assessing the work progress, the DC directed concerned to enhance manpower and ensure speedy work execution on all projects.

The DC also met various public deputations, who apprised the DC about their needs and demands. DDC Member Narbal, SDM Beerwah, Tehsildar

and other concerned officials including Bus Stand He directed concerned to



accompanied the DC. The DC also visited various ongoing projects

Beerwah to take on spot assessment of work progress.

ensure all works are completed in given time lines for the public benefit.

The DC also held a Nagar Diwas at Town Hall Beerwah, where local traders, religious leaders, respected elders, PRIs from different villages and others raised their demands with the chair.

Speaking on the occasion, the DC said that the district administration Budgam is committed to ensure holistic development of all areas of the district.

He said that he would personally monitor the development activities to ensure better road connectivity, water and electricity supply, robust healthcare and quality education in provided to the people in all areas of the district.

On the occasion, the DC also briefed the public about the new one time

amnesty scheme of PDD department and urged participants to raise awareness about it so that maximum number of people get benefited out of this amnesty.

President Municipal Council Beerwah, Khurshid Ahmad Bandy, SDM others were also present on the occasion. Speaking on the occasion, the DC said that the district administration Budgam is committed to ensure holistic development of all areas of the district.

He said that he would personally monitor the development activities to ensure better road connectivity, water and electricity supply, robust healthcare and quality education in provided to the people in all areas of the district.

## ADDC Bla reviews status/ progress of Public Grievances on JK-IGRAMS Portal

BARAMULLA, SEPTEMBER 15: The Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf today chaired a meeting at Dak Bungalow here to review the status cum progress of grievances/complaints received on JK-IGRAMS portal. On the occasion, ADCD said that all the officers of the District Administration must ensure that the public grievances are redressed in the shortest possible time. He asked the officers to focus on the number of grievances disposed monthly and have a disposal studies at the levels of Tehsil and Block.

The ADCD further enjoined upon the officers that redressal of each and every complaint/ grievance should be completed on the basis of ground report with involvement of local representatives, so that the complainant gets proper information as well as resolution for same. He impressed upon the officers to address the complaints/grievances under proper rules, regulations and guidelines

of the government. During the meeting, statistical

Among others, Chief Agriculture Officer, Chief Animal



data was also provided about the JKIGRAMS and it was given out that a total of 7995 grievances have been registered out of which 7723 grievances have been disposed-off which amounts to a disposal rate of 96.93 percent.

Husbandry Officer, Chief Horticulture Officer, DFO JV Division Baramulla, Tehsildar HQ, Tehsildar Boniyar, Tehsildar Kreeri, ARTO, District Social Welfare Officer, DSP HQ Baramulla, DSP HQ Sopore and other

Officers were present in the meeting, that all the officers of the District Administration must ensure that the public grievances are redressed in the shortest possible time. He asked the officers to focus on the number of grievances disposed monthly and have a disposal studies at the levels of Tehsil and Block. The ADCD further enjoined upon the officers that redressal of each and every complaint/ grievance should be completed on the basis of ground report with involvement of local representatives, so that the complainant gets proper information as well as resolution for same. He impressed upon the officers to address the complaints/grievances under proper rules, regulations and guidelines of the government. During the meeting, statistical data was also provided about the JKIGRAMS and it was given out that a total of 7995 grievances have been registered out of which 7723 grievances have been disposed-off which amounts to a disposal rate of 96.93 percent.

## Amar Singh College, Srinagar organises Extension Lecture on 'Emerging Trends in Cyber crime'

SRINAGAR, SEPTEMBER 15: Cyber Jagrukta Committee of Amar Singh College, Srinagar on Thursday organised an extension Lecture on 'Emerging Trends in Cyber crime'.

Resource person for the event was Mussadiq Majeed Basu, Dy.S.P CICE.

Among others, faculty and students of different departments participated in the programme.

The inaugural session was attended by the Principal of the College, Prof Bashir Ahmed Rather, faculty members of the institution and the students.

Speaking on the occasion, the Principal of the College traced the Genesis of crimes at pan global level and talked about the strategies and tactics employed by different ruling regimes to tackle crime.

He drew a corollary of crime and development and how one affects other phenomenally and how nations have made



various laws to combat it. He also threw light on cyber crimes, cyber hygiene and other ancillary issues.

Mussadiq Majeed Basu, resource person for the event spoke at length about a multitude of cyber crimes which the cyber criminals indulge to make the life of a common man miserable. A basic understanding of common cyber crimes like phishing, website spoofing, ransom-ware, malware, hacking etc was also disseminated among the participants.

The speaker also delineated the legal redressal mechanism available to the victims under different sections of IT Act and guided the audience about the modus operandi to approach the law enforcement agencies in case cyber criminals get success in attacking a gullible person.

In order to make the presentation more lucid and gripping, a few case studies pertaining to financial frauds, cyber impersonation, data theft and sextortion were discussed at length to outline.

## Action plan for SWM in town discussed at Ganderbal

GANDERBAL, SEPTEMBER 15: The Deputy Commissioner (DC) Ganderbal, Shyambir today chaired a meeting of concerned officers to discuss Solid Waste Management (SWM) plan in Ganderbal town.

During the meeting threadbare discussion was held on the proposal for establishing a Solid Waste Management plant in the district for scientific disposal of waste generated in the town.

Thorough discussion was also held on the management plan including transportation of solid waste, primary collection points, route map, plan for garbage collection, segregation, composition of waste and IEC campaign.

EO Municipal Council Ganderbal informed that sufficient vehicles/hoppers are currently available which suffice the 100 percent door to door waste collection in all wards of town besides hand drive carts are also procured. The meeting was informed that land has been identified at Hakeem Gund for the establishment of SWM Plant to ensure 100 percent disposal of solid waste scientifically generated in town.

The DC directed the members of Project management Unit SWM to prepare a holistic proposal for Solid Waste Management plant ensuring brief study on primary collection points, composition of waste, route map, transportation plan so that planning is done accordingly. The meeting was attended by ADCD Ganderbal, Mush-taq Ahmad Simnani, EO Municipal Council Ganderbal, Naveed Ajaz besides members from Project Management Unit SWM Directorate of Urban Local Bodies..

## SVEEP programme to aware newly eligible voters held at GHSS Bijbehara

ANANTNAG, SEPTEMBER 15: With an aim to build participative democracy and raise awareness regarding voter literacy, the District Election Officer (DEO) Anantnag today organised a SVEEP programme at Govt Higher Secondary School (GHSS) Bijbehara. During the programme, awareness was raised among newly eligible voters, whose age is 18 years or above as on 01 October, 2022 to enroll themselves in the Photo Electoral Roll 2022 during the special summary revision 2022 that started from today, 15th of September, 2022. On this occasion, a huge gathering of students, lecturers, teaching and non-teaching staff of the school participated. Many speakers also spoke at the event and raised awareness among youth to register themselves and participate in the electoral process.

Dy. District Election Officer Anantnag gave a brief about the importance of vote and elections and informed the students of the process to register themselves through various modes like online mode and offline mode. She also highlighted the educational value and importance of SVEEP and other Electoral processes.

A list of all the Booth Level Officers (BLO) was also made public and the students were informed to contact their concerned Booth Level officer for further assistance and help.

# BJP transformed country's political landscape by taking every segment along: Rana

CHAMBA SEPTEMBER 15: Maintaining that the BJP has transformed the country's political landscape by taking every segment of Indian society along, party's Co-Prabhari for Himachal Pradesh elections Mr Devender Singh Rana today said this has left the rudderless opposition gasping and intriguing to divide the nation on caste and communal lines.

"BJP's nationalistic character and inclusive essence is the only Mantra to make India a Vishwaguru with Sabka Saath, Sabka Vikas, Sabka Paryas, Sabka Vishwas", Mr Rana said while addressing the BJP Scheduled Caste Convention at Chamba this afternoon.

Mr Devender Rana said that Indian politics has entered into a new era of bonding with social barriers crashing and 'nation

first' philosophy becoming the way of life and guiding force to ensure progression of the country in every sphere. In this journey of New India, every segment of the society is working towards strengthening the hands of Prime Minister Mr Narendra Modi to carry forward his mission of nation building.

Mr Rana referred to the great initiatives taken over the years, saying these have resulted in the emergence of an Adivasi from the Scheduled Tribe Category rise as President of this great nation. The scenario is no different in every state of the country. In Himachal Pradesh, out of the total 6 MPs of BJP, two belong to the Scheduled Caste community. Empowerment of the weaker sections has been the core of the BJP philosophy, he added.

The Co-Prabhari expressed his five seats in the Chamba belt



satisfaction over every segment of the party working with a sense of devotion to ensure the BJP's splendid victory in the upcoming assembly elections. He shared his assessment about the mood of the people and said he was confident about all the

being won by the BJP. This is because of the progressive policies and implementation of various central and state sponsored schemes by the BJP government in the past five years. He said the mission of empowering the people and ensuring

holistic development of the state will continue under the double engine government.

Reiterating the commitment of the BJP towards the welfare of every section, Mr Devender Rana decried the Congress for its abject failure in the social and economic upliftment of Scheduled Castes, who they considered just a vote bank to get power. He said the Scheduled Castes are looking only towards the BJP for their welfare because of its track record. In the coming elections also, BJP will get more support than before, he asserted.

The Co-Prabhari referred to the resolve of the people of Himachal Pradesh in breaking all the political traditions by returning the BJP to govern with a huge margin of seats. A strong and stable government.

## LEAD boosts Student Confidence in small towns; conducts exclusive Masterclass on

Anantnag, Sep 15: India's leading School Edtech company LEAD today announced an exclusive Masterclass on Leadership and Collaboration with Olympic medallist and legendary tennis player Leander Paes. Leander turned tutor and guide for students of LEAD-powered schools across 400+ towns and cities in India, as he shared learnings from his own life and career, and delved into the secrets of successful Leadership and Collaboration, two traits that have distinguished him as one of the most successful doubles players in tennis history. Commenting on his association with LEAD students, Leander Paes said, "I am delighted to be a part of LEAD's Masterclass. Leadership is just the right combination of empathy, charisma, communication and problem-solving. In today's world, schools must guide students in honing 21st-century, Confidence-building skills such as Leadership, Collaboration and Communication from an early age, thus building a solid foundation for

success in every aspect of life." Summeet Mehta, LEAD Co-founder and CEO, said, "Exposure is an important component of building Student Confidence, as per research done by LEAD in collaboration with Tata Institute of Social Sciences. With Masterclass by LEAD, students in India's Tier 2+ towns now have access to the same exposure and opportunities as their peers in metros, and can learn Confidence-building skills of the future from celebrated subject matter experts like Leander Paes." LEAD's Masterclass is India's first initiative to provide a holistic learning experience to school students in small towns, by giving them an opportunity to learn directly from experts and celebrities. Previous Masterclass sessions have been led by celebrities such as badminton ace Saina Nehwal, tennis champion Sania Mirza and legendary cricketer Sunil Gavaskar. LEAD's latest Masterclass follows the previous edition led by actor-director R. Madhavan.

## Police facilitates meeting with NOKs of police martyrs in Baramulla

In order to express solidarity and perceive the well-being of the families of the Police Martyrs, Police in Baramulla facilitated an interaction meeting with NOKs of Martyrs at DPL Baramulla.

The meeting was chaired by DySP DAR Baramulla Dr. Peerzada Aijaz Ahmad, besides other officers of Police were also present on the occasion. The meeting was attended by large number of NOKs of Police martyrs of District Baramulla.

The meeting was organised to take stock of the welfare of the families of Police Martyrs who laid their precious lives in safeguarding the sovereignty and integrity of the nation. The chairing officer while addressing the NOK's of martyrs' assured them that their grievances will be redressed on priority.

The chairing officer in his address assured the NOKs of every possible help and paid rich tributes to the martyrs who laid down their lives for the sake of nation. He also informed the participants about vari-



ous welfare measures that are been taken by the Police Department for the welfare of the NOKs and all the Police units are committed to provide every possible assistance to the families of Police Martyrs. He further said that police martyrs are unforgettable members of Police Parivaar and taking care of their NOKs is prime responsibility of police department as the martyrs sacrificed their lives for our better future. NOKs of Police Martyrs expressed their satisfaction and hoped to further strengthen this bond.

# Process for SSR kick-started at Kulgam

## DC presides over (SVEEP) awareness programme at GDC Kulgam; urges eligible voters to get enrolled

Farooq Rather

KULGAM, SEPTEMBER 15: The process for registration of eligible/new voters, removal of entries of dead and permanently shifted electors, correction of errors in elector's details has been kick-started under special summary revision (SSR), 2022 across district Kulgam.

With an aim to build participative democracy and raise awareness regarding voter literacy, the District Election Office Kulgam today organized a SVEEP programme at Government Degree College Kulgam.

The awareness programme was presided over by District Election Officer (DEO) Kulgam, Dr. Bilal-Mohi-Ud-Din Bhat.

A large number of students from college participated in this programme.

During the daylong programme, awareness was raised among newly eligible voters, whose age is 18 years or above as on 01 October, 2022 to enroll themselves in the Photo Electoral

Roll, 2022 during the special summary revision 2022. They were also urged to share the message among their friends and relatives.

Addressing the gathering, the DEO highlighted the value of vote and the role of voters in the democratic set up of the Government. He stated that vote has empowered people and urged upon all the eligible persons to get enrolled and become part in strengthening democratic values of the Nation.

He instructed the concerned to ensure registration of all eligible persons who attain the age of 18 years for active participation in the electoral process.

DEO said that under special summary revision 2022 which started across the district today on 15th of September registration of eligible voters, removal of entries of dead and permanently shifted Electors, Correction of errors in elector's details will be carried out.

He also added that the claims and objections under special summary

revision 2022 can be filed from 15-09-2022 to 25-10-2022 and the final

Dy-DEO Kulgam said that the programme was organized to reach out



electoral Roll shall be published on 25-11-2022.

to the new voters for their enrollment in electoral rolls to make them

able to take part in the democratic

process. ADC, Showkat Ahmad Rather; Dy-DEO, Bilal Ahmad Kamgar; Principal GDC, Dr. Manzoor Ahmad Lone and other officers also participated in this programme. With an aim to build participative democracy and raise awareness regarding voter literacy, the District Election Office Kulgam today organized a SVEEP programme at Government Degree College Kulgam.

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DEO said that under special summary revision 2022 which started across the district today on 15th of September registration of eligible voters, removal of entries of dead and permanently shifted Electors, Correction of errors in elector's details will be carried out.

He also added that the claims and objections under special summary revision 2022 can be filed from 15-09-2022 to 25-10-2022 and the final electoral Roll shall be published on 25-11-2022.

## Nasha Mukt Bharat Abhiyan: Mega Awareness Rally held at BandiPora

### Drugs have disastrous effect on individual, society's health & economy: Dr. Owais



BANDIPORA, SEPTEMBER 15: The District Administration BandiPora in collaboration with Health Department BandiPora today organised a mega awareness rally at BandiPora. The rally was flagged-off by Deputy Commissioner (DC) BandiPora, Dr. Owais Ahmad from Mini Secretariat to District Hospital, here.

ASP BandiPora, Ashiq Hussain Tak; CMO, Dr. Bashir Ahmad; MS District Hospital, Dr. Mush-taq; DySP HQ, M Shafat and other concerned were also present on the occasion.

Doctors, Paramedics, Ashas, Association of Private Diagnostic Centres BandiPora and students besides the officials of District Administration participated in the rally.

Speaking on the occasion, the DC said that the aim of mega road show and other programmes organised across the district is to spread the message of drug abuse to every nook and corner of the district to make BandiPora drug free and raise awareness among participants about substance abuse besides ways and means to get rid of this menace from soci-

ety. He urged youth to play a pro-active role in the fight against drug menace and said that parental care is an essential part of fight against drug menace. He urged parents to have close vigil on children to keep them away from drugs.

Dr. Owais said that treatment and rehabilitation is the solution to drug addicts in addition to parental support. He also sought cooperation of all stakeholders in eradicating the drug menace from the society. The DC said that drug addiction ends up with the destruction to the

self and family and added that the Administration has adopted Zero tolerance against Drugs and all those involved in the harmful drugs trade. He said such persons shall be dealt strictly as per law.

Dr. Owais said that drugs have disastrous effects on individuals and society's health and economy.

He said that the District Administration is committed to provide every facility for the youth to channelize their energy in a positive direction besides keeping them away from drug abuse and other social evils. Later, an awareness workshop was organised at District Hospital BandiPora to raise awareness regarding the role of people in general and youth in particular in keeping youth away from drugs. He urged youth to play a pro-active role in the fight against drug menace and said that parental care is an essential part of fight against drug menace. He urged parents to have close vigil on children to keep them away from drugs. Dr. Owais said that treatment and rehabilitation is the solution to drug addicts in addition to parental support. He also sought cooperation of all stakeholders in eradicating the drug menace from the society.

## SSR Training imparted to BLOs of 5-Handwara, 6-Langate constituencies

Dr Abdul Qayoom

KUPWARA, SEPTEMBER 15: In pursuance to the directions of Chief Electoral Officer J&K and District Election Officer (DEO) Kupwara, training programme regarding Special Summary Revision (SSR) of Electoral Rolls 2022 of all Booth Level Officers (BLOs) and Supervisors was today held at Environmental Hall Handwara. The programme was presided over by ADC Handwara, Nazir Ahmad Mir who is ERO of 5-Handwara constituency. On the occasion, training was imparted to 117 BLOs of AC 5-Handwara 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.

Moreover, the main agenda in the whole training imparted by

District Election Trainer, Syed Saqib Geelani was achieving of the set target by every BLO in his/her part (polling station) within a time frame of 40 days.

Meanwhile, the ADC stressed upon the field staff to ensure cent per cent enrolment of electors and purification of Electoral Roll.

Tehsildar, District Level Master Trainer and other concerned were also present in the training.

Similarly, training programme regarding Special Summary Revision of Electoral Rolls 2022 of all 138 Booth Level Officers (BLOs) of 6-Langate constituency was held at Town Hall Handwara which was presided over by ACP Kupwara who is also ERO 6-Langate.

## Commissioner State Taxes meets traders, industrial associations in Baramulla

BARAMULLA, SEPTEMBER 15: The Department of State Taxes organized an interactive session for Trade and Industrial Federations of North Kashmir here today.

Commissioner State Taxes, Dr. Rashmi Singh, who chaired the interactive session, elaborated on achievements of GST regime highlighting the increase in revenue collections and compliance. He enjoined upon all bodies to enhance registration of tax payers and ensure compliances under filing of GST returns.

Among others State Taxes Officers, various stakeholders and representatives of trade and industry participated in the meeting.

The session was also attended by Deputy Commissioner, State Taxes Enforcement and Recovery, Shakeel Maqbool, who apprised regarding functioning of CGST set up in Kashmir.

The Trade bodies and Industrialists thanked the department for organizing such sessions where they could clarify many operational issues, get all relevant updates

and also offer their suggestions for the policy domain in order to facilitate trade further.

On the occasion, the issues and suggestions given by the stakeholders were discussed by the concerned officers. The issues requiring immediate redressal were resolved by the Commissioner and those pertaining to policy matters were taken note of.

Commissioner also stressed upon the stakeholders to come up with specific instances so that the issues can be taken up for quick redressal.

Additional Commissioner, State Taxes Kashmir, Manzoor Ahmad Bhat, presented welcome address while Assistant Commissioner State Taxes (Technical), Waseem Raja, gave a technical presentation on the occasion.

Assistant Commissioner State Taxes Enforcement North, Shanawaz Bukhari, informed that the session has been organized to provide a common platform for government and businessmen to share relevant information.

## Atal Dulloo reviews progress of PM-KISAN scheme in J&K



SRINAGAR, SEPTEMBER 15: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting to review the progress on various activities being undertaken in the PM-KISAN scheme in Jammu and Kashmir.

Secretary in APD, several District Development Commissioners (district level chairman PM KISAN), Regional Director Survey & Land records Jammu (Nodal Officer), District Nodal Officers, Director Agriculture Kashmir/Jammu, Assistant Commissioners Revenue, Chief Agriculture Officers, representatives of J&K Bank Ltd and other concerned attended the meeting. Jammu based officers, DDCs, ADDCs, ACRs, CAOs, & district users of PM KISAN attended the meeting through video conferencing.

The meeting held a threadbare discussion over the targets, achievements, pendency and recoveries with regard to PM KISAN while with the ACS enquired about the different activities from each district of the UT.

The meeting was informed about the targets, achievements and pendency in both revenue record and e-KYC uploads

etc. Dulloo asked the district level chairpersons of PM-KISAN to certify any beneficiary before authorizing them ineligible for the scheme so that ineligible beneficiaries would be weeded out ensuring the recoveries are made from them also.

The meeting also discussed the recoveries made so far from ineligible beneficiaries and income tax payees wherein PM-KISAN instalments have been disbursed. The meeting also discussed the bulk uploading of revenue record of PM-KISAN, e-KYC pendency and to be cleared in a mission mode.

He directed the lead bank to saturate bank accounts of PM-KISAN beneficiaries with their Aadhaar and NPCI (for DBT). He also instructed the district Nodal Officers to carry out a special drive to identify and register any left out eligible beneficiaries so that the benefits would trickle down to the deserving lot.

While calling for expediting proper verification of documents, Dulloo asked the Chief Agriculture Officers to speed up pending approvals of death cases, ineligibility and self registration cases.

## Police organises Thana Divas at Police Station Budgam

Budgam As a part of Public outreach programme and an initiative of J&K Government, Police in Budgam have organized 'Thana Divas' at Police Station Budgam.

The event was chaired by DySP Hqrs Budgam Shri Naem Wani-JKPS accompanied by SHO PS Budgam Insp. Aftab Ahmad, I/C Women's Cell Budgam, I/C PPHumhama, I/C PP Soibugh, besides other police officers/officials of Police Station Budgam were also present. The meeting was attended by respectable of Budgam town and adjacent villages, Transport union members, members of Trade union, Numberdars, Imams and other respectable of the area.

During these meeting, participants highlighted various grievances/issues of public importance. They were assured that their genuine grievances

pertaining to Police will be administration will be taken



resolved on priority and 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. The participants were also made aware about the job scams and were requested not to fall prey to fraudsters promising jobs in lieu of money and other favours and remain cautious from such disguised fraudsters. While speaking on these occasion, the chairing officers reiterated that the main aim of organising 'Thana Divas, is to improve efficiency, transparency and accountability in policing at grass-root level and to develop confidence among the people.

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.

## SVEEP: Campaign on Special Summary Revision kick-started at Ganderbal

GANDERBAL, SEPTEMBER 15: Special Summary Revision (SSR) 2022 of Photo Electoral Rolls under Systematic Voters' Education and Electoral Participation (SVEEP) was today kick-started in Ganderbal during which awareness programmes were held in Govt. Degree Colleges Kangan and Ganderbal which were presided over by the District Election Officer (DEO) Ganderbal, Shyambir. The programme at Govt.

Degree College Kangan was attended by Principal Degree College Kangan, Dy DEO, Tehsildar Kangan, BDO Kangan and CDPO, besides teachers and students of the college were also present on the occasion.

Speaking on the occasion, the DEO appealed to the students to register themselves during the SSR process which has been started from today. He further added that any person attain-

ing the age of 18 years on or before October 1, 2022 is qualified to be enrolled as an elector in the Electoral Roll and can apply for his registration during the special summary revision. He urged the participants to disseminate the information to the general population.

Dy. DEO also briefed about the importance of elections in a democratic set up. He gave detailed information

about registration during SSR and other important information regarding the same.

Nodal Officer SVEEP briefed the students about activities for Special Summary Revision (SSR) 2022 and said that the period between September 15 and October 25 has been earmarked for filing claims and objections.

On the occasion Form-6A was also distributed among the eligible students by the District Election Officer.

# MICRONUTRIENT STATUS AND METABOLIC HEALTH: THE LINK

HELENA EZZELDIN

Macronutrients are a primary focus area while planning a diet. However, they are not the whole story. The human body must consume a balanced diet with micronutrients – vitamins, minerals, amino acids, fatty acids, enzymes, and coenzymes. In addition, micronutrients play a multi-faceted role in your health, from strengthening your bones to enhancing the immune system.

Vitamins, minerals, and other specialized micronutrients are essential for preserving one's health. Micronutrients maintain your cells' health and the proper operation of biological processes. Maintaining optimal cellular nourishment with micronutrients is necessary to generate energy, control stress, balance mood, sleep, and other vital functions.

It is challenging to plan the proper intake of macro and micronutrients in our daily lives. Also, with metabolic illnesses like diabetes, heart issues, cancer, etc., increasing, it becomes crucial to pay attention to food intake. One way of doing it is by subscribing to HealthifyPRO 2.0. It has various features like weight analysis, blood glucose level monitoring, metabolic panel testing, and personalized consultation with a coach. As a result, you learn to create optimum meal plans and healthy lifestyle habits that keep you metabolically healthy by modifying your diet plans.

Micronutrients, specifically several B vitamins, vitamin C, iron, magnesium, and zinc, are linked to cognitive and psychological symptoms like exhaustion on a molecular and cellular level, according to substantial biochemical and clinical data. They are rich in various dietary sources (naturally occurring or fortified nutrients) and supplements. In addition, cells also produce certain micronutrients through internal synthesis.

## Note

Micronutrients play a crucial role in maintaining overall growth and development. But unfortunately, most people are unaware of its significance and tend to ignore its part in the daily diet. Each source of micronutrients has potential drawbacks when attempting to eat optimally. For instance, some kinds of supplementary nutrients are less effective than others, and malabsorption and inadequate microbial synthesis of micronutrients can be the outcomes.

## Micronutrients: An overview

In general, vitamins and minerals are micronutrients. Proteins, lipids, and carbohydrates are examples of macronutrients. Compared to macronutrients, your body requires fewer micronutrients. Since the body can rarely generate vitamins and minerals, humans must get their micronutrients from their food.

When you eat a nutritious diet, you intake adequate minerals and vitamins as each vitamin and mineral has a unique purpose in your body. Hence optimum health status requires an appropriate intake of all micronutrients.

Studies suggest that vitamins and minerals are essential for growth, immune system health, brain devel-



opment, and many other critical processes. In addition, according to studies and reports, some micronutrients may also help to prevent and treat chronic diseases depending on their role.

## Micronutrients and Metabolic Health: The Connection

Macronutrients carbohydrates, protein, and fat are essential for the metabolic fitness of an individual. However, while these macronutrients play a significant role in how the body makes energy and fights disease, they by no means work in isolation.

They are coupled with micronutrients such as antioxidants, vitamins, minerals, trace metals, and others to work in conjunction to keep your immune system strong. Micronutrients play a crucial part in helping the cells to carry out their standard process and to let the body function at its peak at the cellular level.

Most nutrients play a significant role in the chain reactions that control every aspect of your body's metabolism and involve proteins, enzymes, and hormones. The system will break down as a whole even if one of the linkages is weak or absent. They can function as catalysts for crucial chemical processes, constituents of essential proteins, and more.

Given the wide range of micronutrients, following a nutritious and balanced diet is vital to prevent scurvy, blindness, rickets, weak bones, and other congenital disabilities. According to a study, obesity and Type 2 diabetes can also impact the micronutrient level. In addition, research links insulin resistance to micronutrient deficiencies, particularly those in calcium, magnesium, and zinc.

## Effects of Micronutrients Deficiency

Consumption of micronutrients in a particular ratio is critical to carry out their specific activities in your body. A vitamin or mineral might have adverse side effects if consumed excessively or too little. A balanced diet will allow people to consume enough micronutrients for most healthy adults. However, some groups are more prone to dietary deficits than others.

Each nutrient's indications, symptoms, and long-term impacts vary. Still, they can harm your body's ability to function properly and maintain optimal health. Here's how the deficiency of micronutrients can affect your metabolic

health.

## Fatigue

Since vitamins are essential for producing energy and are involved in overall processes, insufficient levels of vitamins can slow the process down and increase the likelihood of developing fatigue or weakness.

Even after eating, you might not feel energized or active because the body won't be able to fuel the cells. Such vitamin deficiencies accompanied by fatigue happen due to poor diet choices, such as those high in sugar and saturated fats.

## Constant Hunger

Satiety depends on the vitamins we consume and whether or not the stomach is full. The ability to control hunger and satiety depends on various amino acids and minerals, including B vitamins. If your diet is on track and you're eating healthy foods, you may have noticed that you don't feel hungry between meals.

One reason indicates the importance of concentrating on nutrition rather than calories when attempting to lose weight. You are more inclined to overeat to feel fulfilled due to lacking specific vitamins and amino acids, eventually resulting in weight gain.

## Hair Thinning

Hair loss is another negative side effect of not providing your metabolism with the proper micronutrients. For example, suppose you experience excessive hair loss or thinning when you brush or shower could be a sign of a deficit vitamin level. Micronutrients are necessary for hair growth, and if there is any deficiency, the health of the hair and nails will be at risk. As a result, you experience severe hair loss, dandruff and others.

## Depression and Lack of Motivation

With a balanced diet, you will feel motivated and want to take active steps toward your goals. Uncontrollable mood swings and a lack of motivation aren't always personality traits. Numerous brain functions depend on vitamins and minerals, so deficiencies in these nutrients increase the risk of neurotransmitter depletion.

The neurotransmitter damage can cause mood swings, anxiety, despair, and a loss of enthusiasm for activities you once found enjoyable. Remember that your body functions mainly through chemical reactions

can either be created when sunshine strikes the skin or absorbed via eating meat, or taken as a supplement. The other primary type of vitamin D, vitamin D2, is typically consumed as a supplement or synthetic food additive. According to research, some vitamin D is better absorbed in higher-fat diets.

Three ounces of trout or salmon will get you close to the needed amount of vitamins. On the other hand, half a cup of UV-grown mushrooms has almost half the recommended vitamin D. Furthermore, a tablespoon of cod liver oil has a high level of vitamin D. Hence, please consult your coach if your usual diet is deficient in vitamin D.

## Magnesium

Vitamin D doesn't function metabolically by itself. Studies suggest that magnesium is necessary for Vitamin D metabolism. A meta-analysis with six trials and around 25,000 patients shows a strong link between magnesium insufficiency and metabolic syndrome. The researchers found that a person's overall risk of developing metabolic syndrome fell by 17% for every daily increase of 100 mg of magnesium.

## Ways to Get Magnesium

Pumpkin seeds, which contain 156 milligrams of magnesium per ounce, are one of the best food sources of the mineral. Chia seeds include 95 milligrams per ounce, while other healthy sources of magnesium include almonds, spinach, cashews, and peanuts. Additionally, black beans, edamame, soy milk, and peanut butter all contain it.

The magnesium most readily absorbed by the body when taken as supplements include magnesium aspartate, magnesium citrate, magnesium lactate, and magnesium chloride. Also, remember that magnesium supplements can conflict with some antibiotics and osteoporosis treatments.

## Zinc

The body requires zinc in more than 300 metabolic pathways. Numerous enzymes responsible for synthesizing carbohydrates, lipids, proteins, insulin signaling, and vitamin D activation depend on zinc. It is crucial in assisting the immune system and is also associated with diabetes and insulin resistance. Furthermore, an unbalanced zinc level may increase a person's risk for high blood sugar and obesity.

## Zinc Sources

The body cannot store zinc; hence, you must obtain it through your diet. Nearly seven times zinc's recommended level is present in three ounces of oysters. About half of the necessary zinc intake for men and almost the entire daily intake for women are present in an equal amount of beef or crab. An ounce of pumpkin seeds or cashews can satisfy roughly 15-25% of your daily calorie needs if you're a vegetarian.

Just remember that some seeds, nuts, legumes, and whole grains contain phytic acid, phosphorus that binds to zinc and hinders absorption. It indicates that plant-based meals are less abundant sources of zinc than animal foods. However, phytic acid levels decreased using easy techniques like soaking, fermenting, or sprouting food.

like an engine. Thus it is not possible to perform at its best level if you don't provide it with the necessary fuel.

## Urge to Eat Even When Not Hungry

As mentioned above, vitamins have a role in appetite and fullness. Still, it's not just about whether you feel hungry or not. Even though you've recently had a meal, cravings for certain meals (or simply any food) are more likely to occur when you're micronutrient deficient.

Cravings are a surefire sign that you need to increase your vitamin and mineral consumption. Iodine, zinc, selenium, and tyrosine, an amino acid, play an essential role in thyroid function. While chromium, inositol, and alpha-lipoic acid are for optimal insulin activity.

## Note

It's crucial to start consuming the correct vitamins and minerals and boost your activity level if you want to accelerate your metabolism. If you have dietary needs that make it challenging to meet all your nutritional requirements, combine a balanced, healthy diet with necessary supplements. Additionally, increasing your activity level by getting up to move around frequently and walking briskly for at least 20 minutes will improve your metabolic health.

## Essential Micronutrients for Healthy Metabolism

Depending on heredity and lifestyle, all of us have unique micronutrient needs. Therefore, consult your nutritionist for advice on the recommended daily intake of each micronutrient.

Below are some crucial micronutrients and the ways to acquire them to prevent the onset of various metabolic-related diseases.

## Vitamin D

The liver breaks down vitamin D when consumed or created through sun exposure before kidney enzymes convert it to calcitriol, the active form. The calcitriol controls how the skeleton can utilize the nutrients and the metabolism of calcium and phosphate, the two main minerals that strengthen bones.

## Ways to Get Vitamin D

Sunlight exposure accounts for 50 to 90% of vitamin D consumption, as the name indicates "sunshine vitamin." Vitamin D3, one of the two primary forms of the vitamin,

a person's risk of weight gain or heart disease.

A study shows that cholesterol ratios, such as triglycerides-to-HDL, maybe a more accurate indicator of health risks than LDL cholesterol alone. Additionally, only 25% of the cholesterol level is related to nutrition; the liver and intestines produce the remaining 75%. Even though cholesterol is not a popular healthy option among most people, the body needs it to generate bile acids, vitamin D, testosterone, and oestrogen. It also helps to form cell membranes.

The 2015 revision of the Dietary Guidelines for Americans by the U.S. Department of Health & Human Services removed the earlier advice to restrict dietary cholesterol consumption to 300 mg daily. Instead, it included eggs in its list of suggested healthy meals. In other words, most individuals must not avoid

eggs because of their cholesterol levels.

## Micronutrients

Macronutrients like carbs, lipids, and proteins, and micronutrients like vitamins and minerals are crucial for proper metabolic health. Eggs are among the foods with the widest variety in vitamin content.

Vitamins are extraordinarily abundant in eggs. Except for vitamin C, every vitamin is present in eggs. However, they are distributed differently between the yolk and the white.

Eggs contain abundant amounts of vitamins A, D, E, K, B1, B2, B5, B6, B9, and B12. In addition, egg whites contain high concentrations of vitamin B in significant proportions. As per research, 10-30% of the daily required quantity of several of these vitamins is present in just two eggs. Vitamins A, D, E, and K are examples of fat-soluble nutrients. Eggs are a rich source of phosphorus, calcium, and potassium, as well as copper, iron, magnesium, manganese, selenium, and zinc. The proportion of selenium and iodine inside an egg is significantly impacted by what a hen consumes, just like liposoluble vitamins.

## Choline

Eggs are the second-best source of choline, a water-soluble substance frequently linked to the B vitamin family. Approximately 27% of the daily required amount of the vitamin is present in one hard-boiled egg. Its

## BRIEFLY HEALTH NEWS

### Black or white? Study reveals the best way to drink tea for a longer life

The love for tea and coffee is a profound one – those that want a cup at the start of the day, in the evening, or at the end know how much they need the refreshing beverage throughout the day. Little do they realise how it could be key to living a longer and healthier life.

#### How does black tea contribute to longevity?

A new study recently decoded how drinking tea in a particular way and in specific quantities could add years to life. According to a study published in the *Annals of Internal Medicine* journal, people aged 40 to 69 were analysed for their diet, lifestyle habits and tea intake – 85 per cent admitted to being tea drinkers, while 89 per cent had black tea drinking two to five cups a day. Researchers discovered that people who drank more than two cups of black tea a day had a lower risk of dying from heart stroke or stroke – their cumulative risk of mortality dipped by 12 per cent upon drinking three cups of black tea in a day. Additionally, adding milk or sugar did not affect the benefits.

#### Black tea – A nutrient profile

And as far as the health benefits of black tea are concerned, experts say that the inflammation-curbing effects of the drink could help reduce the risk of diabetes, stroke, and heart disease. Additionally, this beverage is rich in phytonutrients, polyphenols, catechins, and antioxidants that have anti-inflammatory effects on the body. On the nutrition front, one cup of black tea contains 2.4 calories and small traces of carbohydrates, fibre, proteins, and fats. Inflammation is significantly affected by dietary and lifestyle choices – what one eats, and drinks in a day. Although it is the body's natural response to the external invasion, chronic and excessive inflammation could be associated with heightened disease risk.

### Beware! Chemo brain can cause anxiety, depression, panic attacks in cancer patients

Cancer not only takes a physical toll on a person's body but there are mental health effects as well. The extensive cancer treatments that include chemotherapy, radiotherapy, and hormone therapy take a toll, causing cognitive impairment known as Chemo brain. Many times, cancer patients experience: Memory lapses and forgetting obvious things, Concentration troubles or feeling spaced out, Problems in multitasking, Not being able to learn anything new, Super disorganised or slow in thinking and processing things, Not able to complete sentences. According to doctors, chemo brain is a temporary phase that lasts a short time but can have long-term repercussions.

#### What causes chemo brain?

When a cancer patient undergoes chemotherapy or any related treatments, there are a lot of changes that happen in the body, like losing appetite, hair falling, feeling weak, marks on the body, etc. These changes cause a drastic effect on a person's thinking and confidence, leading to chemo brain. Doctors say a lot of patients also end up in stress and depression when things worsen.

A few main causes of chemo brain can be classified as: Tumors, that can cause anxiety and stress, Cancer medicines or drugs that have steroids, Other co-comorbidities like high blood pressure or diabetes, Fatigue or tiredness, Older age. After effects of surgery when mobility is low, Depending on others, Hormonal changes, Nutritional deficiencies.

#### How to treat chemo brain?

Doctors believe that if the short-term effects of chemo brain stay for a longer time, they can culminate into other mental health issues like panic attacks, anxiety, bipolar disorder, etc. Hence, it is imperative to get treated by the following:

**Cognitive rehabilitation:** It is another part of the cancer rehabilitation programme where activities are undertaken to make the patient normal after the treatment is over. These include performing and memory-gaining tasks and activities that help in strengthening cognitive abilities.

**Therapies:** Contacting a mental health professional or psychologist in case of a decline in mental health to take therapy for boosting confidence after the cancer treatment.

**Exercise:** It is very important to exercise to improve thinking and the ability to focus. Activities like jogging, running, swimming, rock climbing, pet walking, etc. can improve attention and concentration levels.

**Meditation and mental exercises:** Meditation and breathing exercises through yoga help in regulating brain function by increasing focus and awareness.

# DO EGGS PROMOTE A HEALTHY METABOLISM?

Eggs are one of the healthiest food sources, rich in protein and unique antioxidants that effectively improve countless health markers. In addition, they also have a large number of vitamins and minerals that support various body functions, from bone development to brain power. Despite frequent contradicting news reports, it is evident from studies that eggs support good health.

Like many protein sources, eggs help the body perform essential tasks. However, consuming eggs with different foods like processed meats or toast can be a poor dietary choice. Hence you should include eggs in a well-designed diet plan. Subscribing to HealthifyPRO 2.0 will help you to manage your calorie intake and guide you to consume nutrient-dense foods that will enhance your metabolic health.

## Note

Discussions about nutrition often centre on macronutrients like proteins, lipids, and carbohydrates and micronutrients like vitamins and minerals. Also, they are crucial for healthy metabolic function. However, the most recent empirical studies support the idea that eating eggs alone is not bad for your heart or any other metabolic process. Overall, an ideal and custom-made egg meal in your daily diet will improve your healthy metabolism and holistic well-being.

## Daily Diet Tips for Egg Consumption

Your nutritious breakfast should include eggs.

Compared to eating pancakes, syrup, juice, or sausage for breakfast, a hard-boiled egg on top of a healthy salad with fresh smoked salmon will have a very different nutrient profile. The best way to eat eggs should be as part of a low-glycemic meal. In addition, make sure you pair it with foods free of refined sugar and carbohydrates that could raise your insulin and blood sugar levels.

## Pick your cooking medium carefully.

Frying eggs impact the meal's nutritional value due to the oil quality. Therefore, opt for olive oil, avocado oil, and coconut oil. You get them in natural forms. They undergo less chemical processing than other counterparts like heavily processed seed oils like canola or sunflower oils that contain harmful linoleic acids. If you choose to use ghee or butter try to limit the quantity and use the ones made from grass-fed cow milk.

## Choose soft-boiled or poached.

According to several studies, boiling the egg whites but essentially keeping the yolk uncooked retains the maximum nutritional value. This technique also enables cooking to boost the protein's bioavailability and destroy any hazardous microorganisms.



## Purchase high-quality products.

Higher-quality, nutrient-dense eggs are from chickens kept on pastures, promoting more environmentally friendly agricultural methods.

## The Contribution of Eggs to Metabolism

### Cholesterol

Egg yolks are one of the typical foods with the most significant dietary cholesterol level, with an average large egg containing 186 mg. Due to their high cholesterol content, the American Heart Association's nutritional recommendations from the 1960s recommended people limit their consumption of eggs. However, more recent research consistently demonstrates that moderate egg consumption does not increase

## HEADLINES TODAY

## EDITORIAL

## All important but ignored Issues of Mental Health

Mental Health continues to be the most ignored state of Human health across the country. Among the sizeable percentage of the population across the country Mental Health is still not being recognised as a major health issue. Patients seldom get support from the family even. Need of the hour is to generate awareness among the population and the government has a major role to play.

The minister of health and family welfare, Dr Manukh Mandaviya, informed parliament, in its monsoon session, that according to the National Mental Health Survey conducted by the Government through National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, the prevalence of mental disorders including common mental disorders, severe mental disorders, and substance use disorders (excluding tobacco use disorder) in adults over the age of 18 years is about 10.6%. As per the major findings of the survey, the prevalence of mental morbidity is high in urban metropolitan areas; mental disorders are closely linked to both causation and consequences of several non-communicable disorders (NCD); nearly 1 in 40 and 1 in 20 persons suffer from past and current depression, respectively and Neurosis and stress related disorders affect 3.5% of the population and was reported to be higher among females (nearly twice as much in males).

Also data indicate that 0.9% of the survey population was at high risk of suicide and that nearly 50% of persons with major depressive disorders reported difficulties in carrying out their daily activities. The covid-19 pandemic has surely aggravated the situation, leaving those having such issues to struggle with the symptoms and disabilities that result from what is basically and undeniable a disease which to a large extent is curable. What makes the challenge more difficult is stereotypes and prejudice such people face purely as a result from misconceptions about mental illness. As a result, people with mental illness are robbed of the opportunities that define a quality life—good jobs, satisfactory health care, and association with a diverse group of people. The people having mental illness not only face the public stigma which is the reaction that the general population has towards them but also self-stigma which is defined as prejudice which they turn against themselves. For providing affordable and accessible mental healthcare facilities to the population, including the poor and underprivileged, the Minister informed the parliament that the government is implementing the National Mental Health Programme (NMHP) in the country. In addition, the Minister said the Government is also taking steps to strengthen mental healthcare services at primary healthcare level. Also operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Health and Wellness Centres (HWC) have been released under the ambit of Ayushman Bharat. While these steps are in the right direction, the government needs to keep working to augment the infrastructure and also take more and more measures to ensure prompt awareness about the availability of the services. There is also a need for improving access to preventive and curative mental services.

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## GIRLS BETWEEN HOPE AND DESPAIR, FAILED MAINLY BY DISCRIMINATION

DR. GYAN PATHAK

Only four and half-months ago in April, a report by UNESCO had generated great hope regarding girls' education by showing them performing as strongly as boys in the classroom although there were plenty of barriers holding them back. Now a sense of despair grips the world with release of another report by UNICEF ahead of next week's United Nations Transforming Education Summit warning that low levels of numeracy proficiency, particularly among girls, is undermining children's ability to learn, develop, and progress.

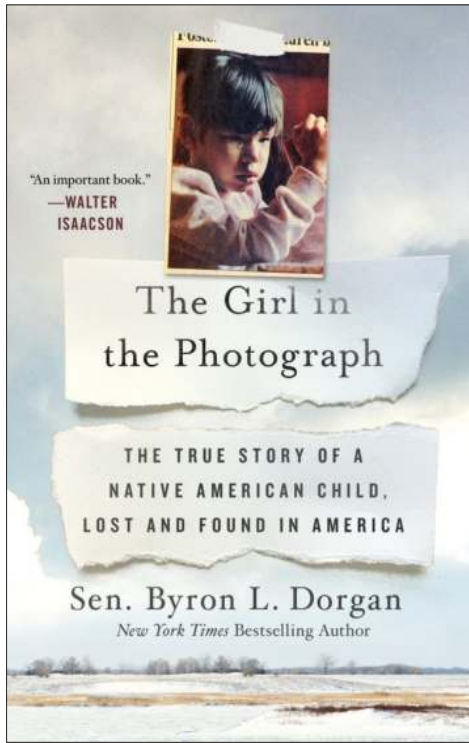
The UNESCO report had said that although boys perform better than girls in the early years, this gender gap disappears in secondary school – even in world's poorest countries. "Girls are doing better than boys in reading and in science and are catching up in mathematics," the 2022 Gender Report had said. Despite this progress, UNESCO had warned that gender "biases and stereotypes" would continue to affect girls' schooling, as boys "are far more likely to be overrepresented" at the top level of maths, in all countries.

Now the UNICEF report "Solving the equation: Helping girls and boys learn mathematics" says that girls worldwide are lagging behind boys in mathematics, with sexism and gender stereotypes among the root causes. The report raises the alarm on how issues of sexism and gender stereotypes have undercut

the potential of girls in the classroom. The report reveals in headline terms that boys are up to 1.3 times likely to get the maths skills they need compared to girls.

UNICEF has tweeted that No girl should be left behind. We must help every child learn the foundational skills they need to succeed in school and in life, it read. The report has also warned about false expectations, negative gender norms and stereotypes often held by teachers, parents, and peers regarding girls' innate inability to understand mathematics, are contributing to this disparity. Which means Girls are 'failed by discrimination' and 'stereotyping' not by their inability – a fact that has been highlighted by both the UNICEF report now in September 2022 and the UNESCO report of April 2022. These stereotypes are projected onto young girls and often undermine their self-confidence, setting them up for failure, the UNICEF report says, further noting that learning maths at a young age strengthens memory, comprehension, and analysis, in turn improving children's ability to create. It also warns that children who do not master basic maths and other foundational learning, may struggle to perform critical tasks in the future.

An analysis of data from 34 low and middle-income countries featured in the report, shows that while girls lag behind boys, three-



quarters of schoolchildren in grade 4 elementary classes, are not obtaining foundational numeracy skills.

Data from 79 middle and high-income countries show more than a third of 15-year-olds have yet to achieve minimum proficiency in mathematics. These statistics reveal the depth of educational issues plaguing all genders.

Household wealth is also a determining factor. The report notes

that schoolchildren from the richest households have 1.8 times the odds of acquiring numeracy skills by the time they reach fourth grade than children from the poorest households.

Children who attend early childhood education and care programmes have up to 2.8 times the odds of achieving minimum proficiency in mathematics by the age of 15 than those who do not.

The report has noted that COVID-19 has exacerbated the gender disparities, and in countries where girls are more likely to be out of school than boys, the overall disparities in mathematics proficiency have been growing since the pandemic caused mass disruption to education system.

The report further recognizes the long-term effects of sustained gender disparities, specifically noting how boys are more likely to step up and apply for jobs in mathematics. The finding represents a stark gender gap, depriving the entire world of talent in the science, technology, engineering and mathematics (STEM) fields. Opportunity fails to knock for girls because they lag behind for no fault of theirs.

"Girls have an equal ability to learn mathematics as boys – what they lack is an equal opportunity to

acquire these critical skills," said UNICEF Executive Director Catherine Russell. "We need to dispel the gender stereotype and norms that hold girls back – and do more to help every child learn the foundational skills they need to succeed in school and in life."

We are in a learning crisis: more than half of the world's 10-year-olds cannot read a simple text, and COVID-19 will likely further deepen this crisis. The situation is similarly dire when it comes to mathematics, the other knowledge domain singled out, alongside reading, for global monitoring by the Sustainable Development Goals. Ms. Russell said: "With the learning of an entire generation of children at risk, this is not the time for empty promises. To transform education for every child, we need action and we need it now."

UNICEF has called for all countries to urgently implement the RAPID actions needed to recover learning: Reach every child and keep them in school; Assess learning levels regularly; Prioritize teaching the fundamentals; Increase the efficiency of instruction; and Develop psychosocial health and wellbeing. "We must act now to ensure all boys and girls catch up on missed learning and are supported in building the foundational literacy and numeracy skills they need to thrive in school, work, and life," Robert Jenkins, Director of Education and Adolescent Development at UNICEF has said.

IPA SERVICE

## LABOUR IN INFORMAL SECTOR IS IN PATHETIC ECONOMIC CONDITION IN INDIA

KRISHNA JHA

Covid was a reality all over the world in the years of 2020-2021. The epidemic was not alone, it was followed by devastation. The victim countries were dragged down from the development level they had been. India was no exception. But for other countries, their agenda never allowed any compromise with progress and hence, they arrived soon where they were. India was one country that remained unconcerned about the key indicators. Result was reflected in no uncertain terms in the ranking for the United Nations' development index or HDI.

As was expected, India's ranking was quite below the mark. Decline had been there for last two years (2020 and 2021), lagging behind what all had been achieved before. Earlier, the country had been always at par with the world average. Today India has been ranked at 132 (2021), slipping from 130 in 2020, according to the Human Development Report 2021-22 released on September 8, 2022. The report, released by the United Nations Development Program (UNDP), says India's HDI value stood at 0.633 during 2021, which was lower than the world aver-

age of 0.732. In 2020, too, India recorded a decline in its HDI value (0.642) in comparison to the pre-Covid level of 2019 (0.645).

The lag is the crude reality today with people dying at much younger age. The factors that lead to this gloom are all thrown into one basket making Covid responsible for all the suffering. Till 2019, the average age in the country was 67.2 years but now, to be alive even after the average of 67.2 years is a boon. In education too we lag behind, registering poor schooling and the resultant damage for the young ones. In the 11.9 years of schooling in the country, today in reality, it is available for hardly

6.7 years. At the root of the tragedy is the unprecedented shrinking of income. The Gross National Income per capita level has slipped down to 6,590 dollar, labelling India as a lower middle-income country. Jobs are like catching moon in your palm, that you would never wish to let go, at any cost, even life. Long hours of sloggng, in extremely unhealthy conditions, and then at the end, promises drawn in falsehood and you get underpaid. Still you continue putting at stake your conscience, your rights, and continue toiling at your



peril. It is here that country's progress gets locked. Any kind of welfare steps are denied to those who produce the wealth, on which the life of a nation is kept flowing. It is in other words, demographic dividend. The report has come out pointing at the pitfalls in the handling of the employment scenario and the resultant suffering of our working class. It is the failure of the system that forces people from the lower depths to shoulder the responsibility of development and progress, and yet they are

themselves kept with bottom level affordability. According to the report, a reduction has been registered in their Human Development Index value in 2020-2021, reversing much of the progress. It is the Sustainable Development Goals that are facing the brunt.

In the grim scenario, it is the MSME that has kept offering respite to the common masses. Compared to other sectors, availability of employment is greater here, whatever be the wages and the timings. But the skeletons started rolling out

when emergency credit line guarantee scheme was introduced. The credit to MSMEs was for a maximum of 20 per cent of their outstanding debt. As per data, when the loans have been disbursed under this scheme to one crore accounts, 16.4 per cent of these accounts have turned non-performing due to financial stress the borrowers were going through. It was clear that Covid was not the only factor to keep economy suffering. It continued even after Covid days were over.

The data from the Nation-

al Credit Guarantee Trustee Company reveals that 16.22 lakh loans have turned bad. In value terms, this works out to Rs 11,893 crore. This implies that it was the relatively smaller firms that have been under stress and have not been able to meet their obligations. The fact that in the first tranche itself of the scheme, most of the loans turned bad was a signal that it was only a tip of an iceberg, more tragedies were yet to roll out. MSMEs, both formal and informal, give jobs to the major section of labour force, and it is mostly this section that is victim of continuing financial stress.

While these numbers do reflect the extent of financial stress among the MSMEs, it is also relevant to point out that these are formal MSMEs. Formal sources are applicable only for them. Informal MSMEs are much larger in numbers and financial crisis is greater for them, since they are denied any access to formal sources. With no access to credit and formal funding, their plight is much worse. Labour force getting visibly affected, their continuing financial stress points to the simmering distress in the labour market.

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## NEED FOR FRANK DISCUSSIONS WITH THE SOUTHERN LEADERS ON LANGUAGE ISSUE IS IMPERATIVE

SUSHIL KUTTY

On the one hand we have a politician on a 'Bharat Jodo Yatra' and, on the other, there's the politician who divides along linguistic lines. And the manner in which this is being done couldn't be more untimely. In the sense, why give Hindi a bad name by raising the highly contentious topic of India's "link language" on none other than 'Hindi Divas'?

Hindi is such a beautiful language; why make it the reason for language strife in a nation of languages; varied languages spoken in several tongues? Union Home Minister Amit Shah seems to take pleasure in rubbing the non-Hindi-wala the wrong way by attempting to push Hindi down the throats of the Madrasis, the Malayali, the Kannadiga and the Telugu among other tongues.

This September 14, the designated 'Hindi Divas' for Indians at large, Amit Shah once again set the Hindi cat among the non-Hindi language pigeons and watched the

drama unfold from the sidelines. Only language-sadists get a thrill playing such a game. And to add insult to injury, Prime Minister Narendra Modi plays the 'good cop' to Shah's 'bad cop' with a Tamil 'Vanakam' thrown here, and a Kannadiga 'Namaskaram' there!

These two Gujarati gentlemen play the link language game with practiced ease. And the "BJP crowd" roars in approval. The trouble is, for the non-Hindi, Shah's link language is a foreign language. And Shah and Modi should stop the 'good cop-bad cop' routine with those who continue to get called 'Madrasis' by the Hindi-speaking 'mahanubhavs' of Bharatvarsha.

When Hindi-stan celebrated 'Hindi Divas', Shah couldn't resist from reminding the Madrasis, the Malayali, the Kannadiga and the Telugu that Hindi is India's "link language", and the rest others in the 28th Schedule are not worth the tongue they're spoken with.

Shah could do with a crash course in how not to hurt the lan-



guage sensitivities of the Tamil, the Malayali, the Kannadiga, and the Telugu. Perhaps of the Punjabi, and the Himachali as well. Never mind that of the Marathi, and the Gujarati. And, if the Bengalis have a problem, stop the 'khela hobe' in West Bengal, too.

The people of India's various linguistic states don't like it. If Shah and Modi want it, they can do a referendum in Gujarat and pick Hindi over Gujarati. The trouble with this country is the Gujaratis have had and continue to have too much of a say in matters related to all of India. Mahatma Gandhi and Sardar Patel deserved it and got it,

but that doesn't mean every new pair of Gujarati who hit the national scene also deserves the same.

And why should it be left to the Tamil only to fight the language war for the rest of the non-Hindi speaking Indians? Tamil Nadu Chief Minister MK Stalin is the lone non-Hindi man standing against the deprivations of Hindi-chauvinism. Malayalam, Kannadiga and Telugu are no less under threat.

And Marathi should join hands with Tamil and Malayalam, along with Odhia and the languages of the northeast. Why, even Kashmiri has a standing, along with Sindhi and the Himachali.

What is this BJP-obsession with Hindi? It shouldn't be, but there's a smell of RSS there, definitely. The RSS-interference is in every sphere of Indian life. Shah's contention that Hindi is to unite India is dangerous. What right does Hindi have over that of Tamil, and Malayalam? Just because capital Delhi happens to be in the Hindi-heartland doesn't give Hindi a greater say. Stalin is

right. Like Stalin said, the country is "India", and not "Hindia". So, rename 'Hindi Diwas' "Indian Languages Day" and get on with nation-building. Stalin has more "unity" in his little finger than Shah in his bunched fist. The DMK government's statement stressing the importance of all Indian languages should be put up for debate in Parliament. Why is it that only with Hindi can a citizen get an idea and understanding of India's diverse cultures, and history. What happened to the whole "Unity in Diversity" thing?

Home Minister Amit Shah and Prime Minister Narendra Modi need to imbibe a whole new vocabulary to spread the language of unity. Some unity with a 'Bharat Jodo Yatra', others must think about not pitting language against language to bring about unity. Shah's assertion that Hindi is not a "competitor" but a "friend" of "regional languages" is unacceptable. By that token, even Hindi is a regional language. IPA SERVICE

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# Bridge the gap between school and college



**VIJAY GARG**

A holistic development model is needed at the school level to smoothen the transition to college

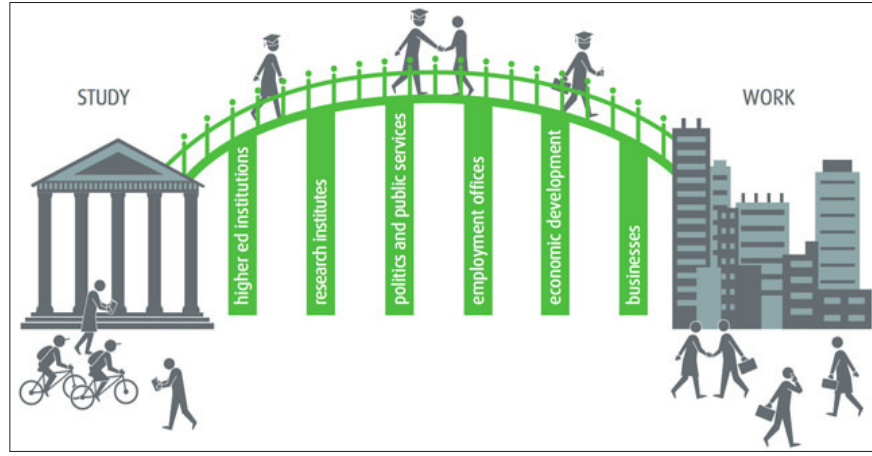
Schools focus on academic proficiency and the curriculum and pedagogy are designed to get the students to score good grades.

Students transitioning to college are often underprepared for the demands and find it difficult to cope. To make this transition smooth, they must be equipped with the necessary skills and knowledge. This requires policymakers and educators to address the gaps between school and college education,

as the former's outcome do not meet the latter's expectations.

Schools focus on academic proficiency and the curriculum and pedagogy are designed to get students to score good grades. Counselling students about possible career pathways is sidelined. At the end of high school, students may have the grades but unaware of what to study in university. Thus, they enroll in courses unaligned with their interests and skills, which negatively impacts their futures. What is required is a more holistic approach, which can be achieved by the following ways:

Focus on the fundamentals: A strong base that provides students with knowledge and skills will help them identify their areas of interest and passion, build their profiles, and chalk out a path to excel in college and professional careers.



Develop life skills: Preparation for college and career success requires more than exposure to a dynamic curriculum. Life skills can be developed through socialisation and learning values and attitudes through interactions with others. Middle-school is a perfect place to incorporate and develop soft skills such as communica-

tion, leadership, creative thinking, and collaboration, among others.

Introduce research in high school: Apart from marks and grades, qualitative opportunities like research projects have become popular for students applying to colleges abroad. Research is a great way to explore areas of interest more deeply and

develop academic passions in all fields. Students who have been a part of research programmes can use their projects to showcase their passion and the depth of their abilities.

Internship programmes: This allows students to explore their interests and various career fields before taking the leap and commit-

ting to a specific programme. The focus should also be on transferable skills. Internships are an excellent way for students to gain work experience, learn about professional opportunities, and network with like-minded peers.

Vocational training: Skill-based training can prepare students better for their future career options; whether it is their enrollment in colleges/universities or decision to join the corporate world.

To help students make a smooth transition from school to college, there is a need to develop a model that takes a multifaceted approach and considers all the essential aspects of education, including its social, economic, and cultural tenets.

*Vijay Garg Retired Principal Educational Columnist Malout Punjab*

# WORKERS AND STUDENTS HOLD BIG DEMONSTRATIONS AGAINST HIGH FUEL PRICES

**C.J. ATKINS**

Around 5,000 in Leipzig and another 1,000 in Berlin last Monday took part in the first rallies of a campaign that's being called the start of a "hot autumn" of resistance to Ukraine war-imposed hardships on German workers.

Demonstrators demanded caps on gas and electricity prices, the abolition of gas surcharges that fall on the working class, nationalization of the energy industry, and an end to the economic war the German government is waging with Russia.

Along with other EU countries, Germany has imposed economic sanctions on Russian energy sales in a bid to punish President Vladimir Putin for his invasion of Ukraine. But in a boomerang effect, the effort at fiscal warfare is hitting working people in Germany much harsher than it is the Russian state.

Inflation clocked in at 7.6% for Germany in summer 2022, a near-40-year high. At the core of the problem? Energy costs, which are up 38% according to official statistics. Before the war in Ukraine, Germany secured much of the natural gas that heats its homes and powers its industry from Russia.

It had been that way for decades, even during the Cold War.

After the Russian military crossed the Ukrainian frontier in February, Germany and other countries set in motion a process of weaning themselves from Russian energy. The idea was that if the Russian economy could be strangled, then Putin would call back his tanks.

The whole affair backfired, though, with Russia finding new customers like India and China and thus raking in more money than ever thanks to higher global oil and gas prices.

Working people in Germany, meanwhile, have been left to pay the price for the faulty sanctions regime, and with autumn coming on fast in central Europe, the frustration is becoming more palpable. Temperatures are falling, and the level of anger is rising.

The Left Party (Die Linke) initiated the protest in Leipzig, where Sören Pellmann, a local member of the Bundestag (parliament), spoke of an "opening rally for the hot autumn."

In Berlin, a left-wing alliance staged protests in front of the Green Party headquarters. While participating in Social Democratic Chancellor Olaf

Scholz's coalition government, the Greens have totally renounced their pacifist, anti-war roots and become the most hawkish voices among the ruling class.

Vice Chancellor Robert Habeck, who is also the economy and climate minister, and Foreign Minister Annalena Baerbock were the key actors in cabinet who pushed for Germany to overturn its long-standing policy of not exporting weapons abroad. Habeck and Baerbock, in particular, pressured Scholz to ship heavy offensive arms to Kiev. Under the motto, "Enough is enough—protest instead of freezing; Heating, bread, and peace," the Berlin protesters targeted the galloping inflation of gas and electricity prices.

Taking Germany's energy industry under public ownership and giving up on the sanctions charade were highlighted as the only realistic ways forward. No kind words were heard for the Russian military's attack on Ukraine, contrary to mainstream media claims that anti-war protesters are puppets for Putin. Instead, the fire was focused on the bungled response to the war by the powers-that-be in the Bundestag.

"We shouldn't have to dress so warmly at home this winter, but the ladies and gentlemen in government tell us that we have to freeze for their wrong policy," said Berlin rally announcer Uwe Hiks, representing the Nature-friends Germany (Naturfreunde).

In Leipzig, the German Communist Party (DKP) and the Socialist German Workers Youth (SDAJ) provided a considerable chunk of the 5,000+ who marched. Co-chair of Die Linke's parliamentary group, Amira Mohamed Ali, told the crowd she was demonstrating to "keep normal life affordable."

Back in the capital, Angelika Teweleit from the Network for Militant Trade Unions, said the federal government has tried to contain the people's anger with the inflation relief packages it has offered so far, such as limited household energy subsidies and public transit discounts.

But she argued the government is unwilling to do anything more substantial in the interests of the people, such as placing the energy companies under public control. It "prefers to protect corporate profits" instead.

Die Linke MP Sevim Dagdelen called for a planned natural gas sur-

charge to be terminated. The German government is planning an extra charge of 2.4 euro cents per kilowatt hour on households as a means of controlling demand.

Critics say the measure will make it more expensive for the public to heat their homes and cook their meals while padding the bottom lines of already-profitable private energy corporations. The surcharge, due to take effect in October, will act as a direct subsidy to utility companies who've had to pay for more expensive imported gas.

It's a case of the people being forced to put up the cash for corporate welfare. Die Linke co-chair Martin Schirdewan told demonstrators in Leipzig that they should not accept charges by the government or media that they are "dividing society" or "endangering democracy."

Slogans including "NATO out of Ukraine" and "We are not freezing for your profits" were popular ones on the placards carried by protesters. Simplistic mainstream press coverage has latched on to these demands and equated the "hot autumn" protesters with the neo-Nazi Alternative for Germany (AfD) party, which opposes Germany's participation

in the Ukraine war.

Ferat Koçak, a Die Linke deputy in the Berlin Senate, declared, "There is no place for Nazis here," and said it's a common tactic of the capitalist ruling class to try to sow confusion among the people about the aims of the left and the extreme right.

As for the AfD and other far-right groups, they try to take advantage of these disinformation efforts to co-opt or hijack left-wing popular protest.

On the fringes of the rally in Berlin, anti-fascists prevented a group of supporters of the party "Die Basis" and the group "Freie Linke," who had demonstrated several times together with neo-Nazis, from taking part in the rally.

In Leipzig, around 500 people took part in parallel to the left-wing rally in a meeting registered by the right-wing group "Freie Sachsen," which the authorities in the immediate vicinity had approved.

Despite the Nazi distractions, Die Linke leader Gregor Gysi said he was pleased to see his party "finally able" to organize such events again after its recent divisions and poor election showing.

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COURTESY: PEOPLE'S WORLD

# THE REJUVENATION OF THE PARTY AFTER 150 DAYS OF MARCH, SHOULD GIVE DIVIDENDS

**ARUN SRIVASTAVA**

Congress leader Rahul Gandhi might not feel perturbed at 8 of his legislators in Goa switching their loyalty to the BJP but at the same time he cannot ignore the fact that this is a red alert for him and his party. It is an open secret that no leader worth name, except Rahul, is in the position to make a policy decision. To be fair enough to Rahul, he must lend his ears to the common peoples' observation, undoubtedly induced by the rhetoric of the BJP leaders, on this incident. They echo the jibes of the BJP leaders "if Rahul cannot unite his own party men how he can claim to unite the country?"

During eight years of his rule, Narendra Modi has been consistently trying to project Rahul as a naive and indecisive youth. Modi-Shah combine has in the prevailing political situation been resorting to this tactic to break his party and make the people believe that he is not capable enough to manage his own party. Since they cannot publicly deride his Yatra, they have been taking an indirect route to create confusion in the mind of the people. Rahul ought to take this signal seriously.

Modi-Shah engineering a split in the Goa Congress is a part of this strategy. The BJP in the state enjoys sufficient majority. But even then, they motivated 8 Congress legislators to shift their loyalty. Ironically these legislators had sworn before their deity Mahalaxmi that they would ever remain loyal to Congress. For Modi loyalty can be purchased to show Congress and Rahul in utterly despicable position. Nonetheless this move of the BJP coming at this time ought to be not seen as an isolated action. This coming at the time when Rahul has been on the streets leading his Yatra, has wider implication. A feeling also grips the minds of the people that Rahul has kept his eyes shut towards such desertion as he is giving opportunity and space to the leaders who are keen to cross the side. This is a kind of self-rectification of the party. Rahul has been feeling disgusted with the mode of functioning of such leaders. They did not throw their full support to him in the 2019 Lok Sabha election. In fact, some of them were found to be working against the interest of the party. His disillusionment was the prime reason for quitting the office of the president of the Congress.

Even today he is not feeling convenient with such leaders. This is the primary reason, according to some senior leaders, that he refrained from coming out with his views on their leaving the party. He did not make any attempt to enter into dialogue with these leaders or persuade them to reconsider their actions.

Though Rahul has christened his march as Bharat Jodo Yatra, the general secretary of the party Jairam Ramesh, in the light of his disenchantment, has emphasised that the Yatra is for revival of Congress, not for Opposition unity. He pointed out notwithstanding Rahul strongly favouring a strong bond and unity amongst the opposition parties, the opposition unity is definitely not on the priority list at this stage. The leadership cannot aspire to defeat the BJP on the strength of these leaders who are not committed to the ideology of the party and its programmes. If the leaders were really committed to the party's ideology and the values it stands for, they should not have deserted it.

They nurse the feeling that Modi juggernaut cannot be stopped without mustering party's inner strength. They further point out that though the opposition parties were present on the electoral horizon, they could not check the onslaught of Modi in 2014 and 2019 as at that point of time the Congress could not set its house in order.

As if targeting Rahul was not enough, the BJP has also brought about major changes in its strategy of attacking him and Congress. Just within a week, suddenly the politics of the country has acquired a new dimension and character. So far, the Indian politics featured a clash between the RSS and BJP led by Narendra Modi on one hand and pitted against them were the leaders of the opposition parties, especially the Congress.

Amit Shah's emphasis on punishing Uddhav sends a clear and loud message that the political hegemony of the Marathas must be finished. Shah's warning: "In politics one can take an insult but not betrayal, and the betrayer must be punished," must be taken seriously. It is a known fact that Thackerays symbolise the Maratha aspiration and pride. Obviously, his call to punish Uddhav implied that Peshwas, the Brahmins, should strive to marginalise Marathas in Maharashtra's politics.

Marathas were the most violent tribes in India who established a strong confederacy in Deccan region. They came on the ladder of politics and rule, after the death of Mughal Emperor Aurangzeb. Shivaji established an independent Maratha nation in 1674. Peshwas were the loyal ministers of Maratha state who were appointed to assist the king in different administrative as well as political affairs. Among seven Peshwas, Balaji Rao I was the ablest Peshwas, and rest were very weak.

In recent times the leaders from Peshwa community somehow lost their grip on the state's politics. The Marathas came to have a firm control on the state administration. In the wake of Gujarat's claim that the then Bombay should go to them, Marathas had fought a fierce struggle against the Gujaratis. Unfortunately in recent months the Gujarati versus Marathi issue was once again raised by some BJP leaders.

Incidentally in Independent India Marathas have retained their clout in Maharashtra's politics. If Maharashtra has had more than 60 per cent of its chief ministers from the Marathas, the community has a fair representation in the cabinet or in the state assembly. Worth noting that when the Supreme Court quashed reservation in jobs and education to Maharashtra's politically dominant Marathas, every political party came forward to position itself. Political outfits cannot afford to be seen against Marathas that constitute almost 33 per cent of the population. The top category in the Maratha stratification, no matter which party is in government, has enjoyed the fruits of power.

As the Congress party's position declined in the state, Marathas searched for alternate forum for ventilating their grievances. The Nationalist Congress Party (NCP) did become a party of the Marathas in the late 1990s. At the same time, Shiv Sena emerged as the main face of the Maratha aspiration. Due to their numerical preponderance, Marathas have always remained an indispensable force in the state's politics and, therefore, were also able to retain formal power.

One thing is absolutely clear that this strategy of Amit Shah of projecting Gujarat lobby as the role model is destined to backfire. To assert the Gujarat hegemony only on Tuesday the Vedanta-Foxconn shifted its project from Maharashtra to Gujarat. Though Maharashtra government was in talks with the mining conglomerate and the Taiwanese manufacturing firm to set up a semiconductor plant in the state, the decision to shift came at the late stage under the Central government's directive.

In fact, in recent months Modi is being accused of ignoring the interest of corporate houses operating in other states and patronising two corporate giants Ambanis and Adanis. Rahul has in fact coined the slogan "ham do hamare do". But one thing is certain that will not augur well for the Modi-Shah combine. Even some senior BJP leaders from other states do not endorse this Gujaratisation of the Indian politics.

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# The little child who loved straying into my company premises!



**M S NAZKI**

'AREN'T you taking me along with you uncle? She was eight years old then. Tears were rolling down are eyelids and I stood there, had a look at her, planted a kiss on her forehead and walked towards my Jonga! I put her on the backs seat and said to her, 'who told you that I will leave you here? Adah had no one of her own! She used to walk into our company premises and then walk towards two graves! Plenty of circuses (flowers that grow alongside graves naturally but are without any fragrance)! The sentries at the grave yard never stopped her! Then in the evening she used to walk, to where we never knew when we were new to the environment in Pattan but soon we discovered what had happened! (This incident was told to me by an officer from Chennai in Transit camp Guwahati as we were to board the famous Assam Mail that would drop us at Delhi and throughout the night over rum we kept talking about Adah. I kept asking questions and he kept replying!) Rest I will tell you in the script!'

I keep saying that every soldier has a story to tell basically about that have happened in their illustrious careers! Bhanu too had one but a bit too short!. Brilliant officer about whom I came to know a dozen of years later after we had met on the terrace garden of Guwhati Transit camp! Whether it

is there or not I do not know now since it has been two decades when I stayed last there but it was an innovative master piece for sure!

'He succumbed to injuries in an encounter in South Kashmir, at that time Adha was in St. Mary's convent Chennai staying with Mrs Radhika and two sons of Bhanu Surya and Arjun! Today one is an army officer and the other is in USA a software engineer, Adha with her mother as a well established psychologist!'

'Soldiers ever let down the people because they are of the people, by the people and from the people!'

'Constructing diaries about incidents, taking down incidents is a hereditary habit in our family! And the incidents run into millions! This is from one of the volumes, 1998 which was going to be the last day I stayed II stayed in Guwhati!.....The date 24 June..... exact time I thing half past seven and next day I had to board the Assam Mail but that evening I had an interesting junior, just a term perhaps for company and a great conversation was to begin. This was going to become an interesting one!'

'This was about families, children, memors and nostalgia! It was midway through when we were having the hird drink of the great old monk when Bhanu started this tale about a child!'

'I was a ballad like illustration in words from an officer to an officer about a child who was not his own but was now the dearest to a family! Parent's only daughter a brother's only sister! That was then but as times changed the circumstances also did!'

'Had not Adha stopped Bhanu



that day at Pattan and said, 'Arent you taking along me with you uncle? This big story of humanity from a soldier's viewpoint would not have come into existence and I would not have been writing about it! She was eight years old then with tears in her eyes.' Bhanu's reply was simple, 'who said I'm leaving you here? Every soldier has a story to tell! This is yet another one!'

This is Bhanu's narration verbally then and I'm putting the same in words now 2022 August 21, it's an elongated version of the conversation that continued till we crossed Kathiar that night as the train wheels took our brains on a stroll to the world sleep late that night!'

'She used to to the company premises and always told the sentries by pointing her little index finger towards two stone plates with some letters written in Urdu! The men knew that there were two graves there but whose we never knew! It was Sunday when I first saw her. 'I asked Mahesh Gurung who this kid was? His answer was, 'she comes every morning, sits the whole day and in the evening goes

away?' I was surprised, 'the whole day but who does here? The answer was a shocker from Mahesh, 'she weeps!' My next question was does she carrything to eat? The reply was another stunner, 'some Kashmiri bakery' The third question was elementary, 'where does she goin the evening?' this time the reply came from Mahesh's buddy Rama Kumar Limboo. 'A burnt apartment with one room intact! I did not ask where the next morning since we were there as she slept under a tattered blanket! That was the last day she was to sleep under that tattered thick cloth!'

That time we were putting in a school premises but the instructions passed were that we had to shift out to a new location. For two days we put little Adha in an apartment within school premises! It was in the morning when we had packed up and she too had! I waked out of the gate caught her index finger and put her on the back side of the Jonga! A new journey for her had begun.....I took her to new location! This time it was an abandoned apartment! In those days most were

but it was of the government! For the next month and half she was always in her room but breakfast, lunch and dinner was always with me! At night she was in her room! I got it done up as the kids should have! When out on operations I had instructed the men to make her sleep in my room!

It was a major operation planned and executed in Budgam! It was supposed to be a one night affair but it carried on for three nights! I returned on the fourth morning! The company had won but lost also! Mahesh had got his eyelids closed as he was sleeping in the lap of the famous lady called as death! He was the one who loved Adha the most and he was the one who had told me about her!

This is what he told me at Pattan, 'her father was a soldier in the police and also a fighter! The terrorists told him to resign and live life peacefully! He replied, 'do whatever you want to but I will stay put where I'm living because his Nation gives me food and everything! Her mother Eehsaas too was a brave lady and supported her husband! It wason fourth birthday of baby Adha that unexpected happened! She lost her parents! She survived because she was at her Aunt Praveena's house! Her parents were also there the next morning but destiny had something else written for them! The house was set ablaze but Adha was destined to survive because a soldier was holding her index finger! Index finger of Major Bhanu Pratap and now no more but Radhika and her son's ensured that they remained four later to become six as Surya and Arjun married and now eight... Life goes on '.....Every soldier has a story to tell!

# 'What happened in 1984 was not riots, it was genocide'

Diljit Dosanjh's upcoming 'Netflix' film 'Jogi' is set during the 1984 anti-Sikh massacre

Diljit Dosanjh's upcoming film 'Jogi' is set during the 1984 anti-Sikh massacre, an event the actor-singer insists should be called a 'genocide'.

Violence erupted in Delhi and other parts of the country after former Prime Minister Indira Gandhi was assassinated by her Sikh bodyguards on October 31, 1984. Over 3,000 Sikhs were killed across India. Most were killed in Delhi.

"We should not call it riots. The right word is genocide. When there is a two-sided fight between people, then it is a riot. According to me, it should be called genocide," Dosanjh, who was born in January of the same year, told a top news agency in an interview.

Directed by Ali Abbas Zafar, 'Jogi' is a Hindi feature film that explores the agony of the Sikh community in the national capital following Gandhi's assassination.

Dosanjh, who plays the titular role in the movie, said the film is a 'collective' view of the real-life incidents that took place in 1984. The deep-rooted trauma continues



The actor, who plays the titular role in the movie, said the film is a 'collective' view of the real-life incidents that took place in 1984

to be part of the community, the 38-year-old actor added.

"It is not that it happened to one or a few people. I know it happened collectively, with all of us. If I talk about some incidents, it will be personal. We are talking about it collectively in the film. I have been hearing about it since I was born and we are still living with it," he said.

'Jogi', which will be available on 'Netflix' from September 16, is billed as a thrilling and emotional journey of the fighting spirit of three friends,

played by Dosanjh, Mohd Zeeshan Ayyub and Hiten Tejwani.

The filming process was also an 'emotional' experience for Dosanjh, who plays the happy-go-lucky man Jogi, whose world turns upside down as he sets out to save people including his family in times of adversity.

"We all have heard a lot of stories and we couldn't believe something like this can happen in life. But anything can happen. This is not a new story. This film is also talking about the same things that we have grown up listening to."

With 'Jogi', the attempt is to spread positivity, said the actor and he believes the film will leave a 'different impact' on everyone.

"Whatever has happened is there for everyone to see. We have always given a message of positivity. Like in gurdwara, when you seek blessings and then when you are part of a 'langar', where everyone sits together to eat food, this is a message of positivity," he said.

He added, "We all should know about history. Cinema is a medium where we make light-hearted and fun-loving movies. But we should do films on such subjects from history too."

## R BALKI REACTS TO BRAHMASTRA'S SUCCESS

### 'People are storming the theatres'

R Balki was asked about Bollywood's dry spell at the box office in a recent interview when the filmmaker spoke about Brahmastra's success in bringing people to the theatres. The Ayan Mukerji directorial was released on September 9 and stars Ranbir Kapoor along with Alia Bhatt, Amitabh Bachchan, Nagarjuna and Mouni Roy.

R Balki is busy with the promotion of his upcoming film 'Chup: Revenge of the Artist', which stars Sunny Deol, Pooja Bhatt, Dulquer Salmaan and Shreya Dhanwanthary. The film is slated to be released on September 23. While promoting his movie, the filmmaker was asked if the theory that 'Bollywood is over', which was being propelled by a section of people, was true. He responded by saying that soon people will say 'the rise and rise of Bollywood' once films start doing well at the box office.

He said Bollywood's dry spell was 'a phase' and that it will not last for too long

"It (the idea that Bollywood is over) is rubbish! It is a lovely theory to have, a few flops flopped and people love to write, fill columns and feed. It is entertainment and failures are also entertainment. When success happens, they will have entertainment again and say, 'The rise and rise of Bollywood', which will happen very soon," he told a leading media house.

He added that Bollywood's dry spell was 'a phase' and said that it will not last for too long.

"Films flop, films don't do well, it is a phase. This won't last for too long. People are storming the theatres for 'Brahmastra'," he said.

AGENCY



## There are so many false narratives about my family: Kendall Jenner

Supermodel Kendall Jenner shot to global stardom in the reality TV series 'Keeping Up with the Kardashians', but she thinks the public has an inaccurate perception of them.

"There are so many false narratives about us. So many people think they have you figured out when they don't even know half of it. It can feel really unfair because that is not who I am. That can really get to me sometimes and that really sucks. But then looking at myself in the mirror and am like, 'I know who I am, so why does anything else matter?' Everything else is just noise," she said.

She confessed to feeling 'extremely overworked' in her early twenties and admitted that

The supermodel, who shot to global stardom with 'Keeping Up with the Kardashians', thinks the public has an inaccurate perception of them

stepping back has done 'wonders' for her.

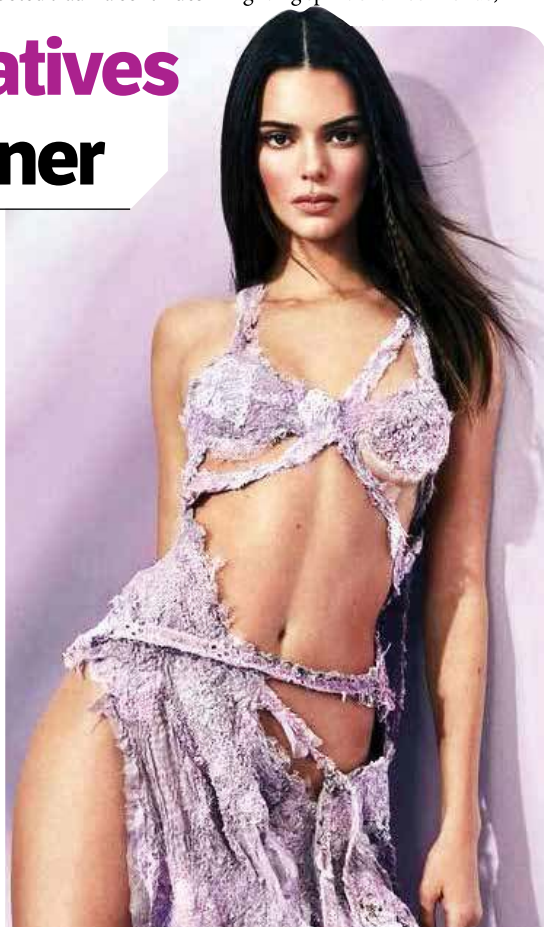
Speaking on the 'On Purpose' podcast, Jenner shared, "The things that I accomplished, even my job, at one point when I was younger, I decided I wanted to be a model. I didn't stop until

I was 24, then I was like, 'Okay I think I need to take it back a notch.' There were core five years where I was extremely overworked, not my happiest and I felt like I was saying yes to everything because I felt really grateful to be in the position I was in."

Kendall ultimately decided to make her well-being her number one priority.

She admitted that her new approach has transformed her life.

"I just wasn't happy anymore, so I had to set those boundaries for myself. I need to start saying no when I can and start prioritising myself and my well-being. It has done wonders to me," she said.



## Ajay Devgn's 'Thank God' lands in a legal trouble

The film's trailer has hurt religious sentiments

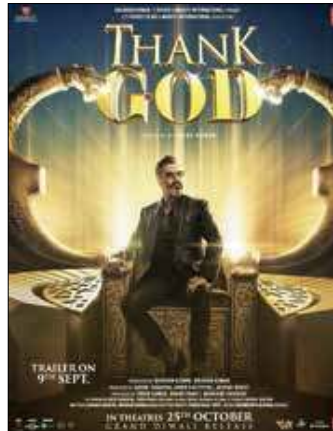
Director Indra Kumar's upcoming film 'Thank God' has run into trouble.

A case has been filed against the film's director and actors Ajay Devgn and Sidharth Malhotra in a Jaipur court by lawyer Himanshu Srivastava.

The petitioner's statement will be recorded on November 18.

According to the petitioner, the film's trailer, which has been released, mocks religion and has hurt religious sentiments.

In his petition, Srivastava said that Ajay Devgn, wearing a suit, is seen playing Chitragupta and in one of the scenes,



Ajay Devgn, wearing a suit, is seen playing Chitragupta and in one of the scenes, he is seen cracking jokes and using objectionable language

since it hurts religious sentiments," the petition said.

'Thank God' is slated for an October 24 release.

## 'BABYLON' TRAILER

### Brad Pitt, Margot Robbie give a taste of 1920s Hollywood



The trailer of the much-awaited film, 'Babylon' starring Brad Pitt, Margot Robbie, Tobey Maguire and more was recently released and it looks beyond exciting. Robbie and Pitt, who previously explored the 1980s Hollywood scene in Quentin Tarantino's 'Once Upon a Time in Hollywood' go further back this time to give viewers a taste of the industry in the 1920s.

'Babylon' captures a time in Hollywood when the silent movie era was about to be replaced by the talkies. Robbie stars as an aspiring actress in the film whereas Brad plays the role of a big movie star from the time. The film captures a vibe in 1920s Los Angeles

The film, also starring Tobey Maguire, Olivia Wilde and others, captures a time in Hollywood when the silent movie era was about to be replaced by the talkies

when Hollywood was all about non-stop partying and living an excess life. Apart from Pitt and Robbie, the film also stars Diego Calva, Tobey Maguire, Olivia Wilde and Samara Weaving.

The official synopsis of the film describes 'Babylon' as: "A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood." The trailer showcased Pitt's character Jack Conrad, speaking about being a Hollywood heartthrob, as he noted, "When I first moved to LA, the signs on all the doors said, 'No actors or dogs allowed.' I changed that."

'Babylon' has been directed by 'La La Land' fame director Damien Chazelle. The film is slated to release on December 25 in the US and will later receive a bigger release on January 6.

## Was reluctant about returning to screen: Ayesha Jhulka

She is set to make her web series debut with 'Hush Hush'

When director Tanuja Chandra offered her 'Hush Hush', actor Ayesha Jhulka said she was initially in two minds about making a comeback. But Chandra's relentless pursuit made her change her decision, added the actor, best known for hit 1990 films such as 'Khiladi' and 'Jo Jeeta Wohi Sikandar'.

Jhulka, who is set to make her web series debut with Prime Video's 'Hush Hush', was last seen in the 2018 film 'Genius'.

"The first time Chandra connected with me for the show, I told her, I have this craze of OTT. I was not ready because there was a long gap. But I was excited thinking, 'What if I do this?' I have to give her credit that because of her I am here, she wouldn't take no. She kept on saying, I can't do this without you. I love her and the entire team. These girls (co-stars) remind me of my time when I was young. I am still young!" she told reporters at the press conference of the upcoming series.

'Hush Hush' is a seven-epi-



Ayesha Jhulka, who was initially in two minds about making a comeback, changed her decision due to Tanuja Chandra's relentless pursuit

Shooting for a web series felt like a 'never-ending' process, said Jhulka.

"We shot seven episodes for 'Hush Hush' and we had prepped for it for a long time. We never used to prep for so long for films. Things have changed in a good way in the last few years. The cast, the crew and the makers made me feel comfortable. I wasn't made to feel weird or awkward about doing something I have never done before," she added.

Produced by Vikram Malhotra's 'Abundantia Entertainment', 'Hush Hush' will start streaming on September 22.





# Special Summary Revision-2022 DEO Kathua flags off SVEEP Express

KATHUA, SEPTEMBER 15: Deputy Commissioner, Kathua, Rahul Pandey, who is also the District Election Officer, on Thursday flagged off a van designated as SVEEP Express to spread awareness among the masses about Special Summary Revision (SSR), 2022.

The SVEEP Express was flagged off here from the DC Office Complex intensify activities under the Systematic Voters' Education and Electoral Participation program (SVEEP) on Special Summary Revision, 2022.

The major focus of the campaign is to register all youth who have attained the qualifying age of 18 years on 1st October 2022 as the electors in the Electoral Roll.

The DEO, while speaking on the occasion, said that

SVEEP Express will go to every Panchayat, Patwar

2022 among the public. "Besides, it will share the

electoral forms like 6, 6B, 7, 8 and give a demo for



Halqa, Village and educational institutions across the district to disseminate information about SSR

details of BLOs, the schedule of Special campaign dates and other IEC election material including

filling these forms," he added. The DEO further explained about the pre-

scribed forms viz Form 6 for registration as Elector/Voter, Form 6-B for Information of Aadhaar no. by existing electors, Form-7 for objection and self deletion and Form 8 for correction/shifting of voters' name to be filled and process on ERO-NET by respective BLO.

Later, District Election Officer Kathua presided over an event organized at Government College for Women Kathua under SVEEP to sensitize the masses in general and newly eligible voters in particular to register as voters during SSR which is commencing today from September 15, 2022. He also urged the students to come forward and share the message amongst all so that greater participation can be ensured for a healthy democracy.

# DC Reasi presides over weekly Block Diwas at Salal Kotli

REASI, SEPTEMBER 15: Deputy Commissioner, Reasi, Babila Rakhwal visited Block Arnas and listened to public issues and demands during weekly Block Diwas programme held at Salal Kotli of District Reasi, the other day.

During weekly block Diwas, PRIs and general public of the area put forth issues and problems being faced by them. They demanded augmentation of drinking water supply in government schools, meeting shortage of toilets in government Higher Secondary School Salal, construction of play field, adequate staff in government educational institutions, bringing Tatta Pani and Shiv cave on the tourism map, release of land compensation etc.

Responding to the demands and issues of PRIs, the DC issued on the spot instructions to the officers to look into these issues on priority.

Many grievances were redressed on the spot by the officers of the concerned departments. She assured that all the genuine demands will be examined and redressed at an earliest.

While interacting with the PRIs as well as general public of the area, the DC said that such platforms enable district administration to know the problems being faced by the people. She asked the officers



to inform the people about income generating and beneficiary oriented schemes launched by the Government of India and UT Government. During weekly block Diwas, PRIs and general public of the area put forth issues and problems being faced by them. They demanded augmentation of drinking water supply in government schools, meeting shortage of toilets in government Higher Secondary School Salal, construction of play field, adequate staff in government educational institutions, bringing Tatta Pani and Shiv cave on the tourism map, release of land compensation etc.

# Back to Village Programme series wastage of time, money, resources: Rattan Lal Gupta

JAMMU Sept 15th : Pro-

that envisaging another



vincial President JK NC Rattan Lal Gupta on Thursday criticized government for wasting time, money and resources on the worthless Back to Village Programme claiming that the first three phases failed to serve the purpose of providing succor to the common masses.

The NC senior leader was addressing the party functionaries of Gandhi Nagar Block Jammu of Bahu Constituency during a meeting at Sher e Kashmir Bhawan Jammu.

Rattan Lal Gupta said

phase of Back to Village Programme is nothing but waste of time and energy because the earlier chapters did nothing for the people as still the villages are struggling to get basic amenities as there is water shortage, power outage and civic infra dearth in most of the villages of the state and this programme has failed to address any of these issues which the people are confronting as ever. He accused the J&K administration for misusing public exchequer under the garb of

this wasteful exercise which has no meaning at all except propaganda. He said rather than wasting the money on such PR programmes, the government should use this money for providing facilities to the people. He said that hardly there is any implementation of the recommendations made in the previous B2V programmes and now the government is coming with the new one making mockery of people. This, he said is an attempt to hide the failures of the government as roads in villages are in shambles, water and power supply is pathetic, health-care centres are without staff and medicines, and schools are dilapidated, and how come this jamboree of officials will help people out in a few days when during years they could not provide the basic facilities and the services.

# DDC Rajouri finalises arrangements for upcoming Swachta league in the district

RAJOURI, SEPTEMBER 15: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to discuss and finalize the arrangements for the smooth and successful conduct of Swachata League in the district.

The meeting was informed that the Indian Swachhata League is the Country's first inter-city competition led by youth towards building Garbage Free Cities.

More than 1,800 cities from Leh to Kanyakumari are participating by setting up a team for their city and planning activities that will be undertaken on Seva Diwas, the 17th of September.

Citizens across India are invited to search for their cities here on MyGov and register to join their city teams in the Swachhata activities that have been planned. It was also informed that once the event is completed, every

city team will submit an official entry regarding their activities, along with photos and videos.

The City teams will be evaluated based on three criteria including scale of youth engagement through volunteer registration on MyGov, Innovativeness of the activities and impact of the activities.

The DDC highlighted the importance of the Swachhata league saying that the initiative is aimed at making the city garbage free.

He also asked the concerned officers and members of the urban local bodies to ensure maximum registration and participation of the youth in the event.

Officers who attended the meeting were ASP, Vivek Shekhar; President MC Rajouri, Mohd Arief; CPO, Mohammad Khurshid; CEO Tourism, Vivek Puri; AD Planning, Mohammad Rafi and Counsellors.

# 1-day training cum demonstration programme on e-office held at Ramban

RAMBAN, SEPTEMBER 15: District Administration Ramban today organised a day-long training cum demonstration programme for the officers and officials on e-office to facilitate smooth implementation of e-office system in all the government offices.

The DDC highlighted the importance of the Swachhata league saying that the initiative is aimed at making the city garbage free.

He also asked the concerned officers and members of the urban local bodies to ensure maximum registration and participation of the youth in the event.

Officers who attended the meeting were ASP, Vivek Shekhar; President MC Rajouri, Mohd Arief; CPO, Mohammad Khurshid; CEO Tourism, Vivek Puri; AD Planning, Mohammad Rafi and Counsellors.



for data internally and collaborate. The file system also enables the electronic movement and the tracking of files, and the archival and retrieval of data.

Speaking on the occasion, the Deputy Commissioner said that the e-office has been introduced in the district to enhance transparency and accountability besides ensuring data security & data integrity. He said that the e-office

will make the work of the office easier and faster. Highlighting that the e-office ensures an efficient working system in Government offices, the DC said that it will be the only mode of transaction of official business, and file work in the offices. He asked the officers to adopt best practices aimed at improving the efficiency in the e-office system and disposal of official business.

# Model School for Tribal students operationalised in Kandi

RAJOURI, SEPTEMBER 15: The Eklavya Model Residential Schools (EMRS), a model school for tribal students has been operationalised in Kandi, District Rajouri today and facilities dedicated to the students. The modern facility will offer state-of-the-art educational facilities as per the norms of Central Board of School Education (CBSE) and National Educational Society for Tribal Students (NEST). District Development Councillor, Budhal-Old, Shazia Kouser dedicated the modern residential educational facility to tribal students, in presence of Chairman, Block Development Council, Javed Iqbal Choudhary, Addl Deputy Commissioner, Surinder Mohan Sharma, District Tribal Welfare Officer, Wakeel Ahmed, Principal JNV H N Pandey, Tehsildar Sumit Kohli, BDO Mohatshim Hanief, BDO Sheeharyar Dar, ZEPO Ishitq Ahmed Choudhary, TWSO Khurshid Ahmed, HM Mohammad Sharief, PRI members and local officials of the department.

DDC Shazia Kouser expressed gratitude to the Lieutenant Governor Sh Manoj Sinha for historic work initiated for tribal welfare, particularly in the education sector which was awaited since the last several decades.

# I GR reviews functioning of Sub-Registrar offices in Jammu

Calls for impetus on quality, time-bound registrations; Prioritizing registrations of lease deeds

JAMMU, SEPTEMBER 15: The Registration Department in J&K has intensified inspection of the Sub-Registrar (SR) offices across the UT to take on-the-spot review of the functioning of these offices.

Following the directions given by the Lieutenant Governor, Sh. Manoj Sinha during the review of the Revenue and its subordinate departments last week and subsequent instructions of Commissioner Secretary, Revenue, Vijay Kumar Bidhuri, the Inspector General of Registration (IGR), J&K, Sheikh Arshad Ayub along-with Additional Inspector General of Registration Jammu (AIGRJ) Mansoor Aslam and Registrar Jammu, Natasha Kalsotra undertook a comprehensive review of the working of SR offices in Jammu Khas, Jammu South and Jammu North today.

It was noted that SR Jammu South, Khas and North are the three Heavy Work Load offices with each office conducting 20-25 registrations or more on a daily basis. The SR Jammu Khas has the distinction of having conducted maximum number of registrations on a single day i.e 59 registrations on 20th January, 2022 with a revenue collection of Rs 36.26 crore, which is above the prescribed limit of 42 slots.

Comprehensive discussions were held with the three SRs on all aspects covering document registration and implementation of new initiatives. The issues discussed, inter-alia, included booking of slots, uploading of documents, checking of documents, stamp duty and registration fee, acceptance of documents and registration of various instruments.

IGR, J&K exhorted the SRs to give priority to registration of lease deeds. For enhanced transparency, the three SRs were directed to upgrade their CCTV system with two-way audio by 20.09.2022.

SR South Jammu informed that during the period, 01.04.2022 to 14.09.2022, 2018 documents have been registered with a revenue collection of Rs. 20.51 crore and a slot utilization of 97%. SR Khas Jammu informed that during the period, 01.04.2022 to 14.09.2022, 1694 documents have been registered with a revenue collection of Rs 13.86 crore and slot utilization of 98%. SR North Jammu informed that during the period 01.04.2022 to 14.09.2022, 1524 documents have

been registered with a revenue collection of Rs 12.22 crore and slot utilization of 92%. SRs Jammu South



& Jammu North informed that due to locking of certain documents, e-GRAS issues and deficiencies, some of the documents had either to be reverted or processed after intervention of SDU NIC Pune.

The SRs were directed to speed up the Revenue & CAPEX expenditure under relevant heads, submission of inputs to ACB/CBI cases referred to Registration Department, defacement of pending

e-GRAS challans and submission of scanned registration data in respect of immovable properties to

will become more transparent, hassle free, time bound and citizen friendly.

The SRs were informed that capacity building of officers is one of the core areas for broadening the horizons of the Registering officers and their staff in the field of registration. Two training workshops have already been held in Srinagar & Jammu this year in collaboration with SDU NIC Pune. In addition, officers have been deputed for training to YASHADA Pune, Maharashtra and Karnataka. Another batch of officers is being deputed to Tamil Nadu in second week of October 2022.

The SRs requested for provision of a security guard for safeguarding the valuable registration records. The SRs were informed that the matter has already been taken up with higher authorities for positioning a security guard in the premises of the three offices for safety of the registration records.

Interaction was also held with the citizens who had come for registration. They expressed satisfaction over online registration through NGDRS which has done away with the archaic offline registration and minimized the scope of litigation.

# Day-long awareness program on ill effects of drug abuse organised in Rajouri

RAJOURI, SEPTEMBER 15: A daylong awareness program on ill effects of drugs was today organised for field functionaries of the ICDS Department here in the Conference Hall of the PWD Dakbunglow.

The event was organised on the directions of the Deputy Commissioner, Vikas Kundal and under the overall supervision of the Program Officer ICDS, Shoket Mehmood Malik. At the outset, the PO ICDS underlined that eradication of the menace of drugs from society is the collective responsibility of all.

"The District Administration is working on a multi-pronged strate-

gy for the welfare of the

ICDS also apprised the



youth and to enable them to achieve the best and live a respectful life in society", he said.

He further said that all possible efforts are being made to curb the menace of drug abuse in the district to keep the youth on the right track. The PO

participants that a series of awareness programs and many sports-related and other activities are being held regularly to channelize the potential of the youth towards a positive direction and also to keep them away from drug addiction.

During the program, the participants were also told that besides de-addicting the drug users, there is a dire need to address the major reasons which provoke the youth to take drugs. They were also urged to work religiously to eliminate drug abuse from the district and make Rajouri.

# DMO Kathua seizes 16 vehicles involved in illegal transportation of minerals

KATHUA, SEPTEMBER 15: District Mineral Officer (DMO) Rajinder Singh seized 16 vehicles involved in illegal transportation of sand and Bajri in Ding Amba, Logate and Lakanpur areas, here during night hours.

Eleven vehicles were detained by a police team at Ramkote while checking their documents. Similarly three vehicles were detained at Lakanpur and one vehicle was caught carrying mineral illegally from the stone crusher in Sahar Khad. On receiving the information, the District Mineral Officer rushed to the spot and seized all 16 vehicles as per the MM (DR) Act of 1957 and SRO-105 of 2016. The DMO informed that the seized vehicles bearing Nos- JK14G-1382, JK14H-7516, JK14F-7742, JK08M-1932, JK14H-7123, JK14J-0270, JK14H-7140, JK14H-9510, JK14H-9881, JK14D-1820 and JK14D-1663 have been kept in the custody of ASI Rajesh Singh at Police Post Ramkote. "This is third major action against the sand miners in Billa-war area where the violators usually gather sand from local nallahs during

rainy season, dump at various locations and sell it further to the consumers at exorbitant rates when scarcity of sand arises" the DMO added.

The DMO added that another vehicle bearing No:- PB35AJ-6206 transporting mineral to the state of Punjab was also detained by police post Hatli and three more vehicles- PB05AB-4055, PB02BM-9628, HP12C-6777 were kept in the custody of PS Lakanpur after seizure. The DMO Kathua informed that no vehicle can transport raw or finished mineral from Nallah, rivers, stone crushers and other mining places without valid documents and for transportation such material from one place to another, approved e-challans are required.

He further informed that a cell has been constituted in the DMO for approving e-challans of vendors and till now over 1200 such challans have been approved for stone crushers for transporting finished material while e-challans for raw minerals shall be approved after 15 September with the resumption of mining activities.

# Udhampur: DEO discusses special summary Revision activities, schedule with political representatives

UDHAMPUR, SEPTEMBER 15: In connection with Special Summary Revision of Photo Electoral rolls with reference to October 1, 2022 as the qualifying date, District Election Officer Udhampur, Kritika Jyotsna convened a meeting with the representatives of Political parties of the District here at Mini Conference Hall DC Office Complex.

At the outset, Deputy District Election Officer, Gurdev Kumar welcomed the heads of political parties and briefed them about the summary revision of Electoral rolls with reference to October 1, 2022 as the qualifying date. The DEO sought cooperation of political parties for successful completion of special summary revision of Electoral rolls in the District Udhampur. She emphasised on political parties to appoint polling station wise booth level agents to facilitate timely completion of the Special Summary Revision in the District. The DEO reiterated that booth level agents will coordinate with BLOs so that purification.

## FROM THE FRONT PAGE...

## JK GOVT

nessing a trajectory of growth and progress. Regarding the tourism sector, Millions of tourists who visited Jammu and Kashmir this year, testify the overall development and change that has taken place in the Union Territory as the current year touched the highest-ever visitor figure.

The long-pending demand of night-flight operations of the residents of Jammu and Kashmir has been fulfilled. 75 offbeat tourist destinations are being developed in Jammu and Kashmir as a part of Azadi ka Amrit Mahotsav celebrations.

Jammu and Kashmir has been a favoured shooting destination for Bollywood. A comprehensive Film Policy was launched last year to attract film-makers after decades and within a year of the notification of the policy, filmmakers began to seek shooting permissions for films and web-series in huge numbers from the Department of Information and Public Relations (DIPR), nodal department for implementation of Film Policy. Government is planning to launch a film studio with state-of-the-art facilities to provide new opportunities to the young talent of Jammu and Kashmir besides boosting the business ecosystem of the Union Territory.

The Centre deserves credit for overseeing this very welcome industrial and economic resurgence that is dramatically changing J&K since the latter half of 2019. In the last two years, investments from India and abroad have facilitated a sharp improvement in development and socio-economic parameters. Major initiatives have allowed for strides to be taken in key sectors that drive the development engine. J&K is well on its way to becoming one of India's leading UTs.

Development benefits were not allowed to reach the last man in the queue. By removing divisive and discriminatory policies all sections of community have been made effective partners in process of development.

For women empowerment, Government is making proactive intervention to create facilities to encourage women's participation in governance, business, and other sectors. A gender-inclusive ecosystem in the union territory is being created so that women have a better access to education and economic growth.

The J&K government is creating an ideal, gender-inclusive ecosystem where they have better access to education and economic growth, putting them at the heart of our development initiatives and making those on the margins aware of their rights.

## DR FAROOQ

information about all welfare and beneficiary oriented schemes. He also stressed for timely completion of all developmental projects and emphasized on elected Public Representatives to work in tandem with District Administration for effective outcomes of schemes. The MP also asked officers to ensure successful implementation of different self-employment schemes for providing job opportunities to the youth of the district. While appreciating the District Administration in implementation of various sectors on developmental front, the MP stressed on a prompt and efficient public delivery mechanism in the District and formulating plans for overall prosperity and development of people. The MP also called for collective contribution from one and all in fighting against the drug menace so that it is completely eliminated from the society to save younger generations from hazardous effects of the drug abuse.

VC Srinagar Development Authority, Chief Engineer, KPDC, ADDC, Srinagar, Chief Planning Officer, General Manager, DIC, Programme Officer ICDS, Deputy Director Employment, Assistant Commissioner Revenue, all other sectoral and District Officers and Engineers were also present during the meeting. Pertinent to mention that DISHA meetings have been formed to ensure better coordination among all the elected representatives in Parliament, State Legislatures and Local Governments (Panchayati Raj Institutions/Municipal Bodies) for efficient and time-bound development. It is a Government wide initiative that seeks to promote participative governance and deliberative democracy.

Moreover, the DISHA seeks to achieve this by facilitating a quarterly review of all development activity at the District level. The Chairperson of a DISHA committee is the senior most Member of Parliament (Lok Sabha) elected from the District and nominated by the Ministry of Rural Development. DISHA Committee meetings are being held on a quarterly basis, under the chairmanship of the MP, and will be attended by all elected representatives and officials from the District. The DISHA Committees also have powers to seek information and demand effective follow up on issues raised during the deliberations at the DISHA meetings. The District Collector/ Deputy Commissioner is the Member Secretary responsible for convening the meeting and ensuring effective and timely follow up. Meanwhile, the DISHA meeting of Srinagar District held today was convened as desired by the Member of Parliament (MP), Srinagar-Budgam-Ganderbal Constituency, Dr Farooq Abdullah.

## RANA

the country. In Himachal Pradesh, out of the total 6 MPs of BJP, two belong to the Scheduled Caste community. Empowerment of the weaker sections has been the core of the BJP philosophy, he added.

The Co-Prabhari expressed his satisfaction over every segment of the party working with a sense of devotion to ensure the BJP's splendid victory in the upcoming assembly elections. He shared his assessment about the mood of the people and said he was confident about all the five seats in the Chamba belt being won by the BJP. This is because of the progressive policies and implementation of various central and state sponsored schemes by the BJP government in the past five years. He said the mission of empowering the people and ensuring holistic development of the state will continue under the double engine government.

Reiterating the commitment of the BJP towards the welfare of every section, Mr Devender Rana decried the Congress for its abject failure in the social and economic upliftment of Scheduled Castes, who they considered just a vote bank to get power. He said the Scheduled Castes are looking only towards the BJP for their welfare because of its track record. In the coming elections also, BJP will get more support than before, he asserted. The Co-Prabhari referred to the resolve of the people of Himachal Pradesh in breaking all the political traditions by returning the BJP to govern with a huge margin of seats. A strong and stable government is all round development irrespective of caste, creed or religion.

Giving an overview of the achievements registered by the BJP in the recent years, Mr Devender Rana said, to avoid caste discrimination in the society and encourage inter-caste marriages, Rs 50,000 are being given by the government on inter-caste marriages. During the year 2020-21, 48 couples benefited from the scheme. Under the SC/ST Prevention of Atrocities Act (POA) 1989, Rs 85,000 to 8.25 lakh rupees are provided as compensation to the victims of atrocities. During 2021-22, Rs 2.11 crore was spent for providing compensation to 199 victims. Due to these measures, the atrocities on Scheduled Castes are significantly being stopped, he said. He said the BJP has always strived to provide education, enterprise and employment opportunities, basic facilities etc. for the inclusive development of the Scheduled Castes. He also referred to the Stand Up India initiative, aimed at creating jobs and promoting entrepreneurs among Scheduled Castes/Scheduled Tribes

(SC/ST) and women by extending loans at cheaper rates and said that the State Cabinet had in January last approved this scheme. Under the scheme, which will be implemented through 1.5 lakh bank branches, loans at the "least applicable rate" of interest will be advanced to targeted beneficiaries.

## DGP

posed by the elements across the border.

He emphasized on adopting effective measures to put an end to the emerging challenge of narco terrorism. Possible security challenges and the counter measures were discussed during these interactions.

DGP also had public interaction meetings at Teetwal and Keran during which he appreciated the role of people in maintaining peace.

He emphasized on collective measures to stop the drug trade saying that it is being used to harm our younger generation. He said that drugs not only affect the consumer but society as a whole.

He advised the youth to participate in nation building activities for a better tomorrow.

The DGP also visited Police station Keran and reviewed the working of the Police station. He stressed for alertness to restrict the cross-border narco trade.

He also inspected the available facilities for Jawans and officers in the police station. The DGP also had a survey of the proposed sites for border police posts at Jabri, Sadepora, Kandiyan and Jumagund.

Accompanied by ADGP Headquarters, PHQ, M.K Sinha, DC Kupwara D.S Dattatray and SSP Kupwara Yougal Manhas the DGP first visited Tangdhar where he was received by Brig N.K Dhas, Brigade Commander 104 infantry.

The Brigade Commander briefed the DGP regarding the security grid in the area.

## RAJOURI

injured recover at the earliest. The district administration is providing all possible assistance."

The accident comes a day after 11 people were killed and 28 others injured after a minibus skidded off the road and fell into a very deep gorge in Sawjian in Poonch district. Meanwhile, National Conference President Dr Farooq Abdullah and Vice President Omar Abdullah expressed profound grief and sorrow over the loss of lives in the tragic road accident.

In their message the duo prayed for peace to the departed and fortitude to the bereaved to bear the inconsolable loss. They also impressed upon the administration to reach out to the affected with relief and rescue. "The administration must ensure the best of medical care to the injured," they said.

Former Chief Minister and PDP chief Mehbooba Mufti in a tweet said: "Sorry to hear about the tragic road accident in Rajouri. Condolences to the families who've lost their loved ones. Sad that such accidents have become so frequent."

JKPC president Sajad Gani Lone said: "The accident in Poonch and the subsequent loss of lives is heartbreaking." "My condolences to the bereaved families," he added in a tweet.

## ECI

respect to undelivered letters sent on their registered address. According to the order, the registered office of JK-PDF (Secular) was at Rajbagh while JKSSF was headquartered at Niab Mufti Manzil, Talibal Road, Habak Crossing Srinagar. JKPDF (Secular) is headed by former minister and five-time MLA Hakim Muhammad Yasin. The Save Srinagar Front was founded by Mufti Nizamuddin, a former official of the Forest department.

In June this year, the ECI had deregistered six political parties including Jammu & Kashmir Awami League, on similar grounds. Jammu and Kashmir Awami League was formed by Ikhwan founder Kuka Parrey before the 1996 polls. Its two candidates - one each in 1996 and 2002 - managed to enter Assembly. The party became defunct after Kuka Parrey's son Imtiyaz Parrey switched over to Congress. Jammu & Kashmir Democratic Party (Nationalist) of former minister Ghulam Hassan Mir also became less visible after he was defeated by Muhammad Abbas Wani in 2014 assembly polls. The party became defunct after Mir joined Atif Bukhari-led Apni Party, which was formed after August 5, 2019. The other parties deregistered in June 2022 were All Jammu & Kashmir Peoples Patriotic Front, Democratic Janta Dal (J&K), Jammu & Kashmir National United Front and J&K Citizens Party—

## LG

mechanism to provide basic amenities to all.

People-centered plans must target the last person in the queue in terms of service delivery and livelihood avenues. PRIs and district administration need to integrate plans and identify development activities that could be implemented through convergence, observed the Lt Governor.

The Lt Governor took stock of the interventions for enhancing farmers' income and encouraged the use of modern agriculture technologies among the farming community. He asked the officers to encourage farmers for diversification and availing the benefits of schemes of UT government for mechanization, irrigation facilities and agriculture extension.

The Lt Governor said, Agriculture & allied sectors continue to serve and support economic activities for Doda.

Our emphasis is on the strengthening of Floriculture Cultivation especially marigold & lavender so that Doda can be benchmarked with the best in the country in terms of its competitiveness, observed the Lt Governor.

The Lt Governor directed the District Administration to prepare a comprehensive District Plan of agriculture and allied sectors in coordination with SKUAST. He further called for giving more focus on One District One Product so that export of the agricultural products shall be increased in a considerable manner having a direct impact on the income of farmers.

The Lt Governor sought a comprehensive report on the progress of key projects including GMC Doda, construction of medical College campus, residential quarters and teaching hospital; Widening of NH-244, High Altitude Medicinal Plant (AYUSH) at Bhaderwah; Government Degree College, Kastigarh; Multipurpose Indoor Sports Hall at Doda; Government Polytechnic Doda; 100 Bedded Hospital at Gandhoh and directed for ensuring the timely completion of the ongoing projects.

## BRITHDAY

Regarding the prestigious mega project of NH-244, the Lt Governor directed the NHIDCL authorities to engage more manpower and machinery so that the project shall be completed under the fixed timeline. The Lt Governor also directed the authorities to take all the road safety measures along the National Highway by installing crash barriers, regular checking of vehicles, radium signage to prevent accidents.

On various ongoing road projects under CRIF, NAB-ARD, Languishing and PMGSY, the Lt Governor directed the Forest department to resolve all the forest clearance issues in coordination with the concerned departments.

The Lt Governor announced the Thathri-Gandoh road as National Highway.

He directed the executing agencies to connect the pending habitations with road connectivity on priority. He also instructed the district administration to frame a

District Employment plan for identifying the youth to be provided assistance under various government schemes, and also set the target of self-employment generation at each panchayat level.

While responding to the issue of shortage of teaching staff and doctors in the Government Medical College, the Lt Governor directed the Principal GMC to advertise all the vacant posts so that a chance shall be provided to the locals to get the opportunity to serve the people.

"Immediate steps should be taken to engage the doctors and teaching faculty for the best patient care and smooth functioning of the GMC," the Lt Governor said.

Assessing the progress under Jal Jeevan Mission, the Lt Governor directed the Jal Shakti Department to motivate local and young contractors to participate in the tendering so that all the targeted schemes shall be executed on ground well in time.

The Lt Governor said that 4 Atal Tinkering Labs, 3 KGBV and 5 Girls hostels have been sanctioned and many other measures are being taken to strengthen the education sector.

Underlining the importance of Block Diwas and Thana Diwas, the Lt Governor directed all the officers from civil and police departments to ensure prompt redressal of people's grievances.

## MILITANT

about commission of offense.

Upon his disclosure, a joint operation was launched by team of Police, Rashtriya Rifles and CRPF in Angrala forest and arms, ammunitions and explosives were recovered from a hideout in the area. The recovery included two pistol glocks (one damaged), four magazine pistol glock (two damaged), 22 rounds of 9mm live, one grenade besides Rs 1,81,000 in cash, which was to be used for terror related activities in future. A case under various sections of Explosive Act and UAPA has also been further registered against him. "The arrest and recovery is a big success. The hybrid terrorist was in touch with terror groups and with his arrest a major terror strike is averted," the SSP added. He said Pakistani handlers are constantly trying to revive of militancy in upper reaches of the district.

The top cop said peace loving citizens of Reasi have disowned militancy and such attempt will fail.

## AZAD

approach with Modi sahib and if you convince him but I am not so close to him so I won't make promise, Second is any party having 2/3 majority in Parliament and third is supreme Court but not body can claim that they can direct supreme Court to restore it and when any party will get 2/3 majority and then take up this issue, nobody can predict and that is the main reason, I am not making promises that I will restore," he said.

"If I will get the opportunity to serve people of J&K, I promise you no innocent will be killed, all living here irrespective of religion will be safe. Statehood will be restored, job and land rights to people of J&K and two crore tourists will come to Kashmir and everyone will get employment," Azad added

## Derilayote road mishap DC meets injured persons in GMC Rajouri

RAJOURI, SEPTEMBER 15: Deputy Commissioner Rajouri, Vikas Kundal today visited Government Medical College and Associated Hospital to meet the persons injured in a bus accident at Derilayote area of tehsil Manjakote. SSP, Mohammad Aslam; PO IWMP, Sheraz Chowhan; MS DH, Dr Mehmood Bajar and other officers accompanied the DC during his visit.

Tehsildar Manjakote informed that as many as 25 passengers were injured and 4 died in the accident till the last reports came in. He also informed that the bus in which they were traveling met with an accident near the Derilayote area of tehsil Manjakote.

The injured were immediately shifted to the Government Medical College Hospital Rajouri for further treatment. The DC inquired about the condition of the injured persons and directed the medical staff to provide best possible treatment to them.

He also assured of all possible support to the injured and their families by the District Administration in these tough hours.

Earlier, the Deputy Commissioner also visited the accident and supervised the rescue operation.

## Mock drill conducted at Community Health Centre Katra

REASI, SEPTEMBER 15: A team of Fire and Emergency Department today conducted a mock Fire rescue drill in the Community Health Centre Katra.

The event was organized as per established criteria of NQAS certification and to impart skill training to the Doctors and paramedical staff of CHC Katra under the aegis of Patient Safety Week.

During the drill, the readiness of staff was examined for time bound and choreographed delivery of various first aid services to the patients.

Afterwards a training session was held in which the experts of Fire and Emergency Department provided firsthand knowledge of prevention of the fire and subsequent handling the patients to the staff of CHC Katra.

## ISM organises awareness cum immunity booster distribution camp at Ramban



RAMBAN, SEPTEMBER 15: Department of Indian System of Medicine of AYUSH today organized an awareness cum immunity booster distribution camp at the District Administrative Complex.

District Nodal Officer, ISM, Ramban, Dr. Sanjay Chadha, and several other officers and staff members participated in the camp.

Besides sensitizing the participants about a healthy lifestyle, immunity booster kits were also distributed among the officers and staff members working in different offices of the Administrative Complex.

Speaking on the occasion, Dr. Chadha highlighted the importance of AYUSH medicines which help in strengthening the immunity, besides improving the overall strength and vitality of humans.

Earlier, Nodal Officer Immunity boosting, Dr. Masood Iqbal Zarger delivered a lecture on the importance of immunity-boosting Ayurvedic and Unani drugs. He advised the participants to take immunity-boosting medicines as prescribed, besides practicing Yoga on a daily basis.

## Ace of Spades Gunners Organise Mock "Agniveer Recruitment Rally", at Mendhar



M S Nazki

Mendhar :To prepare the Agniveer aspirants for upcoming recruitment rallies, Mendhar Gunners under the aegis of Ace of Spades Gunners organised a mock "Recruitment Rally" at Mendhar. A training capsule is already being run by Mendhar Gunners from last 1 month where these aspirants are trained everyday for physical and written exam. Some candidates who are part of this capsule have already appeared in police and CISF recruitments and cleared their physical tests.

All the mandatory physical tests required for recruitment including 1600m run, chinups, pushups followed by medical examination and documentation check were carried out to give the aspirants an idea of the general procedure of the rally. RMO of Mendhar gunners also conducted a lecture on physical and medical requirements for the recruitment. A total of 66 aspirants attended the rally. The youth attending the rally expressed their gratitude to Indian Army for providing them the facilities and resources for training. Recruitment Rallies for Jammu province are scheduled to start in October.

## AISF J&amp;K remembers Sh. Udhay Chand.

Mukesh Parihar

Doda/Jammu: Honest Politician Sh. Uday Chand, President Duggar Pradesh Party (DPP), Senior Vice President Kisan Sabha left for his heavenly.

The untimely death of Late Shri Udhay Chand ji has made me shockingly grief and dally dejected who has left this world on September 14, 2022 said Mukesh Parihar former State President, All India Students Federation (AISF) Jammu and Kashmir.

He was dignified and eminent personality of Jammu region. He was president of Duggar Pardash Party and Co founder of J&K National Panthers Party. He was well educated social reformer and Intellectual person who start his mission of life from ground level. Being highly reputed person he was much kind hearted person and had sympathetic attitude towards each and everyone. His teaching guidelines and path of humanity would always be source of motivation for us.

AISF J&K remembered his contribution towards society of J&K.

## Government College of Education, Jammu organised a cultural program for awareness to commemorate Nasha Mukh Bharat Abhiyan



JAMEEL ANSARI

Government College of Education, Canal Road, Jammu organised a cultural program for awareness to commemorate Nasha Mukh Bharat Abhiyan J&K in collaboration with J&K Academy of Art, Culture and Languages. The program was organised under the efforts and initiatives of Sh. Bharat Singh, Secretary JKAACL, JKAS. Sh. Bharat Singh has been taking appreciative initiatives to organise such programs under the Nasha Mukti Abhiyan J&K

The program was honoured with the presence of dignitaries including Prof. Aekta Gupta, worthy principal GCOE, Dr. Sanjeev Rana, Additional Secretary JKAACL, Dr. Shah Nawaz Chaudhary, Cultural Officer and Prof. Shalini Rana, Convenor, Cultural Club. Mr. Roshan Lal, Principal (DIET) and staff from DIET Jammu also graced the event.

Students from B.Ed Sem 2 and 4 presented a remarkable skit to display how drugs affect the youth.

Students from Education Department gave remarkable performances to raise awareness against drug abuse. Performances by professional singers and theatre artists were given.

On the occasion, Mr. Sanjeev Rana emphasised the importance of creating awareness about this sensitive topic through such programs.

In her welcome address Prof. Aekta Gupta lauded the efforts of Sh. Bharat Singh, Secretary JKAACL and appreciated the commendable work he is doing for the JKAACL.

She also threw light on how such programs impact the new generation to keep track and stay away from drugs and addiction. Prof. Shalini Rana, Convenor, Cultural Club reiterated the importance of awareness among youth about such issues.

Prof Anju Bala, Dr Jyoti Parihar, Dr Rajinder Kour, Prof Radhika Mahajan, members of advisory board graced the event with their presence.

Prof Rubina Yasmin, Prof. Mansi Sharma, Prof Sunita Devi, Dr Tahira Shah, Prof Shapia Shameen were also present. Participants including Aakriti, Tamana Diksha, Chitvi, Muket, Ashia, Priya, Shriya Monali, Riya and others coordinated the event.

## Swachhta Pakhwada NCC cadets of GCW Udhampur conduct cleanliness drive on College Campus

UDHAMPUR, SEPTEMBER 15: As a part of Swachhta Pakhwada, the NCC cadets (1st J&K Girls Battalion Srinagar) of Government College for women Udhampur conducted a cleanliness drive on the College Campus.

The NCC cadets enthusiastically engaged in different cleanliness activities based on 'Swachh Bharat Abhiyan'. On the last day of the Swachhta Pakhwada, as many as 25 cadets participated in the cleanliness drive. They cleaned the entire area of the college campus and spread Swachhta awareness.

The College Principal Dr. Monika Sharma, appreciated the cadets for actively participating in the cleanliness drive and spreading the awareness message among the masses. Incharge ANO, Shaluu Jasrotia sensitised the cadets about the importance of cleanliness of the surroundings.

In the end, NCC cadets took a pledge to maintain cleanliness and spread awareness about cleanliness among the masses. Dr. Seema Sharma, HOD Music and Yash Kumar Assistant Professor, were also present in the pledge taken ceremony.

# Zelensky vows 'victory' on frontline visit to liberated Kharkiv region

KHARKIV: Ukrainian President Volodymyr Zelensky on Wednesday promised "victory" on a visit to the strategic city of Izium that was recently recaptured from Russia by Kyiv's army in a lightning counter-offensive.

The visit comes at a decisive moment in Russia's six-month invasion, with Ukraine routing Moscow's forces from swathes of the east and seriously undermining the Kremlin's ambitions to capture the entire Donbas region of Ukraine.

"Our blue-yellow flag is already flying in deoccupied Izium. And it will be so in every Ukrainian city and village," Zelensky said in a statement on social media.

"We are moving in only one direction — forward and towards victory."

Pictures distributed by his office showed the Ukrainian leader wearing dark green and flanked by guards as he took selfies with soldiers and thanked troops at a flag-hoisting ceremony.

Ukraine has claimed sweeping successes in the northeastern Kharkiv region that borders Russia in recent days, and also says it has clawed back territory along a southern front near the Kherson region on the Black Sea.

Zelensky said that Russia's occupation of Crimea — annexed by Russia in 2014 — was a "tragedy" and promised that his forces would eventually recapture the peninsula.

Kyiv's forces in the Kharkiv region have since September 6 re-

captured around 8,500 square kilometres (3,200 square miles) and areas home to some 150,000 people, said deputy foreign affairs minister Ganna Maliar.

In the reclaimed eastern Ukrainian



village of Bogorodychne, 58-year-old Mykola said he had "barely survived" the Russian occupation during which his brother was killed.

"How can I describe it in words? It was difficult. I was afraid," he said.

Wiping tears from her eyes with a veil, Mykola's mother Nina said: "I cry every day. They killed my son." Moscow said its forces were hitting back on areas recaptured in Kharkiv with "massive strikes," claiming — without providing evidence — to have inflicted losses on

Ukrainian military hardware and servicemen.

In a battlefield update on Wednesday, Russia also claimed to have captured dozens of Ukrainian servicemen in the southern Kherson

region.

The Kremlin, which has made little mention of the setbacks in recent days vowed to continue fighting, claiming that the perceived threat Kyiv posed to Russia remains. The visit comes at a decisive moment in Russia's six-month invasion, with Ukraine routing Moscow's forces from swathes of the east and seriously undermining the Kremlin's ambitions to capture the entire Donbas region of Ukraine.

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## Armenia accuses Azeris of occupying chunk of its territory after clashes

YEREVAN: Armenia on Wednesday accused Azerbaijan of occupying a pocket of its land seized in fierce clashes between the warring neighbours that left more than 150 people dead, jeopardising fledgling peace talks. The fighting that erupted on Tuesday came with Yerevan's closest ally Moscow distracted by its nearly seven-month war in Ukraine.

The scale of hostilities significantly subsided on Wednesday, but Baku and Yerevan traded accusations of violating a fragile Russian-brokered truce which has rarely held.

Armenia said Azerbaijan's shelling of its villages forced hundreds of civilians to flee their homes — a claim which Baku flatly denied.

Addressing lawmakers in Yerevan, Armenian Prime Minister Nikol Pashinyan said: "The enemy occupied 40 square kilometres (15 square miles) of Armenian land last May and has occupied 10 square kilometres more now." The neighbours fought two wars — in the 1990s and in 2020 — over the disputed Nagorno-Karabakh region, Azerbaijan's Armenian-populated enclave.

Pashinyan said he cancelled his visit to the Uzbek city of Samarkand where he planned to attend a heads of state summit of the Shanghai Cooperation Organisation. Azerbaijan's commission on prisoners of war called for a ceasefire and said it was "ready to unilaterally hand over the bodies of 100 Armenian servicemen to Armenia."

Yerevan confirmed Wednesday that 105 of its troops were killed in the recent clashes, while Baku reported the death of 50 its servicemen. Russian President Vladimir Putin's spokesman, Dmitry Peskov, said a delega-



tion of the Collective Security Treaty Organisation — a Moscow-led grouping of ex-Soviet republics — was due in Yerevan later on Wednesday.

On Tuesday, Armenia's security council asked for military help from Moscow, which is obligated under the treaty to defend Armenia in the event of foreign invasion. The Ukraine conflict changed the balance of force in the region as Russia — which deployed thousands of peacekeepers in the region after the 2020 war — is increasingly isolated.

The European Union has since led the Armenia-Azerbaijan normalisation process, which involves peace talks, border delimitation and the reopening of transport links.

Analyst Gela Vasadze of the Georgian Strategic Analysis Centre said the latest escalation "has undone EU-led efforts to bring Baku and Yerevan closer to a peace deal."

"Brussels agreements are now practically nullified," he said, adding that the clashes "have further radicalised public opinion in both countries." During EU-mediated talks in Brussels in May and April, Azerbaijan's Ilham Aliyev and Armenia's Nikol Pashinyan agreed to "advance discussions" on a future peace treaty.

## Israeli forces kill Palestinian teen in West Bank raids



A Palestinian teenager was killed on Thursday during raids from Israeli forces in the occupied West Bank as the military was pursuing targets allegedly linked to a soldier's killing.

The Palestinian health ministry identified the victim as Uday Salah, 17, saying he was "killed by a bullet to the head fired by the Israeli occupation soldiers in Kafr Dan, Jenin governorate", an area that has seen near-daily violence in recent months. The Israeli army said its forces were "mapping out the homes of the terrorists who killed Major Bar Falah", who was shot dead at a checkpoint north of Jenin in pre-dawn clashes on Wednesday. Two Palestinians, Ahmed Abed and Abdul Rahman Abed, also died in Wednesday's violence. The army added that the aim of the mapping exercise was "to examine the possibility of demolishing the residences of the terrorists", who killed Falah, part of Israel's controversial practice of destroying the homes of Palestinian fighters accused of deadly attacks.

"During the mapping process, armed suspects hurled explosive devices and Molotov cocktails and fired toward the soldiers," the statement said. "In response, the soldiers fired toward the suspects. Hits were identified." Palestinian news agency Wafa reported that soldiers had raided the family homes of both Ahmed and Abdul Rahman, and arrested "Amer Taha Abed, who is the cousin of the martyr Ahmed Abed".

## "BJP Creating Confusion In Jharkhand," Hemant Soren Tells Governor

Jharkhand: Hemant Soren, the Chief Minister of Jharkhand, today met Governor Ramesh Bais at the Raj Bhavan in Ranchi. According to the Chief Minister, the meeting was in view of the current political uncertainty prevailing in the state and alleged attempts by the BJP to create confusion.

Mr Soren tweeted: "Meeting Hon'ble Rajpal Shri Ramesh Bais ji at Raj Bhavan today, handed over a letter to remove the uncertainty of unexpected and unfortunate circumstances arising in the state for more than three weeks ... the unethical efforts being made by BJP in this state of confusion."

Earlier this month, Mr Soren won the majority test in Jharkhand assembly with 48 votes in his favour. The ruling coalition has 49 MLAs in the 81-member assembly, in which the majority mark is 41. Mr Soren's majority test was conducted amid a threat of his disqualification from the assembly over allegations of corruption. He had alleged that the BJP had been trying to topple his gov-



ernment by engineering defections.

The BJP says Hemant Soren must be disqualified as an MLA over allegations that he violated election norms by giving himself a mining lease. The party has called for fresh elections and has demanded that the Chief Minister resign "on moral grounds".

If Mr Soren is disqualified as an MLA, he cannot continue as Chief Minister. Mr Soren and his party JMM have accused the BJP of trying to take advantage of the crisis and lure MLAs of the ruling coalition to cross over and bring down the elected government.

## Will Raghav Chadha Be AAP's Face In Gujarat? Sources Hint At Youth Leader

New Delhi: Arvind Kejriwal's Aam Aadmi Party is planning to field a big youth leader to spearhead the party's campaign in Gujarat ahead of the elections, sources have said. There is speculation that the leader is likely to be Raghav Chadha, who was the co-architect of the party's massive victory in Punjab earlier this year. Mr Chadha has worked in important positions both in Delhi and Punjab. The party also sees him as a very popular face among the young generation.

Gujarat, where elections are due later this year, is the next big target of AAP, which already rules in Delhi and Punjab. Over the last months, Arvind Kejriwal has made multiple visits to the state, with promises of jobs for all, free power and water and improvements in health and education sectors which have so far worked for the party. AAP has also announced fixed salary for village heads. Mr Kejriwal has been pitching AAP

as the main rival of the BJP — a space so far occupied by the Congress.



"There are people who don't want BJP rule in the state and they also don't like voting for the Congress. We have to get their votes



Janata Dal (United) leader, sometimes to score political points ahead of elections and at other times, to put pressure on ally BJP. If a state is granted special status, the centre-state funding ratio for centrally sponsored schemes is 90:10, much more favourable than the ratio for other states. Currently, there are 11 special category states in the country — Arunachal Pradesh, Assam, Himachal Pradesh, Jammu & Kashmir (now a Union Territory), Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, Tripura and Uttarakhand.

as we are the only alternative to BJP in the State," he was quoted as saying to members of his state unit. It is not yet known whom the party will be fielding as its face in Gujarat, where the BJP has been ruling for the better part of the last three decades. Despite multiple questions, Mr Kejriwal or his key leaders have maintained silence on the issue, a pattern they had followed in Punjab. Under pressure from the Congress, Mr Kejriwal, however, had announced the name of Bhagwant Mann shortly before the elections. His party even held a telephonic poll and announced that Mr Mann had the approval of a huge section of voters. AAP had made its debut in Gujarat in the 2017 state election, but it failed to win a single seat. The Congress had put up a strong challenge to the BJP, winning 77 of the state's 182 seats. The BJP ended up with a tally of 99 after a suspense-filled topsy-turvy counting day.

# Iran to join Shanghai Cooperation Organisation

Iran has moved a step closer towards becoming a permanent member of a China and Russia-dominated Asian security body, as Tehran seeks to overcome economic isolation imposed by US sanctions. Foreign Minister Hossein Amirabdollahian on Thursday said Iran had signed a memorandum of obligations to join the Shanghai Cooperation Organisation (SCO), which is holding a summit this week in Uzbekistan.

The body, formed in 2001 as a talking shop for Russia, China and ex-Soviet states in Central Asia, expanded four years ago to include India and Pakistan, with a view to playing a bigger role as a counterweight to Western influence in the region. "By signing the document for full membership of the SCO, now Iran has entered a new stage of various economic, commercial, transit and energy cooperation," Amirabdollahian wrote on his Instagram page. Iranian President Ebrahim Raisi was in the Silk Road oasis of Samarkand, Uzbekistan on Thursday to attend the summit. He held a bilateral meeting with Russian President Vladimir Putin, Iranian state TV reported. Last year, the central Asian security body approved Iran's application for accession, while Tehran's hardline rulers called on members to help it form a mechanism to avert sanctions imposed by the West over its dis-

puted nuclear programme. Iran will now be able to take part in the body's meetings, although



it is likely to take some time to achieve full membership, deputy secretary-general of the organisation Grigory Logvinov told Russian state TV, which also reported the signing. Iran's economy has been hit hard since 2018, when then-US president Donald Trump abandoned Tehran's nuclear deal with world powers, including Russia and China. Months of indirect talks between Iran and US President Joe Biden's administration have hit a dead end over several obstacles to reviving the nuclear pact, under which Tehran agreed

to curb its nuclear programme in return for the lifting of sanctions. The US sanctions and growing

concerns about an emerging US-backed Gulf Arab-Israeli bloc that could shift the Middle East balance of power further away from Tehran have prompted Iran's clerical rulers to pursue closer economic and strategic ties with Russia, itself hit with sanctions over the invasion of Ukraine.

"Iran is determined to boost its ties with Russia, from economic to aerospace and political fields," Raisi said during his meeting with Putin, according to Iranian state media. In July, just days after Biden visited Israel and Saudi

Arabia, Putin visited Tehran in his first trip outside the former Soviet Union since the February 24 invasion of Ukraine. Putin said on Thursday that a delegation of 80 large companies will visit Iran next week, Russian state-owned news agency RIA reported, in another sign of the growing ties with Iran. Iran will now be able to take part in the body's meetings, although it is likely to take some time to achieve full membership, deputy secretary-general of the organisation Grigory Logvinov told Russian state TV, which also reported the signing.

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## Iran tells Putin cooperation makes US-sanctioned countries stronger

Iran's President Ebrahim Raisi on Thursday told his Russian counterpart Vladimir Putin that the cooperation among countries sanctioned by the United States will make them "stronger". "The relationship between countries that are sanctioned by the US, such as Iran, Russia or other countries, can overcome many problems and issues and make them stronger," Raisi said in a meeting with Putin in Uzbekistan.

"The Americans think which country they impose sanctions on, it will be stopped, their perception is a wrong one." Raisi said his country is "seriously determined to develop bilateral strategic relations" with Russia in the fields of politics, economy, trade, and aerospace. It was the second meeting between Raisi and Putin in two months, after the Russian President's visit to Tehran on July 19.

Putin also hailed growing

ties with the Islamic republic, saying "on the bilateral level, cooperation is developing positively."

He added that work on a major new Russia-Iran treaty on strategic ties was nearly completed and that Moscow would be sending a Russian business delegation to Iran next week to develop commercial ties.

"We are doing everything to make Iran a full member of the Shanghai Cooperation Organisation," Putin added, in reference to Tehran's application for full membership in the group, which brings together China, Russia, India, Pakistan, and four ex-Soviet Central Asian countries.

For his part, the Iranian president said his country's membership in the SCO and its relationship with member states "can greatly help on the path of economic development for Iran and the development of the region."

## England cricketers arrive in Karachi for first Pakistan tour in 17 years



England's cricket squad touched down in Karachi on Thursday on their first tour of Pakistan in 17 years.

England last played in Pakistan in 2005 and were due to visit last year until pulling out at short notice after New Zealand also cancelled a tour citing safety concerns.

The move infuriated the Pakistan Cricket Board (PCB), who called it "disrespectful".

Following a 2009 attack on the Sri Lankan team bus in Lahore, Pakistan was forced to play international matches at neutral venues such as the UAE, where they hosted England for series in 2012 and 2015.

Over the past five years, international cricket has gradually returned to Pakistan and earlier this year Australia toured successfully for the first time in nearly a quarter of a century.

The PCB said that the Australia series had "demonstrated our event planning and operational skills" and expressed confidence that the England games will also pass off safely.

On match days, roads between the England team hotel and Karachi's National stadium will be sealed off and under armed guard. A helicopter will monitor their journey and shops and offices overlooking the stadium will be ordered to shut.

## Shan Masood in, Fakhar Zaman benched as Pakistan's T20 World Cup squad announced

Left-handed batter Shan Masood made the cut while underperforming Fakhar Zaman was excluded from Pakistan's T20 World Cup squad, announced Pakistan Cricket Board Chief Selector Mohammad Wasim on Thursday.

Addressing a press conference in Lahore, Wasim announced the 15-member squad which sees the return of Pakistan's pace spearhead Shaheen Shah Afridi and bowler Mohammad Wasim junior, both of whom skipped the Asia Cup 2022 due to injuries.

A notable exception in the reserves was Sarfaraz Ahmed who was passed over for Mohammad Harris as the reserve wicketkeeper, along with Hasan Ali who was also not included in the squad at all. Shoaib Malik was also a notable missing presence.

Khushdil Shah, Iftikhar Ahmed and Asif Ali — who did not make a splash in the Asia Cup — made the cut. Fast-bowler Shahnawaz Dahani, however, was placed in the reserves.

Squad: Babar Azam (captain), Shadab Khan (vice captain), Mohammad Rizwan (wicketkeeper), Asif Ali, Haider Ali, Haris Rauf, Iftikhar Ahmed, Khushdil Shah, Mohammad Hasnain, Mohammad Nawaz, Mohammad Wasim jr, Naseem Shah, Shaheen Shah Afridi, Shan Masood and Usman Qadir. The travel reserves include Fakhar Zaman, Mohammad Harris (wicketkeeper) and Shahnawaz Dahani.

The World Cup will be played in Australia from October 16 to November 13.

The chief selector also announced the squad for the T20 international matches against England and said all players announced for the World Cup were part of the series lineup, except for Zaman and Afridi.

Wasim said Fakhar had also been rested from a T20 series against England so he could recover from the knee injury he sustained during the Asia Cup final.

He added that all-rounder Aamir Jamal and spinner Abrar Ahmed were also included in the squad for the T20 series against England.

"Along with Shan Masood, I want to congratulate Aamir Jamal and Abrar Ahmed on earning their maiden call-ups. Both Aamir and Abrar have been selected as we believe they have the skills, talent and potential to represent Pakistan at the highest level and I am hopeful that they will perform strongly."

## From Srinagar's downtown to Gurez, 'My Youth My Pride' connects all

SRINAGAR, SEPTEMBER 15: The picturesque valley of Gurez came alive with the "My Youth My Pride" campaign today as activities started early in the morning and hundreds of athletes reached the venue on time.

The team of J&K sports Council officials headed by Joint Secretary, Bashir Ahmad Bhat reached the venue a day prior to the event and prepared the venue in advance to ensure smooth conduct of the event and aware the public at large about the programme. The team was well received and supported by the Administration of Gurez valley.

Meanwhile, the final of T-20 Cricket Tournament organized by Down Town Cricket Club in collaboration with J&K Sports Council to wean away youth from the menace of drugs was played at Gani Memorial Stadium Srinagar. Around 16 teams participated in the event with each player vowing to fight the menace at their personal level besides mobilizing others towards the noble cause.

The final match was played between DownTown XI and the Crazy XI which was won by the former by 7 wickets. Owais was the top scorer for the team, contributing 45 runs to the team total. He was adjudged player of the match for his brilliant batting which included some good hitting across the fence.

Earlier in the day, Crazy XI won the toss and elected to bat. Mohsin Ramzan with 24 runs was the top scorer for the team.

Sujit Kumar DIG Central, J&K Police presided over the function as the chief guest while as Nuzhat Gul, Secretary Sports Council and Raja Zuhaib, SP North J&K Police attended the function as guest of hon-

our.



Speaking on the occasion, Sujit Kumar said that sports are a unique way to stay away from all the social evils. He said that sports bring discipline in life which goes a long way in shaping the character of the individual in every field. He batted for more and more youth to take up sports to stay away from the clutches of drug menace.

Nuzhat Gul while emphasizing on the need to take up sports and role of Sports Council in organizing and collaborating for such events said that sports persons are well versed with the value of healthy body and healthy mind and at a time when the menace of drugs is entangling our youth, sports is the means to wean them away and keep them at bay from fall-

ing prey to the this menace.

ing before the event to put

their best foot before the final competition. The participants were all praises for the special initiative ensuring inclusive sports opportunities for all athletes across the union territory of J&K and crossing the geographical barrier to reach even the remotest parts.

The Football match played between Markoot FC and Dawar FC was won by the former by a margin of solitary goal scored in the dying moments of the game. In the other event, Wanpora Volleyball Club defeated their rivals Higher Secondary Gurez in two straight sets to claim the match. Higher Secondary Gurez could not match the skills of Wanpora Volleyball Club throughout the match and won the match in two straight sets.

## Roger Federer to retire from tennis after next week's Laver Cup



Roger Federer broke the news fans across the world have long been fearing when he announced on Thursday he will retire from competitive tennis after next week's Laver Cup in London. The 41-year-old Swiss, who has won 20 Grand Slam titles and is regarded by many as the best player ever to wield a racket, has not played a match since last year's Wimbledon. "As many of you know, the past three years have presented me with challenges in the form of injuries and surgeries," Federer said in a post on Instagram. "I've worked hard to return to full competitive form. But I also know my body's capacities and limits, and its message to me lately has been clear. I am 41 years old." "I have played more than 1,500 matches over 24 years. Tennis has treated me more generously than I ever would have dreamt, and now I must recognise when it's time to end my competitive career. The Laver Cup next week in London will be my final ATP event. I will play more tennis in the future, of course, but just not in Grand Slams or on the tour." Federer, who dominated men's tennis after winning his first Grand Slam title at Wimbledon in 2003, has been troubled by injuries in recent years. He has undergone three knee operations in the last two years and his last competitive match was a quarter-final defeat against Poland's Hubert Hurkacz at the 2021 Wimbledon. Federer had announced he planned to return to the tour when he teams up with long-time rival and friend Rafa Nadal to play doubles at the Laver Cup in London. He had also planned to play at the Swiss indoor tournament at home in Basel.

## T20 World Cup: Tickets for highly anticipated Pak-India clash sold out

SYDNEY: The International Cricket Council (ICC) said on Thursday that tickets for the highly anticipated match between Pakistan and India in the group stage of the upcoming T20 World Cup had sold out.

In a press release, the ICC said tickets for the Pak-India match at the Melbourne Cricket Ground on October 23 were sold out, with additional standing room tickets "snapped up within minutes of going on sale".

"An official re-sale platform will be launched closer to the event, where fans can exchange tickets at face value," the ICC said.

# GDC Surankote organises a weeklong Sports Fest under 'Nasha Mukt Baharat Abhiyan'

KAMRAN ALI KAZMI

SRURANKOTE Physical Education Department and Sports Committee of GDC Surankote organises a weeklong sports fest from 15-09-22 to 22-09-22 under Nasha Mukt Baharat Abhiyan an initiative of Ministry of Social Justice and Empowerment (GOI) SDM Surankote Mrs. Naeem un Nisa Bhatti was the Chief Guest and SDPO Surankote Tanveer

Ahmed was the Guest of Honour SDM, SDPO Surankote and Principal Mr. Khadam Hussain cuts the ribbon and kick started the sports Festival. On the first day games of Volleyball, Kabaddi and Badminton were played. SDM and SDPO Surankote appreciated the efforts of Government Degree College for organising this event for awareness about Drug Abuse among Youth While interacting with



students SDM and SDPO highlighted the role of sports and physical activities to curb the menace of Drug Abuse. Principal Mr. Khadam Hussain while speaking on the occasion explained the importance of sports and fitness in one's life. Dr. Wajahat Hussain Jaffri, Dr. Khalil Reshi, Dr. Owais Rizvi, Dr. Ashfaq Ahmed, Prof. Khaleeq Ahmed, Prof. Waseem Ul Haq, Dr. Sarfraz Mir and Mr. Manzoor Ahmed

wani were also present on the occasion. While interacting with students SDM and SDPO highlighted the role of sports and physical activities to curb the menace of Drug Abuse. Principal Mr. Khadam Hussain while speaking on the occasion explained the importance of sports and fitness in one's life. Dr. Wajahat Hussain Jaffri, Dr. Khalil Reshi, Dr. Owais Rizvi, Dr. Ashfaq Ahmed, Prof. Khaleeq Ahmed, Prof. Waseem Ul Haq, Dr. Sarfraz Mir and Mr. Manzoor Ahmed

**Attention: Wedding Industry**

A one-second exposure to the DJ Laser light will permanently damage the camera sensor. This is a serious issue for wedding organizers, event managers, photographers, videographers, and wedding venue owners.

Recently there has been a rise in the number of cases of camera sensor damage due to laser lights by DJs. The damage to the camera sensor is permanent, irreparable, and happens within a very short time. The laser cuts through the pixels, damaging the photos sites permanently. The result is a sensor that cannot produce a part of the image.

As a result, wedding photographers and videographers cannot continue the assignment due to camera damage. In addition, it's a loss to clients resulting in no photos of the event causing embarrassment to photographers, videographers, and wedding venue owners. Every brand of camera, mobile phone camera, and go-pro gets damaged permanently.

DPC - Dynamic Photographers Club and Photographers Welfare Association of India PWAI is a joint effort to bring professionals of the photo-video industry together. The group has a membership of over 100,000 from all over India.

**! مہرج انڈسٹری توجہ دیں**

کا ایک سیکنڈ کا ایک ہی لمبے کی روشنی کو پوری طرح برباد کر دے گا۔ یہ شادی کے آرگنائزرس، فنکشن کے (DJ Leaser light) لائٹ منتظمین، فوٹوگرافروں، ویڈیو گرافروں اور مہرج ہال یا جہاں شادی کا فنکشن جلا رہا ہے، اس جگہ کے مالکوں کے لئے یہ بعد سنجیدہ اور نہایت پیچیدہ مسئلہ ہے۔

حال ہی میں ڈی جے لائٹ کے ذریعہ لیزر لائٹ کی وجہ سے کچھ سے کچھ سنیسر خراب ہونے کے معاملوں میں اضافہ ہوا ہے۔ اور محض چند سیکنڈ میں کچھ سنیسر کو برباد کر دے گا۔ اس سے کچھ سے کچھ سنیسر ہمیشہ کے لئے خراب ہو جاتا ہے۔ یہ لیزر کسل کو کٹاتا ہے، فوٹو سٹائٹوں کو پوری طرح نقصان پہنچاتا ہے۔ اس کے بعد یہ سنیسر کبھی بھی ٹھیک سے کچھ نہیں لے سکتا۔

جو جاری نہیں رکھ سکتے ہیں۔ ایذا شادی کی assignment نتیجے میں کچھ سے کچھ شادی کے فوٹو گرافر اور ویڈیو گرافر مسافرین کے لئے بھی یہ پہلی نقصان پہنچانے سے بچنے کے لئے فوٹو گرافر اور ویڈیو گرافر اور مہرج ہال کے Client تمام فوٹو خراب ہو جاتی ہیں۔ کچھ سے بچنے کے لئے ایسی سنیسر کو پوری طرح نقصان پہنچاتا ہے۔ اس کے بعد یہ سنیسر کبھی بھی ٹھیک سے کچھ نہیں لے سکتا۔

ڈانٹنگ فوٹو گرافرس کلب ڈی پی سی اور فوٹوگرافرس ویلفیئر ایسوسی ایشن آف انڈیا پی ڈی پیو اے انی ایسوسی ایشن فوٹو ویڈیو انڈسٹری سے ایک لاکھ ممبران پر مشتمل ہے ایک ایسوسی ایشن ہے۔

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