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# **VOICE TO THE VOICELESS**

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## **NEWS IN BRIEF**

## Awam Ki Awaz: LG appreciates Anita **Goel's suggestions**

SRINAGAR, Sep 01: In his recent episode of the Radio Talk Show, Awaam ki Awaaz, Lieutenant Governor, Manoj Sinha appreciated the suggestion of Anita Goel from Jammu for further improving government - civil society relations in Jammu and Kashmir.

Anita Goel said that government and people should work hand in hand for betterment of the whole society. She said that the government has taken many initiatives with people focused plans for the empowerment of women in Jammu and Kashmir and should build further on those schemes

Anita Goel also lavished praise for the monthly program started by the LG and said that such platform encourages citizens to contribute towards nation building in one or

#### 2 dead in road accident in Pattan

SRINAGAR, Sep 01: Two persons died and three others were injured in a road accident in Pattan area in Jammu and Kashmir's Baramulla district on Thursday.

Police said the accident took place near Zangam between a truck and a private vehicle. The injured were shifted to a nearby hospital and referred to the Sher-e-Kashmir Institute of Medical Sciences (SKIMS)

## **Army hands over boy** to Pak counterparts

SRINAGAR, Sep 01: A boy belonging to other side of the Line of Control (LoC) who had sneaked to this side inadvertently in Kupwara district of north Kashmir, was handed over by the Indian Army to their Pakistani counterparts on Thursday, defense officials said.

They said the boy had crossed the Line of Control from a village in Teetwal sector recently and was later detained by the Army. The Indian Army handed over the boy as a goodwill gesture, they added. The Indian army handed over the boy to the Pakistan Army at Teetwal Bridge that connects two parts over Kashmir in the area. The Teetwal crossing bridge is located on the Kishanganga River.

'The boy was kept by the Indian troops with due care and Pakistani authorities were informed on the hotline of the whereabouts of the child. The boy was handed over to the Pakistani authorities this afteromiciais said.

On the occasion of repatriation, the representatives of civil administration, Karnah were present, they

## Man slipped to death in Ganderbal

GANDERBAL, Sep 01: A man slipped to death while walking on a Glacier in Behak Saalnay Wangath area of Central Kashmir's Ganderbal district, officials said on Thursday.Mohammad Aslam Khatana (57) died on spot after falling down at the high altitude of Behak Saalnay Glacier, they said.

As soon as the incident happened police and locals reached the spot a retrieved the body.

They added that his body was later brought to his home for last rites.

## **Employee at BDO** Office Langate Trapped by

Dr Abdul Qayoom

SRINAGAR, Sep 01: Anti Corruption Bureau arrested an employee of Block Development Office Langate in North Kashmir's Kupwara district while allegedly demanding and accepting a bribe on Thursday. ACB team trapped a contractual Technical Assistant, identified as Ishfaq Ahmad Sheikh of Vilgam, while accepting the bribe of Rs 30,000 from one Shahnawaz Ahmad Dar of Pohruphth village to release the bill of Rs 2.81 lakhs of under construction water pond at Watayen village.A case against the accused has been registered and further investigation taken up.

## **Alleged fraudster** affiliated with RSS arm arrested in Srinagar

SRINAGAR, Sep 1:The Kothi Bagh police here in uptown Srinagar Thursday arrested a man on the charge of cheating job aspirants of lakhs of rupees by promising them jobs in Jammu and Kashmir and

CONTINUED ON → PAGE 10

## NASAH MUKT J&K Campaign; Zero Tolerance Against Drug Taffickers, Dealers All of Us have an Important Role to Play to weed out this Menace: LG Manoj Sinha

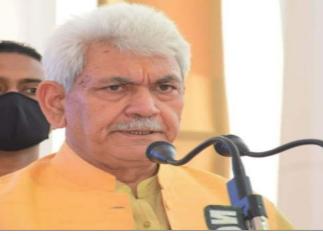
HT NEWS NETWORK

SRINAGAR, Sep 1: Lieutenant Governor of Jammu and Kashmir, Manoj Sinha Thursday asserted that the administration has adopted zero tolerance policy against drug dealers and drug traffickers.

Lt Governor also launched a campaign for Nasha Mukt Jammu Kashmir at an event organized at the convention centre here. Speaking on the occasion, the Lt Governor asserted that the administration has adopted zero tolerance policy against drug dealers and drug traffick-

"It is a collective responsibility of the society to join this fight against drug menace", the Lt Governor said.

Launching a new campaign for 'drug-free city and drug-free village', the Lt Governor called upon the representatives from PRIs & Urban Local Bodies to work with the administration and ensure villages and wards are made drug-free with determined efforts and proactive ap-



Drug menace has emerged as a formidable threat to our socio-economic structure, and it is essential that the entire society must come together to uproot this menace and work as a strong unit to make J&Khealthy and drug free, said the Lt Governor.

Under the leadership of Prime Minister Narendra Modi, the

mass movement against drug addiction has been intensified. J&K Government along with the police, army and other security agencies is working with resolute determination to thwart the neighboring country's malafide intentions, he added.

Noting that public participation is significant to make J&K fearfree, corruption-free, drug-free and job-oriented, the Lt Gov-

ernor said that there is need to involve community leaders, doctors, media persons, representatives of voluntary organizations and Panchayati Raj Institutions in the campaign against drug abuse, using popular mass media tools for awareness and evaluating the impact of the campaign to accelerate efforts against drug menace. Successful models must be replicated for self-motivated campaigns by the community. I urge the Sarpanch of each village and the ward members of ULBs to run a campaign to make their

the Lt Governor added. The Lt Governor directed the Social Welfare Department to make drug de-addiction centre for girls and Juvenile centers functional at the earliest. He also passed a direction to set up more Integrated Rehabilitation Centers and ensuring their effectiveness.

village, their locality drug-free,

The Lt Governor recounted the administrative reforms introduced by the UT

CONTINUED ON » PAGE 10

## Div-Com launches toll free Helpline number for counseling of victims

SRINAGAR, Sep 01: Division- ing and protecting youth from al Commissioner (Div Com) falling into drug abuse. Kashmir, PK Pole on Thursday He said many anti-social and launched a Toll free Sakoon anti-national elements are Helpline number 18001807202, a ruining the lives of youth by mental health Helpline to value life and for counseling victims. A day long awareness program against drug addiction under Nasha Mukt Bharat Abhiyan was today held at Tagore Hall by Shahr-e-Khas Literary and Cultural Welfare Society in collaboration with Divisional Administration, Kashmir, J&K Academy of Art, Culture & Languages, and J&K Excise Department.

Speaking on the occasion, Div Com said that India has the 2nd largest population in the world with the majority of population consisting of youth. He underlined the requirements of reaping the dividends of the young population and called for sav-

pushing them in the menace and vowed that strict action shall be taken against drug peddlers, dealers and exhorted on breaking their nexus.

Pole emphasized that the end user of drugs is a victim, not criminal; society needs to be empathetic towards him. While sensitizing the media, Div Com asked for using the word 'victim' for those who consume drugs and called them innocent who need sympathy, counseling instead of hate to ensure they get back to normal life. Besides Divisional Commissioner (Div Com) Kashmir, Pandurang K Pole who was

Chief Guest on the CONTINUED ON → PAGE 10

## SC to hear PIL on rehabilitation of Kashmiri Hindu's, Sikhs migrated in 90s

Court acquits cop accused of rape

'A clear room for doubt

is left out in the prose-

Track Court, Jammu,

Khalil Choudhary, while

acquitting accused, Ajay

Kumar Sharma alias

Sonu son of Thoru Ram

of Kotli Morh, Bari Brah-

cused was concerned.

cution evidence,"

mana Samba.

HT NEWS NETWORK

NEW DELHI, Sep 01: The Supreme Court on Friday will hear a plea filed by NGO seeking direction to the government for rehabilitation of Kashmiri Hindus and Sikhs who migrated after 1990 and onwards from Kashmir to other parts of the country

A bench of Justices BR Gavai and CT Ravikumar will hear the case on Friday, September 2. The NGO 'We The Citizens' filed the

PIL through advocate Barun Kumar Sinha asking the apex court to direct the Central government and Union

Territory of Jammu and Kashmir to conduct a census of Hindus and Sikhs in Jammu and Kashmir who have been victims/survivors of genocide residing in different parts of India.

Those who migrated from Kashmir by leaving behind their immovable properties have been living the life of refugees in other parts of India, the plea claimed.

The PIL filed in March stated, "Issue directions to the respondents to declare that all sale of properties, post exodus in January 1990 whether religious, residential, agricultural, commercial, in

CONTINUED ON → PAGE 10

of rape by his first wife

with whom he had solem-

nized marriage in 2006

and out of their wedlock

one child has been also

"Prosecution has also

failed to prove the poten-

cy of the accused, which

is fatal for the prosecu-

CONTINUED ON → PAGE 10

tion case." the court

## Militant associate held, hideout busted in south Kashmir

HT NEWS NETWORK

SRINAGAR, Sep 01: Police and the Army on Thursday arrested a militant associate and recovered arms and ammunition in south Kashmir's Anantnag district. Based on specific informa-

tion, security personnel caught Faizal Ahmd Wagay near the checkpoint at Hutmara crossing after he tried

He was overpowered before he could open fire. A pistol and ammunition were recovered from him. Police and Army also bust-

ed a Jaish-e-Mohammad (JeM) militant hideout and recovered incriminating material and other items in south Kashmir's Pulwama district.

Based on a credible inputs Police in Awantipora, along with Army's 42 Rashtriya Rifles (RR), busted a militant hideout in the forest area of Syedabad

CONTINUED ON → PAGE 10

## 1470 rifle bullets recovered in Baramulla, house owner arrested: Police

BARAMULLA, Sep 01: The Jammu and Kashmir Police on Thursday said they have recovered 1,470 bullets of AK rifle in north Kashmir's Baramulla district from a house located near the Line of Control (LoC). The owner of the house has been arrested.

A senior police official said that on a tip-off, a joint team of Baramulla Police along with the army's 52 Rashtriya Rifles (RR) had launched a search operation. He said, 1470 bullets of AK rifle were recovered by the

joint team in the Bandi Bala area during searches.

## Rape cases surge by over 21% in J&K; activists call for self-defense training for girls

HT NEWS NETWORK

SRINAGAR, Sep 01: Sexual predators are on the prowl in Jammu and Kashmir. Rape cases have increased by 21.58 percent in Jammu and Kashmir in 2021. National Crime Records Bureau (NCRB) 2021 re-

port has revealed shocking details about the crimes against women in Jammu and Kashmir. Around 315 cases of rape

under section 376 of the Indian Penal Code (IPC) were registered in Jammu and Kashmir last year. Likewise, 14 cases of attempt to commit rape under section 376 and 511 IPC were registered last year. Nearly eight incidents of unnatural offences involving five victims too were registered last year. In 2020, 243 rape cases in-

volving 247 victims were registered in Jammu

#### **Female KAS officer files** sexual harassment case in HC against SP ACB

SRINAGAR, Sep 01: A Kashmir Administrative Service (KAS) officer has filed a sexual harassment complaint in the High Court of Jammu-Kashmir and Ladakh against Superintendent of Police at Anti-Corruption (ACB).

Sources said that a female KAS officer of the rank of Deputy Director has filed a petition in High Court in which she has alleged that Superintendent of Police Anti-Corruption Bureau (ACB) north range during the course of verification has allegedly harassed the officer in order to obtain sexual favor from her to close the preliminary verification r

CONTINUED ON → PAGE 10

## J&K logs 147 new COVID-19 cases, no fatality

the case against the ac- Sharma was

SYED TAJAMUL BUKHARI

HT NEWS NETWORK

SRINAGAR, Sep 01: A

fast track court in Jam-

mu has acquitted a po-

lice official on charges

of rape, observing that

the prosecution evidence

cannot be said to "defi-

nite, positive, consistent

and coherent" so far as

SRINAGAR: Jammu and Kashmir reported 147 new positive cases of COVID-19 including 26 from Jammu and 121 from Kashmir divisions, pushing the active case tally in the Union Territory to to Moreover, 187 more COVID-19 patients have recov

ered and been discharged from various hospitals including 15 from Jammu division and 172 from Kashmir division According to the daily Media Bulletin on novel Co-

rona virus (Covid-19), out of 477931positive cases, 1051are Active Positive (249in Jammu Division and 802 in Kashmir Division), 472098have recovered and 4782have died: 2350 in Jammu division and 2432 in Kashmir division.

The Bulletin also informs that 11,897 doses of COVID Vaccine have been administered in the last 24 hours across Jammu and Kashmir bringing the cumulative number of doses administered to

The Bulletin further said that out of 26466890 test results available, 477931samples have tested pos CONTINUED ON → PAGE 10

## High alert sounded in Rajouri, Poonch: Police

HT NEWS NETWORK

RAJOURI, Sep 01: Jammu and Kashmir police Thursday said that a high security alert has been sounded in Rajouri and Poonch in the wake of recent incidents of violence.

Addressing a press conference here, Deputy Inspector General (DIG) of Poonch-Rajouri range. Dr Haseeb Mughal, said there are two to three splinter groups of militants present in the area and their movement is being followed and

"They will be killed soon," he said. About the recent act in Rajouri's Darhal on Aug 11 where a Fidayeen attack took place on an army camp in Pargal village, the DIG said that forces were already following the movement of the group after some inputs while in encounter that broke out at Kandhra Budhal on August 14, militants escaped from the spot amid very bad weather

He said that keeping in view the entire scenario,

security in Rajouri and Poonch areas have

CONTINUED ON → PAGE 10

## House, 3 shops gutted in Barbarshah Admin provides immediate assistance to fire victims

HT NEWS NETWORK

SRINAGAR, Sep 01: A residential building and three shops were gutted in a fire mishap in Srinagar on Thursday. No one was injured, officials said.

Fire and Emergency service officials said the fire broke out in a shop at Barbarshah area in the city earlier in the day and engulfed two other provisional stores causing extensive damage to the properties.

Fire tenders from the nearby stations rushed to the spot and doused the flames. The cause of the fire is believed to be due to electric short circuit.

On the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad, a team of District Administration, Srinagar visited Barbarshah area

house was engulfed in a fire in-

On the occasion, the team provided immediate assistance to the fire victims of four families residing in the house which got damaged in a massive fire inci-

The team assessed the damages caused due to the fire incident and expressed sympathy with the affected families on loss of property.

On the occasion an immediate assistance in the form of 20 blankets. 12 mattresses, 12 bed sheets and 4 kitchen sets, in addition Rs 20,000 were also provided to all 04 affected families each Rs 5000 out of Red Cross of District Administration Srinagar.

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On the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad, a team of District Administration, Srinagar visited Barbarshah area of the city where one residential house was engulfed in a fire in-

On the occasion, the team provided immediate

CONTINUED ON → PAGE 10

## Govt unveils draft policy for rehabilitation of children in street Seeks feedback from different stakeholders

HT NEWS NETWORK

SRINAGAR, Sep 01: In a significant move, the Jammu & Kashmir government has prepared the draft policy for rehabilitation of children in street situations (CISS) and put it in public domain for feedback

The J&K government has sought suggestions on the draft policy from interested individuals, organizations, statutory bodies and other stakeholders by or before September 06.



Main objective of the policy, according to situations. draft is to take steps It also defines the roles for identification and and responsibilities of suitable rehabilitation

UT level and district level for rehabilitation of children in street sit-The policy also recom-

mends measures for rehabilitation of children in street situations in accordance with the prevailing situations and provides a plan for their reporting and monitoring. As per the policy, the district

3,937 in 2021. magistrate along with the key officers of the line departments and other stakeholders

## J&K sees 15 percent surge in crime against women, reveals NCRB report 16 dowry deaths, 315 rape cases reported in 2021

HT NEWS NETWORK

SRINAGAR, Sep 01: Crimes against women in Jammu and Kashmir have seen 15 percent increase in 2021, NCRB report has revealed

The report, said J&K has recorded a 9.5 percent increase in cognizable offences and there has been a rise of 15 percent in crime cases against women. As per report, 3,069 crime cases

against women were registered in 2019, followed by 3,405 in 2020 and Most prominent crime cases

against women was assault on women with intention to outrage her modesty and in J&K 1,851 the nodal officer at both CONTINUED ON » PAGE 10 such cases were reported in year

2021, reads the data adding that, the crime rate of such assaults on J&K is 28.9 per lakh of population which is highest in eight Union Territories.

As per data, 31,675 criminal cases under the IPC of the special and local laws in 2021 while as in 2020, 28,911 such cases were registered. In overall criminal cases, J&K has reported an increase of 9.5 percent while in 2020 the increase percentage was 13.7 percent, data reads further. As per data, 31,675 criminal cases under the IPC of the special and local laws in 2021 while as in 2020, 28,911 such cases were registered.

In overall criminal cases, J&K has reported an increase of 9.5 percent CONTINUED ON >> PAGE 10

#### Disengaged SLTC case: CB conduct raids in Srinagar, Ganderbal

HT NEWS NETWORK

SRINAGAR, Sep 01: Crime Branch Kashmir's Economic Offences Wing on Thursday said searches were conducted in Srinagar and Ganderbal districts in connection with a recent case regarding arrest of 'disengaged' State level Technical expert (SLTC).

In a statement, the Crime Branch Kashmir (CBK) said that the case (FIR No: 67/2022) under IPC sections 420, 467, 468,471,120-B was registered after a written complaint received from Managing Director J&K Housing Board, wherein it was alleged that the ac

CONTINUED ON → PAGE 10

## Nasha Mukt Bharat Abhiyan: DC Pulwama flags-off rally of students against Drug Abuse & illicit trafficking

BER 01: In order to aware the general public about ill effects of drug menace, the District Administration and Pulwama Police today jointly organized a rally under the banner of 'Nasha Mukt Bharat' campaign.

The rally against drug abuse and illicit trafficking started from Govt. Degree College Boys Pulwama and culminated at District Administrative Complex, here and was attended by Deputy Commissioner (DC) Pulwama, Baseer ul Haq Choudhary SSP Pulwama Gh Jeelani Wani, CEO Pulwama, ARTO, Medical staff of DH, teaching and non-teaching staff of GDC Pulwama, respectable citizens of Pulwama and civil/Police officers.

About 4000 students of different schools participated in the rally.

Speaking on the occasion, the DC gave an elaborate view about the menace of drugs, its sources, causes,

the purpose of the rally is



consequences, and role of every member of society to curb this menace The DC said that

masses to make Pulwa ma drug free. He urged youngsters/ students to be ambassadors against drug

discussion on such issues helps to eradicate the men-

He said all misconceptions regarding selective impacts of social evils need to be eradicated by educating the youngsters regarding the potential of these sins to engulf the whole society.

He further added that youngsters have a great influence on society in building a well-developed nation and urged all participants to be an inspiration for youngsters in avoiding drugs and participating in various social friendly activities including sports.

SSP Pulwama said that the issue of drug abuse is a challenge before society. It is the duty of all stakeholders to join in creating awareness about the ille gal use of drugs and the measures to be taken to prevent this menace.

## 'Pal Bhar Ka Maza- Zindagi Bhar ka Saza' Nasha Mukt Bharat Abhiyan events held across Shopian

SHOPIAN, SEPTEMBER 01 As part of the 'Nasha Mukt Bharat Abhiyan' campaign of the government, a number of programmes against drug addiction were held across Shopian today.

The programmes witnessed

overwhelming participation of students, staff and senior citizens who took pledge to fight against drug menace Deputy Commissioner (DC) Sachin Vaishya attended the 'Pledge Taking Ceremony' function against drug menace at Mini Secretariat, Shopain in which staff of various departments took part

A mega anti-drug rally was held in Shopian Town by the School Education depart ment which was led by Chief Education Officer, Shopain, Mohammad Mushtaq. schools, departments and

Staff members of various hundreds of school children marched through the length



and breadth of the Town, holding placards against in-

creasing trends of Drug men-

pian also held an anti-drug rally in the Town, which was led by Principal Bashir Ahmad Dar. Staff members of the College, students marched through the street holding placards denouncing Drug Consumption. The participants also raised slogans against drug menace and conveyed upon the concerned to take concrete measures scourge of drug abuse.

A seminar was also in this connection held in which the Principal of the College, impressed upon the students to remain focussed towards studies. Harmful ramifications of the drug consumption on society was elaborated to the students.

Various cultural including short grammes skits and speeches were delivered across the district to raise awareness against drug

### Law students visit Industrial Tribunal cum Labour Court Sgr & Juvenile Justice Board Ganderbal

GANDERBAL, SEPTEMBER 01: The Law students from School of Legal Studies, Central University of Kashmir visited Industrial Tribunal cum Labour Court Srinagar and Juvenile Justice Board Ganderbal as part of an initiative and schedule of activities organized by District Legal Services Authority (DLSA) Ganderbal under the guidance of Tabasum.

Law students made a visit to Industrial Tribunal Cum Labour Court Srinagar and Juvenile Justice Board Ganderbal, to get firsthand experience of Judicial proceedings.

In the guided tour, students were briefed on the functioning and procedures of the court and the Tribunal.

mir during the visit. The programme at the Industrial

Tribunal cum Labour Court Srinagar started by observing case proceedings followed by the address of Bala Joyti, Presiding Officer, Industrial Tribunal Cum Labour Court Srinagar.She gave a brief concept about various legal issues. Motivational words were also addressed to

#### The students were accompanied by faculty members of School of Legal Secretary DLSA Ganderbal Studies, Central University of Kashstudents for pursuing law course. Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEERRURAL ENGINEERING WING BARAMULLA

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Mohalla and Peer Wohalla Rohama Brice

31-08-2022

ADP

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AAA under Area Development Plann PRIN of 2021-23 Block Rohamassion Start date 31-08-2022 06-09-2022 up to 6:00 PM 4 Bid Submission End Date Technical Bids will be opened on 07-09-2022 at 11:00 AM in the office of the Executive Engineer Date and time of Opening of REW Baramulla and Financial Bid opening will be declared online

\*The G.O No.238-F OF 2021 DATED:07.09.2021 issued by the Govt(Finance deptt)that the participation in the tendering process of privile unit and ending the first participation from adjoining panchayat shall be permitted.

If the Bidden gubtes his Bid exceeding the inner line of the bidden gubtes his Bid exceeding the inner line as of the bidden gubtes his Bid exceeding the inner line as of the line as of the

biddinglidelments
3. Bids must be accompanied with cost of Tender document in shape of treasury challan/receipt under HEAD 0515 mentioning
Bid submissionatar blate k and NIT No. 12 May 20 or of the Executive Engineer, REW Division Baramulla (Tender inviting Authority).

2. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatiBid Site in the date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatiBid Site in the date and time of opening of Bids shall be opened online on same Web Site at the office of the Executive Engineer, REW Division Baramulla.

2. All The Bidders has to deposit Earnest Monani (2% of Advertised 2001) in Shape 10 ADDAM BR ALL Affiliate of the Executive Engineer. 3.All The Bidders has to deposit Fairas Bids will be opened this 07 991 2022 have 11.00 ANTER the bettieve of the Exclusive Engine Circular of Finance Department.

and Thim 5 To Copenhid of ha REW Baranulla and Financial Bid copening will be declared on hiperformance security in shape of CDR/RDR/BG within 02 Days after opening of financial bid and shall be released after successful completion of DLP as per norms. The Unbalanced Bid:

4.a Unbalanced Bid:

The successful bidder shall have to deposit an additional performance security in the shape of CDR/FDR/BG before award of contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply thereto:

S.No	Percentage of unbalanced bid viz -a- viz Adv.	Additional performance security to be deposited on
	Cost	
1	Upto and including 15% below	Nil
2.	>15% upto and including 20% below	5%
3	>20% upto and including 25% below	10%
4	>25% upto and including 30% below	15%
5	>30% below	20%

5.The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.
6.The earnest money/performance security shall be forfeited, If:a)Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or makes any modifications in the terms and

conditions of the bid.
b)Failure of Successful bidder to furnish the required performance security within the specified time limit.
c)Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

7.1. Find the observable of the described of the control of the co

7.4. He didners have to sublint their bids offline in electronic format with dignar signature. No finalicial bid will be accepted in physical form.

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

7.5. Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid be submitted physically by the bidder who is declared as L1 immediately after opening of financial bid.

7.6 Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.

documents in support of soft copes if need arises.
7.7.DOCUMENTS TO BE UPLOADED IN SOFT:
Scanned copy of valid registration card along with Latest Renewal, EMD/TR as per NIT, GST, Latest clearance, PAN.
7.8.The earnest money in favour of un-successful/ non-responsive bidders shall be released only after ensuring submission of tender document fee in original, irrespective of Hard copies, failure of submission of tender document fee by the bidder using site shall entail him for blacklisting.

DIPK-9082/22 Dated: 31-08-2022

Bids (Online)

5

Executive Engineer REW Baramulla

## Nasha Mukt Bharat Abhiyan programmes held across Bandipora

BANDIPORA, SEPTEM-BER 01: In order to raise awareness and eradicate drug menace, programmes against drug addiction were held across the district Bandipora.

The programmes witnessed participation of youth, students and senior citizens who took pledge to fight against drug men-

Commissioner Deputy (DC) Bandipora, Dr. Owais Ahmed attended the programme against drug menace at Higher Secondary School, Mantrigam.

The programme at Mantrigam was attended by District Social Welfare Officer Bandipora who is also Nodal Officer Nasha Mukt Bharat Abhiyan, Dy CEO Bandipora M Rafiq Parray, Principal of the Institute, District Cultural Coordinator Bandipora Reyaz ul Hassan, staff members of the Institute,



of students

Various cultural programmes including short skits and speeches were delivered to raise awareness regarding drug

A pledge taking cer-

contribute in fight against drug menace in the dis-Speaking on the occasion, the DC said that Rehabilitation, moral and psychological counselling to addicts in addition to family support is essential

to eradicate drug menace. He said drug addiction has a devastating impact on the addict, his family and

Dr Owais said to break the drug mafia, support of each and every individual is needed. He urged the students to stay away from drugs and focus on future plans and career opportunities in order to excel in academics and sports.He said a drug de-addiction centre will be made functional soon in the district to save the lives ruined by the drug menace.Dr. Owais also flagged-off a rally of students to generate awareness about the ill effects of this evil and to achieve the goal of drug free India. Similar programmes were organised across the district at sub divisional and tehsil level along with schools and col-

## 67th Raising dat celebrated by 3 BN Crpf Bandipora



Bandipora, 01 Sep: 03 BN Central Reserve Police Force deployed atBandipora (J&K) celebrated its 67th Raising Day today. At the outset wreath laying ceremony was or ganized at Martyrs Memorial in DPL, Bandipora. Sainik Sammelan was also conducted in which glorious saga of bravery of 3 Battalion, CRPFwas apprised to the soldiers by Sh. Rakesh Sharma, Commandant 3 Bn. During the Sainik Sammelan, Commandant informed that the Battalion has been decorated with 3 President Police Medal for Gallantry (PPMG), 16 Police Medal for Gallantry (PMG), 90 woundsmedals and hundreds of DG's Commendation disc for thesacrifices/bravery shown by the Unit personnel. He also thanked to all the Officers & Jawans who served this Unit with determination, dedication, diligence with selfless service to the CRPF and Nation.

During the Raising Day programme, Mela was also conducted which was unveiled by Veer Nari Hajra Begum W/O Shaheed CT/GD M.D.Sultan Ganaie and Veer Nari Saleema Begum W/O Shaheed CT/GD Mohd. Altaf Mir in the presence of senior officers and largegathering of Jawans at DPL ground. During the Mela many officers and personnel from 14 RR, 26 AR, BSF, CISF & J&K police along with many of them with family attended the Raising day ceremony and Mela. During the Mela, various kinds of food courts, indoor games were arranged at DPL Bandipora. Padam Shri Janab FaizalAli Dar, CO 14 RR, CO BSF, Army and Civil Police officials have also witnessed the celebrations. Shri. Rakesh Sharma, Commandant 3Bn has conveyed his best wishes and gratitude to all attendees and distributed annual prizes to various Coys of Battalion and best players in the CPRF Battalion. Bada Khana was also organized on this auspicious occasion. Shri. Apoorwa, Second-in-Command, welcomed all the dignitaries with the active support of Sh. Baljinder Singh, Dy. Commandant and Sh. Brajesh Kumar Meena, Dy. Commandant and other Officers. Vote of thanks was also given by Shri Rakesh Chandra, Second-in-

Command. He also conveyed gratitude to all the participants and officers of Civil and Police administration for their benign presence and support forgracing the event by their presence. A Colourful cultural programme was also a big attraction of Mela in which Bhangara, Bihu and Rajasthani dance were presented along with patriotic songs and Kashmiri folk songs.

## SSP Bandipora chairs crime/ security review meeting

September 01: In order to review the security scenario and take stock of the investigation of crime cases, SSP Bandipora Shri Mohmad Zahid-JKPS chaired a detailed security review meeting at the Conference Hall of DPL Bandipora. The meeting was attended by senior officers of Police, Prosecution, all SHOs and I/C PPs of district Bandipora. On the onset of meeting, SSP Bandipora was briefed by the jurisdictional officers about the security, crime scenario. Besides, on security point of view an update of anti-terror ist operations, action against terrorist network etc

## **Shahnawaz Choudhary distributes** solar light to 150 families of Hill Kaka, Surankote.

KAMRAN ALI KAZMI



Surankote :- JKPCC General Secretary and DDC Member from Surankote A block Shri Shahnawaz Choudhary today distributed solar lights to 150 families of Hill Kaka (far flung area of Surankote).

Speaking on the occasion Shahnawaz Choudhary said he understands the problems faced by the residents of Hill Kaka and that's the reason that his focus is to provide some facilities to this area so that locals of this area can live their life with ease. He assured them that he will keep striving to make their life better by acting as bridge between common residents and adminstration.

Choudhary announced that from his DDC funds he will allocate 8 lakh rupees for Pucca Path in this area and also 10 Crore for road from Hill Kaka to Dochanga.

He said that his primary focus is infrastructure development of area as that will usher new chapter of development in this area and he is dedicated to do focus on this job and thanked people for their support as their support made this possible otherwise the area neglected by concerned authorities and leaders from last 60 years is getting developmental projects.

Others who were present on this ocassion were Tehsildar Surankote Akbar Hussain,NT Afzal Hussain,Adv Sheraz bajjar, Madasar Ahmed, Sikander Hayat, Abbas kalis, Alayas kalis, Ajaz chouhan, Yasir Qureshi

## Narcotics smuggler nabbed by Police in surankoteHerione Like substance weighing 5 grams recovered

KAMRAN ALI KAZMI

Continuing it's drive against drug peddlers on Anti drugs front, Surankote Police arrested Two narcotic smuggler namely Sajid Hussain S/0 Sarvar Hussain Resident Of Dhargloon Mendhar And Aftab Ahmed S/0 Mohd Rafiq Resident Of Dhargloon Mendhar and recovered heroine like substance from him.

In this regard, a case FIR No 282 /2022 U/S 8/21/22 NDPS ACT has been registered at Police Station Surankote and investigation of the case has been taken up.

The recovery has been made by Surankote Po-

lice and SHO Surankote under the supervision of DYSP Surankote Tanweer Jeelani (JKPS) and under the overall supervision of SSP Poonch Sh Rohit Baskotra ( JKPS ).Surankote Police enjoined upon all citizens of Surankote to be aware of drug menace and report any incident to Surankote Police as their identity will be kept secret.

## DC Ganderbal releases 5 **Publications of the District**

TEMBER 01: The Deputy Commissioner (DC) Ganderbal, Shyambir today released four vital publications highlighting the socio-economic profile of Ganderbal District and One Evaluation Study on National Health Mission (NHM) during a simple book release function held in his office Mini

Secretariat, here. Books released were District Statistical Hand Book, District at a Glance, Economic Review and Village Amenity for the year 2021-22 and One Evaluation Study on National Health Mission (NHM).Chief Planning Officer Ganderbal, Irfan Ahmed Giri and District Statistics & Evaluation Officer Ganderbal, Akhter Hussain Malik were present in the release ceremony.

District Statistics and Evaluation Office Ganderbal is the Nodal Agency for collection, compila-

important statistical data in the District. The data contained in these publications and Evaluation will serve as an important tool for the researchers, Planners, Students and other users in their respective fields.

After releasing the publications, the DC hailed the efforts of field functionaries in collection of data and stressed on improvement of these publications in future with regular updating and wide coverage. He also highlighted the findings of the Evaluation study and pointed out the suggestions/recommendations for consideration of the Health department for better implementation of the scheme.

Important to mention that all publications are available for public domain and citizens can download the same from the Official Website of

SRINAGAR, BER 1: Shopian, Kulgam

and Ganderbal districts are first districts in UT of J&K to cover 100 percent households under the AB PM-JAY SEHAT scheme The Ayushman Bharat Pradhan Mantri Jan Arogya Yojana scheme is the world's largest health insurance scheme fully financed by the government and provides a cover of Rs five lakh per family per year for secondary and tertiary care hospitalization, they said

SEPTEM-

These districts achieved the milestone due to the special registration drives organized by the State Health Agency (SHA) in all Blocks across the district aimed to cover all families under ABPMJAY SEHAT scheme in the district

Chief Executive Officer SHA Ayushi Sudan complimented the districts and SHA officials for the achievement.

"This will inspire other districts also to join the league of 100% saturation districts. It is good to see our different strategies for cent percent Golden Card registrations are working, "She said. "At Least one member of every family in these districts have received Golden card".

Notably, State Health

Agency recently launched a citizen friendly facility for citizens to avail Golden cards in their comfort of their homes. The citizens visit the address Setu. pmjay.gov.in and register themselves and their families with details of ration card issued by the Food and Supply Department, J&K, and download their Golden cards. The initiative has been taken to ensure all the citizens get golden cards which provides 5 Lakh health insur-

ance cover.

Earlier also State Health Agency (SHA) recently rolled out ambitious doorto-door exercise to achieve 100 percent saturation under the Avushman Bharat PMJAY SEHAT scheme. Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SE-HAT has crossed a major

milestone of providing 5

lakh free treatments to the

citizens of J&K UT recent-

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SE-HAT Scheme has become a ray of hope for poor families who couldn't afford health treatment at prestigious and well known medical institutes of the

Recently a special initiative was launched for women and their families associated with JKRLM to provide them free treat-

To provide much needed relief to the people of J&K, the SEHAT Scheme was launched in convergence with AB-PMJAY by the Prime Minister, Narendra Modi.

In a first: Shopian, Kulgam, Ganderbal districts become

100% Saturated under ABPMJAY – SEHAT scheme

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) SE-HAT Scheme in Jammu and Kashmir provides health insurance cover of Rs 5 lakh per family per year to all the residents at empanelled hospitals. The scheme covers up to three days of pre-hospitalization and fifteen days of post-hospitalization expenses including diagnostics and medicines.

Under the initiative of 'Gaon Gaon Ayushman, State Health Agency (SHA) has also started 'to reach out to even last mile villages which remain cut off from the rest of the world due to adverse weather conditions so as to percolate the benefits of the scheme down to every beneficiary. These districts achieved the milestone due to the special registration drives organized by the State Health Agency (SHA) in all Blocks across the district aimed to cover all families under ABPM-JAY SEHAT scheme in the

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## Nasha Mukt Bharat Abhiyan commences at Ganderbal

DC participates in mega awareness rally against drug abuse; administers pledge to participants

GANDERBAL, SEPTEMBER 01: Month long Nasha Mukt Bharat Abhiyan commenced in Ganderbal today with multifarious activities and awareness campaigns held on day one throughout the district.

Mega awareness rally on Drug Abuse was flagged-off by the Commissioner Ganderbal, Shyambir from Mini secretariat Ganderbal in which ADC, Farooq Ahmad Baba, ASP Ganderbal, Feroz Yehya, District Officers, BDC Chairperson Ganderbal, Police, students, NGOs besides citizens participated.

Earlier, a pledge taking ceremony was held in the lawns of Mini secretariat and pledge was administered by the DC among the participants who pledged to stay away from drugs and live a happy life.

Participants also pledged to cooperate in stopping the drug abuse and create awareness about the ill effects of drug abuse by encouraging every person, especially the youth so that the youth of India can live drug free and they can become creative and important members of the



Highlighting the harmful effects of drugs, the DC said that drug addiction is an issue of grave concern, especially among the younger generation, and has detrimental impact not only on the individual concerned but on the society as a whole which needs to be eradicated completely from the society and in this regard he sought cooperation from

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# Dr Sehrish presides Town Diwas at Dak Bungalow Baramulla; listens people's issues/demands

BARAMULLA, GUST 31: The Deputy Commissioner Baramulla, Dr Syed Sehrish Asgar today held a day-long Town Diwas under the District Administration's outreach programme at Dak Bungalow here to listen to the issues and grievances of the public and PRIs.

Municipal President, Council Baramulla, Touseef Raina and different stakeholders including PRIs, civil society members, among other prominent citizens of the area were present on the occasion.

Senior Superintendent of Police Baramulla, Rayees hammad Bhat; Joint Director Planning, M. Yousuf Rather; vari-



also attended the programme.

On the occasion, Public Representatives and locals flagged-off various issues and grievances before the DC meant for the overall welfare and socio-economic development of the town.

Issues raised before the DC include improvement in water and electricity supply, macad-amization of main and link roads, improve ment in education and healthcare facilities. After listening to the

grievances and issues of the general public, the DC issued on spot directions to the concerned officers of line departments asking them to look into the issues of the people so that they are redressed on prior-

## DC Bandipora chairs preparatory meeting for Gurez festival, 2022

BANDIPORA, SEPTEMBER 01: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed today chaired a meeting to review the preparations of Gurez festival to be held on 3rd of this month.

The meeting discussed threadbare various issues regarding the preparations of Gurez festival including ac commodation, Home stays, events to be undertaken and various other activities to be held during Gurez Festival. The DC directed the concerned officers to take up

all necessary logistics in advance to avoid any inconvenience during the festival. He stressed that the event should showcase the true essence of Gurez, its tradition and culture; besides, there should be proper promotion of the festival to achieve the

ultimate objective of making Gurez a year-round tourist

Dr. Owais directed all the concerned to work in close coordination and ensure fool-proof arrangements for the smooth and successful conduct of the Gurez festival. The meeting was attended by DPO ICDS Mohammad Ashraf Hakak, ADC, Waseem Raja, ASP, Ashiq Hussain Tak, Joint Director planning Imtiyaz Ahmad, SDM Gurez Dr. Mudasir Wani, Dy CEO and other concerned

## 2 Medical Shops closed down in **Qaimoh & Ghat Redwani of Kulgam**

KULGAM, SEPTEMBER 01: The Drug Control Organiza tion Kulgam today closed down two medical shops in Qaimoo and Ghat Redwani areas of Kulgam for violation of

different provisions/ conditions of licenses. Officers from Drug Control Organization Kulgam said that there will be zero tolerance for misuse of habit forming drugs and those chemists found indulging in the same will be booked under law.

Meanwhile to curb the misuse of addiction forming drugs, awareness programme was also conducted by Drug Control Organization Kulgam in which all the chemists of Khudwani, Qaimoh and Frisal area were sensitized about the storage and dispensing of addiction prone drugs.

These chemists were also instructed to ensure instal lation of CCTV and Computer systems in consonance with flow of prescriptions. In a separate action, a raid was conducted on a transport agency and records of medicine delivery challans were inspected to rule out any possibility of contraband products.

#### E.D destroys illicit Poppy on 645 & Bhung on 1813 kanals of land across all Excise Ranges of Kmr

SRINAGAR, SEPTEMBER 01: Continuing its efforts to eradicate the menace of Narcotic Crop cultivation and drug abuse from the society, the Excise enforcement teams of all Excise Ranges (Excise Department) have destroyed illicit Poppy cultivation on 645 and Bhung spread over 1813 kanals of land across Kashmir till 31August, 2022.

The Enforcement teams headed by Excise & Taxation Officers, South, North and Central Excise Ranges besides destroying the illicit Poppy and Bhung crops have also filed 42 FIRs against the culprits. Along the destruction drives, the Department also carried out interactive sessions regarding illicit cultivation of cannabis at Gousia Public school Kakapora, Pulwama; Ravji Memorial Higher Secondary School Ananthnag. Besides, mass awareness campaign involving PRIs, Municipal Councillors and general.

#### all stakeholders. Month long Nasha Mukt Bharat Abhiyan commenced in Ganderbal today with multifarious activities and awareness campaigns held on day one throughout the district. Mega awareness rally on Drug Abuse was flagged-off by the Commissioner Ganderbal, Shyambir from Mini secretariat Ganderbal in which ADC, Farooq Ahmad Baba, ASP

## 68755 left-out households in JK brought under PDS ambit during 2021-22

## All deserving households, beneficiaries to be covered under National Food Security Scheme: FCS&CA Department

SRINAGAR, SEPTEMBER 01: The Department of Food, Civil Supplies and Consumer Affairs (FCS&CA) in J&K has, during the financial year 2021-22, brought a whopping 68755 households under the ambit of the National Food Security Scheme

"This is the outcome of the extensive exercise launched by the Department last year to bring all the deserving left-out households and beneficiaries, under the ambit of the Public Distribution System," a spokesman of the FCS&CA said.

He said out of 68755 households added during 2021-22, 3780 have been registered under Antyodaya Anna category (AAY) and 64975 under Priority beneficiaries or households Household Category (PHH). The spokesman said that PDS network. through a recent communication, partment has once again requested the Divisional Commissioners of Jammu and Kashmir divisions to initiate an appropriate exercise at the District-Level, in coordination with FCS&CA Department, to include the left-out eligible households/ beneficiaries, if any, in PDS network, in light of the criteria notified by the FCS&-CA Department and TPDS Control Order-2015, issued by the Government of India. He said the fresh request was made to the Divisional Commissioners in order to ensure that no deserving

remain outside ambit of

The spokesman said that the officers and officials of the Department are regularly sensitized about this issue and the progress is re-

viewed periodically. The spokesman said that in order to streamline and make the Public Distribution System more credible and transparent, the Department vigorously pursued Aadhar seeding of beneficiaries in all categories in a mission mode so that all the genuine beneficiaries get identified and avail their entitled quota in a smooth and transparent manner. "In the event of any beneficiaries being without Aadhar; the department has notified other means of authentication to be adopted for such beneficiaries, so that they don't remain without ration.

The Department, he said, has introduced a nominee policy last year to handle the failure of authentication in case of old ages persons/ workforce that has worn out finger prints, differently-abled persons, minors, bed-ridden persons with no physically able person in the family to draw rations, so far 6600 households have availed this facility. He urged all such families, who are eligible under the policy to avail this facility in order to get their rightful entitlement of rations and avoid their dependence on dealers or salesmen for availing their rations.

The spokesman further informed that while fortified rice for ICDS & PM Poshan schemes is being supplied to all the districts, the distribution of fortified rice under the PDS Schemes has also started in three (03) districts of J&K in accordance with directions of the Government of India. These include Kupwara, Baramulla and Udhampur. Fortified rice is nutrition rich rice meant to beat malnutrition. The extra nutrients including vitamins and minerals are added to broken rice and shaped into rice like kernel using extrusion process. Normally, in post harvesting phase,

## SP College, Sgr organizes week-long Student Induction Programme (Deekhsharamb) under NEP-2020

SRINAGAR, SEPTEMBER 01: The Dean Students Welfare (boys & girls wings), Career Counseling Cell and Mentor-Mentee Committee of Government Sri Pratap College, Srinagar organized week long student induction programme (Deeksharamb) for the newly admitted students of undergraduate and integrated courses.

On different days students enrolled in different departments were given awareness about the course structure under National Education Policy 2020 and the infrastructural facilities available in the

Dr. Khalida Hassan (Dean Students Welfare Girls Wing) gave introductory remarks about the induction programme. The heads of different departments introduced to the students the details about the subjects offered and the faculty profile of their respective departments. A documentary showcasing the college

in terms of facilities available was shown to the students to acquaint them with the

The Principal of the college Prof. (Dr.) Khurshid Ahmad Khan welcomed the newly admitted students and gave them information about the historical importance of the college. He encouraged the students to be inquisitive and explore new possibilities of learning and person-

ality development. Prof. Mushtaq Ahmad Zargar (Convener Discipline Committee) gave a brief to the students about the different dimensions

of discipline in the college. Dr. Javaid Hasan and Dr. Showkat Ahamd Wani gave lectures on the framework of subject and credit distribution under NEP 2020 which is being implemented in the college from this session. They explained to the students the provision of multiple entry and exit, incorporation of major/minor/multidisciplinary subject combinations, and importance of four year honours degree. Dr. Shahjahan Wani gave a motivational lecture on high thinking and how students can get rid of the fear psychosis.

Dr. Syeda Misbah Andrabi explained to the students the importance of mentor-mentee relationship and how the college is going to implement it in the coming days.Dean Students Welfare (Boys Wing) Dr. Jan Shabir elaborated on facilities present in the Department of Physics and how students can get maximum benefit from them. The vote of thanks and culminating remarks were presented by Prof. Bashir Ahmad Mir (Dean Academics). Dean Students Welfare (Boys Wing) Dr. Jan Shabir elaborated on facilities present in the Department of Physics and how students can get maximum benefit from them. The vote of thanks and culminating remarks were presented by Prof. Bashir Ahmad Mir (Dean Academics).

## DC inaugurates Heemal Administrative Complex, Housing OSC-W, District Hub for Women Empowerment at Shopian

SHOPIAN, SEPTEMBER 01: The Deputy Commissioner (DC) Shopian, Sachin Kumar Vaishya today inaugurated the newly refurbished Administrative Complex, named Heemal at Shopian. The Complex houses One Stop Centre

for Women (OSC) and District Hub for Women Empowerment, Flagship schemes of the Ministry of Women and Child Development, administered by the District Social Welfare office. The work on the Administrative Complex was taken up by Executive Agency (REW) of Rural Development at an estimated cost of Rs.16 lacs and completed in a record time. This Mission is an integrated programme, aimed at strengthening interventions for women safety, security and empowerment, said DC on the occasion. He further added that it seeks to realise the Government's commitment for women-led development by addressing issues affecting women on a life-cycle continuum basis and by making them equal partners in nation-building through convergence and citizen ownership. Vaishya said the integrated Complex shall be a great step towards women empowerment in the district and services shall be provided at a Single Point of Reference, under One Roof. He also interacted with staff and impressed upon them to give their best in addressing the issues and grievances of the affected women folk

and take measures for strengthening the

Administrative, structural and service delivery framework/ mechanism of these flagship schemes. DSWO Showkat Ahmad Showkat; BDO Chitragam, Jahid Azad, while addressing the media spoke about the working status of OSCW in Shopian and the concept behind the setting up of these centres. District Information offi cer. Showkat Hussain Ganie: officials of Social Welfare Department, Rural Development Department and other concerned staff were also present on the occasion. ramme, aimed at strengthening interventions for women safety, security and empowerment, said DC on the occasion.

He further added that it seeks to realise the Government's commitment for women-led development by addressing issues affecting women on a life-cycle continuum basis and by making them equal partners in nation-building through conver gence and citizen ownership. Vaishya said the integrated Complex shall be a great step towards women empowerment in the district and services shall be provided at a Single Point of Reference, under One He also interacted with staff

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# Nasha Mukt Bharat Abhiyan

## Kupwara admin facilitates live streaming of launching ceremony

## DC urges to work unanimously for making Kupwara a drug free district

SRINAGAR, September 02, 2022 FRIDAY

Dr Abdul Quyoom

KUPWARA, SEPTEMBER 01: District Administration Kupwara today facilitated the live streaming of Nasha Mukt Bharat Abiyan launching ceremony at D.C Office Kupwara.

The Deputy Commissioner, Kupwara, Doifode Sagar Dattatray presided the function while as the Principals of Government Degree College Boys / Girls, Kupwara; ACR, Chief Education Officer, CMO, DSWO and other concerned were present at the occasion.

DC Kupwara urged upon all

stakeholders and concerned officers to play proactive role and work unan-imously to make district Kupwara Nasha Mukht district. He stressed the need for involvement of religious leaders, and PRIs to generate awareness at gross root level against the ill effects of drug addiction. He said media has also a major role to disseminate awareness against drug abuse and ill effects of drugs on the society.

The Deputy Commissioner directed heads of the Educational Institutions of the district to vigorously participate in the scheduled EIC campaign against drug addiction.

The DC said that campaign will continue for one month and appealed the youth, NGOs, cultural organizations and other stakeholders to come forward and play their role in disseminating awareness against the drugs.

He also asked the concerned officers who are involved in the rehabilitation programme to play their role in a



big way to make the district free from drug menace. The Live streaming was also facilitated at various Educational Institutions across Kupwara district. Meanwhile, on the directions of Deputy Commissioner Kupwara,

pledges have been taken by the students of all Degree Colleges, Higher Secondary Schools, High Schools and Middle schools across the district. The students pledged that they will make all possible efforts to make themselves and the society Nasha Mukt, free from drugs.

The pledge against drugs, taken by the students, reads, "We realize that drug abuse is increasing in our country, especially among the youth and this is a matter of concern. We pledge that we will cooperate in stopping the drug abuse; we promise that we will not consume any harmful or illegal drugs in any way for any purpose. We will create awareness about the ill effects of drug abuse by encouraging every person especially the youth so that youth of India can live drug free and they can become creative and important members of the society. Today we pledge that we will stay away from drugs and live a healthy

## DC Kupwara chairs DLSCC, 9 cases settled

District Level Screening cum Coordination Committee (DLSCC), which met here under the chairmanship of Deputy Commissioner (DC), Kupwara, Doifode Sagar Dattatray today

A total of 22 cases of different categories were put forth for discussion before the Committee, out of which 9 cases have been cleared subject to the fulfilment of all codal formali-

These cases include one death case approved for an exgratia relief of Rs.1 lakh; 3 cases of Permanent disability cleared for Rs.75000 each; 2 cases of Temporary Disability cleared for Rs.5000 each and 2 injured cases were deferred for want of medical examination.



Regarding 8 cases pertaining to SRO-43, 3 cases of Police Personnel case rejected and one was referred to GAD for necessary guidance.

Regarding 4 property cases, 3 were referred to Divisional Commissioner and 1 rejected. Moreover, one missing case was for-

warded to Enquiry Committee headed by ADC Handwara for proper enquiry and one case of BSF Personnel was recommended to Home department for exgratia relief.

Speaking on the occasion, the Deputy Commissioner stressed upon the concerned officers to speed up the disposal of pending cases in their offices so that timely settlement could be done in the next meeting of

Senior Civil, Police, CID and Army officers attended the meeting.

## **TAD-CWDB wool project to benefit** 30,000 tribal sheep farmers in J&K

SRINAGAR, SEPTEMBER 01: Tribal Affairs Department (TAD) and Central Wool Development Board (CWDB), Ministry of Textiles, Government of India have finalised a project aimed at benefitting nearly 30,000 tribal sheep-farming families over a period of three years by providing Skilling, financial assistance, infrastructure and marketing support.

Secretary, Tribal Affairs Department, Dr Shahid Iqbal Choudhary and Executive Director, CWDB, Ministry of Textiles finalised the project components after detailed deliberations between deptt and the board. Secretary in Tribal Affairs Deptt, Harun Malik, Director, Tribal Affairs, Mushir Ahmed Mirza, Jt Director Planning, Shama un Ahmed, Deputy Director TRI, Dr Abdul Khabir, Deputy Director TAD Kashmir Dilshada Akhter and senior officers from deptt and central board were present in the

The proposal of Tribal Affairs Deptt being supported by the CWDB includes establishment of two Common Facility Centres (CFC) at an estimated cost of Rs 10.00 Cr. One CFC each in Jammu and Kashmir provinces will be equipped with state-of-the-art of the machinery for wool sorting, processing, grading and packag-

TAD is rolling out plan to train nearly 30,000 tribal sheep farmers in mechanised sheep shearing which will lead to increase in wool production, improvement in quality of wool and reduced cost of shearing. Mechanical shearing units worth Rs 2.00 Cr have been included in the project which will be provided to tribal Farmer



groups. Each group will be provided machinery upto Rs 3.00 Lakh. Establishment of wool mandis at three locations and more than 40 centres for wool collections and transit support have been approved under the project. Other components include the market intervention and support scheme as well as development of portal for expanding wool sale network. Farmer Produce Organisations and SHGs are to be constituted under the project to avail benefits under various components of the

Dr Shahid Choudhary, in a detailed presentation shared the huge potential of tribal wool as sheep population of nearly 25 Lakh migrating to highland pastures and in absence of value addition and marketing facilities the tribal farmers do not receive attractive returns. Interventions under the project will provide massive opportunities for sale of wool and wool products with direct benefit to the

with Technical Director Anurag Purohit briefed about collaboration between the board and J&K tribal affairs department for effective implementation of the project to cover maximum tribal sheep farmers and specifically the migratory population to improve their economic status. Specific support is being extended for marketing support and value addition. The tribal affairs deptt has already

provided 20,000 sheep to tribal farmers over last year and half under specific intervention through mini Sheep Farms through Sheep Husbandry Deptt. Apart from expanding the sheep population the deptt is focusing on marketing of wool to ensure an organised market for optimum returns to sheep farmers. The trainings will be conducted by Tribal Research Institute in collaboration with Universities and institutes of excellence in sheep husbandry sector. The project is being launched from Oc-

## **Cooperative Deptt issues NoC to UMMCL** for operations in J&K

JAMMU, SEPTEMBER 01: The Cooperative Department of Jammu and Kashmir has issued NoC to Unati Multipurpose Multistate Cooperative Society Limited (UM-MCL) for operations across Jammu and Kashmir. The NoC was issued to UMMCL by Secretary Cooperatives, Yasha Mudgal after more than three months of discussions and deliberations, in presence Regional Director, NCDC, Col Ashish Mohan and Registrar Cooperatives J&K, Shafqat Iqbal.On behalf of UMMCL, the NoC was received by its promoters Jyoti Saroop and Vikrant Dogra. Speaking on the occasion, Yasha

Mudgal said that UMMCL is proposed multistate cooperative working in places like JKUT, Ladakh UT, Himachal Pradesh, Punjab, Uttrakhand, Uttar Pradesh, Haryana, and Rajasthan. She highlighted that the core objective of this cooperative society is to build self sustainable agri supply chains with its model of FARM-FACTORY-FORK. She also remarked that UNATI which is one of the celebrated cooperatives in India will help newly formed FPOs and cooperatives in JK-UT in terms of market linkages, processing technical know-how and much needed handholding. She further said that this tie-up will boost the morale of 100s of newly formed FPOs and Cooperatives in JK-UT. Speaking on the occasion, Jyoti Saroop said that the major suffering in the agriculture sector is unorganized value chain and as a result the farmer being at the bottom of this value chain earns less.

He added that UMMCL has plans to integrate whole value chain at one platform by reviving the traditional supply chain to boost agri-economy. The NoC was issued to UMMCL by Secretary Cooperatives, Yasha Mudgal after more than three months of discussions and deliberations, in presence Regional Director, NCDC, Col Ashish Mohan and Registrar Cooperatives J&K, Shafqat Iqbal. On behalf of UMMCL, the NoC was

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## **ADC Kupwara chairs Public Darbar cum Grievance Redressal Camp at Budnamal**

Administration Kupwara today organized can live a dignified live.

KUPWARA, SEPTEMBER 1: District is ensuring their rehabilitation so that they



a Public Darbar cum Grievance Redressal Camp at far flung area Budnamal of Reddi Chowkibal block in Kupwara District. The camp was chaired by Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat.

DDC Member Chowkibal, Habibullah Beigh; BDC Chairperson, Firdous Ahmad; Tehsildar Kralpora, BDO, BMO, SHO, besides, PRIs, general public and officers/ representatives from various departments attended the day long public darbar.

Addressing the Public Darbar, the ADC said that Government is committed to ensure equitable development of all areas especially far flung areas like Budnamal. He assured the people of Budnamal of every possible support from the District Administration for redressal of their developmental issues and grievances.

Regarding Education, the ADC directed the concerned ZEO for deployment of required teachers in local schools to ensure proper Teacher Student ratio.

 $Regarding\,drug\,addiction, the\,ADC$ asked the people to identify the drug affected persons if any in their areas as the government

Earlier, DDC Member, PRIs and prominent citizens put forth developmental issues and grievances pertaining to the population of Budnamal area

The ADC heard them patiently and passed onspot directions to the concerned officers for redressal of they issues of the people. He assured them that he will take up remaining issues with the higher ups for their timely resolution. He said that he will take review on October 15 to see the progress of grievance redressal. The Officers also replied the grievances of the people on the spot and informed them about various schemes of their respective departments.

Executive Engineer LBDDA Kupwara provided detailed awareness to the people about the development of homestays in the area to promote border tourism and livelihood of the local unemployed youth.

 $Later, the\,ADC\,visited\,High\,School$ Budnamal and interacted with the students and teachers. He also distributed participation certificates among the school children who had participated in Independence Day function at DPL Kupwara.

## Month-long campaign against drug abuse under Nasha Mukt Bharat kick-starts at Kulgam

Farooq RATHER

KULGAM, SEPTEMBER 01: Month long campaign against drug abuse under Nasha Mukt Bharat initiative commenced in district Kulgam today with awareness programmes. rallies and other activities marked the day ist of the campaign.

On the occasion, an awareness programme and a mega rally was organised by the District Administration at a mini-secretariat in which hundreds of students from various educational institutions of the district participated.

Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat along with ADC Showkat Ahmad Rather and other officers also participated in the rally. During the rally, students were seen holding placards and banners in their hands reading

the message, "Say no to drugs".

Addressing the occasion, the DC said that during this month-long campaign against

drug menace awareness programmes will be held across all Panchayats. He added that there is need to work collectively on all fronts for eradication of drug menace and every stakeholder has to play a proactive role in the war against drugs.

Earlier, a pledge taking ceremony was held in the lawns of the mini secretariat and pledge was administered by the DC to the



participants who pledged to stay away from drugs and live a happy life.

Participants also pledged to cooperate in stopping the drug abuse and create awareness about the ill effects of drug abuse by encouraging every person, especially the youth so that the youth of India can live drug free and they can become creative and important members of the society. Later, the DC flagged-off Nasha Mukt IEC vehicles for creating massive awareness

among people.

Awareness programmes, rallies and pledge taking ceremonies were also held in colleges and other institutions in the district.

## **Bhagat interacts with NICF Officers at IMPARD Srinagar**

SRINAGAR, SEPTEMBER 01 outgoing Director General J&K Institute of Management, Public Administration & Rural Development (IMPARD), Saurabh Bhagat today interacted with a team of officers deputed to IMPARD by National Institute of Communication and Finance (NICF), New Delhi.

The batch of 42 officers of NICF is deputed for one week Training at IMPARD Srinagar. They were given exposure in three sectors including Posts, Telecommunications, and Information while the batch of NICF officers to be trained at IMPARD is second of its kind.

This exchange of officers between IMPARD and NICF is part of the Memorandum of Understanding (MoU) that was signed on August 12, 2022, by Saurabh Bhagat and the Director General NICF, Shrikant Panda.

## DC Kulgam visits Chawalgam Takes stock of pace & progress of work on integrated Ayush Hospital

Farooq RATHER

KULGAM, SEPTEMBER 01: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi Ud Din Bhat today visited Chawalgam ato take stock of pace and progress of work on 50 bedded integrated Ayush Hospital which is under the execution of R&B.

On the occasion, the DC was briefed that 65 percent of work on the project has been completed. The DC impressed upon the officers

of the executing agency to expedite pace of work on the project and ensure completion of this Ayush Hospital building within stipulated time.

It was also informed that the estimated project cost of this 50 bedded integrated Ayush Hospital is 7.40 crore.



DC was accompanied by ADC, Ex. Engineer R&B, DNO- Ayush and other officers. The Deputy Commissioner (DC) Kulgam. Dr. Bilal Mohi Ud Din Bhat today visited Chawalgam ato take stock of pace and progress of work on 50 bedded integrated Ayush Hospital which is under the execution of R&B.

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# BREATHING EXERCISES TO HELP YOUR METABOLIC HEALTH

inhales and exhales to change your emotional and physical condition. Whether working, sleeping, or exercising, our breathing fluctuates constantly. We may not be aware of it, but our breathing has a significant impact on our bodies and mind. Simple breathing exercises can improve metabolic health besides nutrition and exercise.

Respiratory muscles can influence respiratory functions by enhancing muscular strength and endurance. In addition, the diaphragm is an essential factor influencing respiration. There are various breathing techniques to improve the respiratory system's muscle function. Furthermore, breathing exercises improve one's inspiratory capacity. Many different types of breathing exercises are listed

#### **Breathing Excercise and Metabolic Health: The Connection**

Breathing exercises widely help in improving your digestion and metabolic health. Since breathing is automatic, we may not realise how powerful its impact is on our bodies and minds. Deep breathing elevates the supply of oxygen that helps in burning the extra fat deposited in the body. By performing suitable breathing exercises, we can control our emotions and gain a sense of calmness. Moreover, breathing exercises improve blood circulation. Mindful breathing helps our nervous system's chemical makeup, including our hormones and metabolic processes.

Breathing exercises can also reduce stress. The leading stress hormone is cortisol. It significantly impacts how the body uses glucose, carbs, and other nutrients and regulates blood pressure and blood sugar. Psychological factors like stress affect our metabolic health severely as they raise the production of cortisol. Research suggests that increased cortisol levels negatively affect metabolic health. Deep breathing can reduce stress hormones and benefit metabolic health.

Through continuous monitoring, BIOS from HealthifyPRO To Achieve Coherent Breathing

reathwork, also known 2.0 can detect the upheaval in as conscious breathing or blood glucose levels when one is as conscious preatining of mindfulness, is the pracmetabolically unhealthy. Intermediately unhealthy in the constitution of th tice of intentionally controlling estingly, talking to HealthifyMe the length and depth of your expert nutritionist Parul Dube, one understands interesting linkages between dietary modifications, activity levels and breathing techniques. She says that once a nutritionist identifies the foods that cause a spike in the blood glucose levels of a person concerned, they suggest alternatives based on the ideal weight. The dedicated coaches also recommend lifestyle modifications to help their clients in

#### **Simple Breathing Exercises**

#### **Diaphragmatic Breathing**

matic breathing.

The most extensively studied type of breathwork is diaphrag-

Diaphragmatic breathing, often known as belly breathing, entails taking deep breaths frequency of breathing entails constricting the diaphragm, expanding the belly, and lengthening the inhale and exhalation. Buddhism, martial arts, yoga, and tai chi are just a few of the traditional eastern cultures and activities that have long acknowledged the advantages of diaphragmatic breathing. Deep, diaphragmatic breathing is a technique that can promote physical and emotional well-

Numerous studies have connected slow breathing human health and that most to improved cardiovascular health, decreased blood pressure, less stress response, and increased heart rate variability (HRV), a marker of cardiovascu- nose. lar health and adaptability.

#### **Coherent Breathing**

A slow breathing rhythm, coherent breathing (also known as resonant breathing), takes about six breaths per minute. By slowing down our breathing, we may get our autonomic system, which controls things like digestion, heart rate, and other unconscious functions, to do the same. According to studies, this type of breathing may alter brain activity in a way that lessens tension and anxiety while also improving our overall well-being.



Exhale slowly until your breath is gone when lying down or sitting comfortably with your feet on the floor.

For a count of six, steadily inhale through your nose until from your belly. To lessen the you reach the top of your lung capacity.

> nose until your lungs are empty on a further count of six.

Repeat as many times as necessary to achieve relaxation.

Exhale completely via your

#### **Buteyko Breathing**

The most sophisticated breathwork technique on this list is the Buteyko technique by the Ukrainian physician Konstantin Buteyko. He believed that breathing solely through the nose was beneficial for people were over-breathing.

#### To Follow the Buteyko Technique Start inhaling through your

Instead of taking deep breaths that fill your lungs to the brim, start to slow down your breath-

Breathe slowly till you sense a minor air shortage.

ing and maintain it quiet and

Maintain these short breaths rather than giving in to the impulse to breathe more deeply. Keep breathing in this

manner for one minute, concentrating on the breath.

## Alternate Nostril Breathing

The technique involves softly breathing in and out while gently closing one nostril at a

## At Home, Try Inhaling Via Other

**How to Proceed** Exhale completely through the nose while seated comfortwith your eyes closed and hands

Close your right nostril with your thumb, then breathe in through your left.

Release the right nostril at the peak of the inhale, then seal the left nostril with the left forefinger before exhaling via the right nostril.

Exhale via the left nostril while blocking the right nostril as you inhale.

Repeat this technique for 5 to 10 minutes until you feel more

## **Bhramari or Honeybee Humming**

Bhramari is a very effective breathing technique for calming the mind and releasing pent-up resentment and wrath.

## How to Practise Bhrarmari or Hon-

eybee Humming Breath Sit upright on the ground with your legs crossed.

Keep your thumbs on your respective ears, your other fingers on your closed eyes, and both of your index fingers on your forehead.

Now take a calm, deep breath in through both nostrils. After that, keep your mouth closed while exhaling and make a bee-like humming noise while covering your ears with your

### Sheetali Pranayama

An excellent breathing technique for reducing stress and stances. Conscious breathing anxiety is Sheetali Pranayama.

the accumulation of glucose in the blood, which can affect blood sugar levels and, if left unchecked, develop into a longterm risk. A healthy metabolic system has improved oxygenation. The body absorbs nutrients more readily when there is higher oxygenation.

fuel. Furthermore, it prevents

#### **Benefits of Breathing Exercises**

Deliberate and focused breathing has numerous positive effects on health:

It affects how your brain functions; taking slow, deep breaths might help you feel more at ease. It may help you become more

relaxed and balance your blood It may enhance immunologi-

cal function, memory function, and metabolic rates.

Sit cross-legged on the ground

Make your lips in a circle

Extend the tongue in the tube

Breathe deeply and gently

Hold your breath and gently

Close your mouth and exhale

Sama Vritti is a power-

ful breathing technique that

improves sleep quality by sooth-

**How to Practice Equal Breathing** 

Close your eyes and begin by

Inhale for four counts

Gradually, try increasing to 6

more naturally resistant as a

Breathing deeply, slowly, and

deliberately can help our bodies

function better. It can help bal-

ance elevated blood sugar levels

and increase glucose production

by the liver, which may jump

also improves insulin efficiency,

through your nostrils followed

lying down or sitting comfort-

slowly through your nostrils.

**Sama Vritti or Equal Breathing** 

and curl the tip of your tongue

formation out of your mouth.

inward to create a tube.

move your tongue inside.

through.

ing the mind.

through the same.

to 8 counts every breath.

It may boost weight reduction and reduce body fat. Additionally, breathing exercises have been linked to decreased stress levels, decreased appetite, and decreased hunger in some studies, all of which may benefit weight loss.

It ensures smooth bowel motions, tones the abdomen and correct path. reduces belly fat

It soothes our body's muscles. Note:

## Other Ways to Improve Metabolic

High blood pressure, high blood sugar, high triglyceride levels, low high-density lipoprotein levels (good cholesterol), and a large waist circumference are the five factors that make up metabolic syndrome (excess belly fat). However, even if you have one of these symptoms, metabolic syndrome raises your chance of significant health issues. The metabolic syndrome, by four exhalation counts strongly associated with obesity and inactivity, affects up to one-third of the population. The onset of significant health Your breath becomes slightly consequences from metabolic syndrome can be delayed or prevented with aggressive lifestyle modifications and weight loss. Maintaining the ranges listed below will support good metabolic health.

Blood pressure: below 120/80 mmHg

Blood sugar below 100 mg/dL Triglycerides below 150 mg/

under highly stressful circum- dL (HDL or good cholesterol) above

allowing cells to use glucose as 50 mg/dL in women and 40 mg/ dL in men

Sitting has been labelled as the new 'smoking' by health professionals. Sitting for extended periods or most of the day harms your metabolic health. So, it is best to include some physical activity in your daily schedule. It may improve your mood in addition to helping you burn calories and reduce weight.

To keep healthy metabolic health, getting adequate sleep is essential. Lack of sleep can alter the balance of hunger and satiety hormones, increasing the need for calories. Moreover, one of the elements of metabolic syndrome, insulin resistance and elevated blood glucose, can cause sleep deprivation. Another crucial thing to do for excellent metabolic health is to manage stress. Stress causes the body to undergo several metabolic changes, some of which can prevent you from losing weight. Additionally, some people find that stress makes them eat more. Maintaining a healthy diet and being physically active daily are two easy things that will set you on the

Our breathing patterns are entirely automatic. However, becoming aware of and incorporating breathing exercises into our daily routine has numerous benefits, including promoting a sense of calm, increasing focus, and performing at your best. Deep breathing exercises are the most subtle relaxation techniques. You may perform them whenever and where you wish.

Research shows that controlled breathing or breathing exercises can positively impact our nervous system and metabolic health. It reduces stress and even assists in controlling blood sugar levels. Although there are several ways and practices of breathing, several nutritionists and health experts recommend diaphragmatic breathing the most. In addition, ancient eastern cultures have long recognised the benefits of deep breathing. Breathing exercises reduce stress, blood pressure, the risk of cardiovascular High-density lipoprotein disease, and increase metabo-

## A Beginner's Guide to Lose Weight Fast

ability to meet the demands of regular life. The most critical reason for losing weight is obesity or being overweight. Exercising is one of the essential strategies if one wants to shed extra weight. Around 650 million people worldwide suffer from obesity, making it a common health problem. Obesity is associated with several health conditions with adverse effects

on the human body. There are numerous other reasons as well, why people want to lose weight, such as looking better, feeling healthier, and so on. Consuming healthy foods and exercising regularly will help one achieve their goals. Consistency and discipline are the essential keys to effective weight loss.

### **Best Exercises for Weight Loss**

The leading cause of obesity is insufficient physical activity. The sedentary nature of most occupations results in excess weight gain. Physical exercise and activity help burn extra calories to keep our weight under control. There are several kinds of physical activities which help in weight loss. Listed below are the best types of exercises for weight loss.

#### **Aerobic Exercise**

Aerobics is a form of physical exercise that elevates the heart rate and improves cardiovascular and cardio respiratory conditioning. It increases pain tolerance and bone density, improves blood circulation efficiency and reduces blood pressure. It also increases optimum oxygen consumption and as a result, it effectively reduces body fat leading to weight loss. Aerobic exercise includes indoor and outdoor physical activities such as walking, jogging, running, cycling, dancing, swimming, rope jumping, stair climbing, rowing, and interval

While low-intensity aerobic exercise burns more calories due to increased

healthy weight increases one's duration of training, high-intensity aerobic exercise increases resting metabolic rate which in turn helps burn more calories throughout the day

Studies suggest that high-intensity interval training is more effective in altering the body composition and increases the release of catecholamine and growth hormones. It enhances excess post-exercise oxygen consumption and increases lipoprotein lipase activity as well. Therefore, it results in fat loss that helps to significantly reduce the body weight.

### **Strength/Resistance Training Workouts**

Strength/Resistance training helps increase strength, range of motion. flexibility, and mobility of muscles, tendons, and ligaments. It increases bone density, cardiac function, fitness, and metabolic rate. Increased flexibility and mobility of joints reduce the risk of injury. It involves pushing and pulling objects against the resistance to build strength and muscle endurance. Some of the best exercises for building muscle and for weight/fat loss are squats, deadlifts, pull-ups, push-ups, and Olympic lifts,

Research shows that strength training helps weight loss by increasing the resting metabolic rate, total energy expenditure, and maximal oxygen consumption. Therefore, this training is ideal for long-term weight loss success

Yoga is a holistic approach for longterm results. It stimulates mind-body awareness and mindful concentration. Moreover, regular yoga practices effectively decrease the body mass index in obese people. Yoga is a low-impact exercise for weight loss. It reduces stress dog pose, bridge pose, bow pose, chair and lowers cortisol levels, which are pose, and cobra pose. responsible for weight gain.

Research shows that yoga with Zumba dietary interventions significantly reduced the body weight and body mass index in obese and overweight children



weight management and behaviours aerobic workout, it helps burn calories such as self-control, reduced emotional eating, and reduced food intake. These prevention strategies reduce excess calorie consumption by curbing food cravings leading to weight loss. In addition, yoga also strengthens and corrects posture.

Some examples of yoga asanas to lose weight are sun salutation, plank pose, warrior pose, triangle pose, downward

Zumba is a fun way of exercise to lose body weight. It is a Latin-inspired dance fitness workout consisting of low and adults. In addition, it improves to high intensity moves. As a full-body components such as high protein and

and reduce body fat. In addition, Zumba training also enhances maximal oxygen consumption and improves flexibility and cardiorespiratory fitness

Studies show that performing Zumba three times a week helps to reduce about 3 kg weight in a month. In addition, it significantly decreases the total body fat percentage in females.

### **Dietary Recommendations for Weight**

The fundamental principle behind weight loss is to spend more energy (calories) than you consume. Therefore. dietary management for people who want to lose weight includes several

fibre, low-moderate carbohydrates, and a low-fat diet. Some of the dietary recommendations for weight loss are:

Individuals should improve their dietary patterns that include optimum nutrient distribution. Small dietary changes can improve blood glucose levels, blood pressure, and insulin sensitivity and reduce blood cholesterol and triglyceride levels. A diet with low glycemic index fruits, vegetables, whole grains, protein foods, nuts, coconut, and olive oil can help maintain weight.

Individuals should reduce 400-500 calories per day from their food intake. The recommended dietary intake in a calorie deficit diet is usually 1200-1500 kcal/ day for females and 1500-1800 kcal/day for men. But these numbers can vary depending on several factors. Studies show that a calorie-controlled diet helps to shed and maintain weight loss. The body uses stored fat as an alternate energy to perform bodily functions. Burning fat for energy ultimately leads to weight loss.

Eating fibre-rich foods makes one feel fuller for longer and improves the metabolism. Foods with high fibre usually have low calories. Fibre is present in fresh fruits, vegetables, whole grains, pulses, legumes, and meat. Studies show that eating a high-fibre diet reduces the frequency of food consumption and promotes weight loss.

Avoid drinking sugary and carbonated beverages such as soda, fruit inices, and alcoholic beverages. These drinks and beverages contain excessive sugar and are considered empty calories, resulting in weight gain and other metabolic diseases.

Restrict the intake of highly processed foods such as fast foods, desserts. breakfast cereals, and fried foods.

Eating a protein-rich diet can reduce hunger and enhance the feeling of fullness. In addition, it reduces excess calorie intake and effectively helps lose

Drinking a glass of water 30 minutes before meals decreases food intake, promotes portion control, and helps reduce weight. Research shows that water consumption before meals reduces energy intake among middle-aged and older

### **Long-Term Success**

Long-term success in weight management depends on the individual engaging in a specific follow-up program. Maintaining a regular exercise routine for at least 30-60 minutes daily is essential. In addition, portion control is a critical factor in losing weight. Eating healthy foods like fruits, vegetables, pulses, and whole grains and decreasing the consumption of energydense foods such as fried foods, beverages, and sugary drinks helps in weight management.

It is necessary to get guidance from nutrition counsellors for weight management.

To lose weight, we must be consistent in our efforts. In addition, we must enjoy the exercises we choose to sustain them in the long run.

### Conclusion

A sedentary lifestyle often results in insufficient physical activity. Inactive living choices increase the risk of gaining weight, a significant risk factor for chronic metabolic diseases. There are several factors to overcome an inactive lifestyle and reduce obesity. Proper dietary and exercise regimen helps in effective weight loss

Adopting healthy lifestyle choices, including physical activities, modified diets, optimum nutrition, and stressbusting therapies, are effective ways to lose weight. The main component of a weight-management program is preventing unwanted weight gain. The most effective way to lose weight includes consistency and discipline. which is the key to successful weight

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## **EDITORIAL**

## **Agriculture sector** doubles J&Ks GDP

griculture is an important sector of the economy given its substantial contribution to the total GDP. Jammu and Kashmir's economy is mainly dependent on it as almost 70% of the population is directly or indirectly engaged in agricultural and allied activities. With the endeavor to double the contribution of Agri-GDP in next five years from \$4 billion to \$8 billion, the government has constituted UT Level Apex Committee (UTLAC) for framing a "comprehensive Agriculture Policy" for holistic development of farm and allied sectors in J&K. Headed by Ex-DG ICAR, the panel has been formed with an objective of transforming "subsistence agriculture' to sustainable agri-economy.

Its terms and conditions include directing and monitoring "timely working of the Technical Working Groups (TWGs)" as well as acting as a "strategic advisory committee" at top level. Importantly, it has been tasked with the job to draw the broader contours of the strategic roadmap for the growth and development of agriculture in different activities on which the respective domain TWGs shall work upon. It has also been tasked to meet target of 100% SRR with quality seeds, by building seed multiplication chains in PPP or through private entrepreneurships, double resource use efficiency from 30% to 60% in respect of nutrients and moisture as well as reducing food waste to 1/3 (10%) through proper postharvest management by building suitable infrastructure and tripling food processing from 5 to 15% by focus on secondary agriculture etc. Not only this, it has been tasked to build capacity to meet the requirements of the quality planting material and establish functional and profitable FPOs in all districts of J&K. The panel has been asked to submit the policy recommendation within a period of four months which reflects the urgency the government has according to the sector.

It is a welcome step and the panel so formed is expected to formulate the sought of workable vision document.

The government must continue to focus on technology as penetration of the latter in the farm sector is happening at multiple levels across the globe including in many parts of India. It is expected these technologies interventions will help increase crop yield, bring stability in production, and make crops resistant to pests and ecological changes. Improvement in the post-harvesting shelf life is also expected to a large extent. Also it is important that the government should take all the measures needed to make farming a highly remunerative and gainful profession.

## The Prime Source on the History of Pampore

DR SARTAJ AHMAD SOFI

Book: Jami' Tarikh 'Alaqah Pampur Author: Engineer Mir Nazir Ahmad Pampori Publisher: Shah-i-Hamadan Memorial Trust, Pampore Year of publication: 2022 Pages: 668, ISBN: 9788189437299

ngineer Nazir Ahmad Mir Pampori was an engineer by profession but is better known for being an Islamic scholar, eloquent religious orator, devotional writer and a kind human being. He served Shah-i-Hamadan Trust Pampore—an age-old religious seminary, for a long period of time. He is known throughout the valley for his speeches and writings on Islam and the Muslim world. He is the author of more than two dozen books which includes books on subjects of Islamic theology, Sufism and Sufi saints of Kashmir, moral history of Kashmir, etc. He had also contributed in terms of poetry and penned down many poetic works.

Among all his works, the book under review is the most comprehensive one (667 pages) on the subject of Kashmir history. The work, as the name depicts, is on the history of Pampore province. The book has 17 chapters including the introductory chapter which outlines the framework of the book.

In the first chapter entitled 'Alaqah Pampore: Tarikh-e-Kashmir Kay Ainey Mein', the author (like many historians) has discussed the history of Kashmir starting from a lake called "Satti Sar" and going on to the formation of different regions/ tribes/ parganas, original inhabitants, the kings (including their nature) and their kingdoms, such as Gonanda, Utpala, Karkota, Sultans, Chaks, Mughals, Afghans, Dogras, eras like Bikrami, Kaljoog & Christian etc, expansion of different religions, advancement of Muslims propagators, establishment of temples, mosques and monasteries, and wars. He has also demonstrated knowledge of the existing and contemporary research on historical anecdotes of Shankaracharva temple (or Takht-e-Sulimani). In the whole history of Kashmir. however, the author exclusively emphasises on Pampore province.

Chapter 2, 'Kashmir Mein Din-i-Islam Key Awwaleen Dai', is very brief but describes the life and role of Syed Sharaf-ud-Din Turkistani, popularly known as Bulbul Shah. in the spread of Islam in Kashmir and mentions some miracles (Karamat) associated with him.

In Chapter 3, 'Tuhfey Kubraviyah', Engineer Nazir describes

LAVAM TYAGI



of Islam and training of Muslims in Pampore region, including the establishment of the Khanqah. It also makes passing references to the unknown or little-known Sufi saints and shrines of Pampore

Chapter 4, 'Tuhfey Sultaniyah Suharwardiyah Kashmir', deals with the emergence of the Suharwardi Silsilah and its proponents in Kashmir, especially Shaikh Hamza Makhdoom. It discusses his visits to Pampore, and the role played by his disciples in the promotion of the Silsilah.

Chapter 5, 'Tuhfey Masoodiyah Sultaniyah Pampore', is all about the life of Khwaja Masood Pampori, his discipleship with Baba Dawood Khaki and Baba Hyder Rishi, and the situation of Kashmir during his times. It also traces the genealogy of Khwaja Masood from his father Khwaja Sadr-ud-Din up to the Peer Ali Muhammad.

In Chapter 6, entitled 'Khulfai-Khwaja Masood Pampori', the author discusses the life and spiritual state of the ten famous Sufi saints & disciples of Khwaja Masood of Pampore: Shaikh Shareef-ud-Din Wali (Shoogh Baba), Shaikh Banger Rishi, Baba Ali Pampori, Khawaja Habibullah Attar, Baba Muhammad Yousuf, Geebi Shah Sahb, Baba Abdullah Pampori, Shaikh Najm-ud-Din Rishi, Allah Daad Rishi and Shaikh Ahlah Rishi. The chapter also includes the description of three prominent Khanqahs of Silsilah Masoodiyah: Khanqah Masoodiyah, Khanqah Shoogh Baba and Khangah Saadah Baba, besides the description of the remaining artefacts of the Sufi saints (tabarugaat).

Chapter 7, entitled 'Silsila-i-Mahmoodiyah Suharwardiyah'. describes the history of the Silsilah in Pampore which was initiated by Mir Mahmood Pampori Suharwar di and accelerated by his disciples Shaikh Ashraf Fateh Kadli & Syed Saif-ud-Din Sahb and their Khulafas. It also describes briefly the miracles that are associated with these Sufis.

'Tuhfey Qadriyah Pampore', the the life and contribution of Mir 8th and most comprehensive chap- lutionary poets of Pampore. Their cal roots.

Srinagar, which begins with Sved Abdul Hassan Qadri & his brother Sved Muhammad Fazil Qadri (popularly known as Sakhi Shah Sahb—migrated from Pakistan and resided in Srinagar). From there, the Khangah became a centre of Qadri Silsilah in Kashmir. Later on, the foundation of this Khangah was laid by Syed Ghulam Shah Azad who guided Baba Muhammad Qaim, Syed Jalal-ud-Din, Waiz Sidigullah and Nur-ud-Din Pampori (popularly known as Nund Wali). It also discusses about Nund Wali and his disciples Buzarig Shah Qadri, Mir Azhar Kantpori, Mir Abdul Gani Andrabi. Seemingly, the author has added one more personality of this order, at the end, known as Haji Abdul Rahim Pampori.

Chapter 9, entitled 'Mir Wai'zani-Hamdaniyah Pampore', mentions, probably for the first time in history, the prominent orators of Islam exclusively of Pampore. The author begins from Molvi Sidiqullah, Waiz Abdul Salam & Hafiz Abdul Rasool (Lasseh Boi) and Maulana Muhammad Yaseen Hamadani. The author has described thoroughly the life and services of Hamadani in preaching of Islam along with the times he lived in.

'Majazib-e-Pampore', the 10th chapter, begins with the definition of Majzub and the status of a Majzub in Islamic spirituality in the light of the writings of the great Sufis and scholars of Islam. Engineer Nazir has devoted many pages to describing the aesthetic life of these Majazeeb. He puts Lalla Arifa (Lal Ded) as the first Majzub of Pampore. The chapter describes other Maizubs of the area like Ahad Sahb Dhalvan, Ahad Sahb Gangah and Peer Zia-e-ud-Din (Zee Sahb). The chapter describes many miracles (Karamat) of these Sufis.

11th Chapter, 'Shu'ra'-i-Pampore', mentions Abdul Ahad Sofi, Abdul Samad Peer, Abdul Samad Hajam, Ghulam Muhammad Ghashir, Ghulam Hassan Ingilaab, Abdul Aziz Bhat (Irfan Pampori), Ghulam Muhammad Mir Tavus as the prominent spiritual and revo-Sayed 'Ali Hamadani and his dister, begins with the brief history poetic verses have been referenced

With tireless effort, Engineer Nazir has provided a detailed account on adjacent villages of Pampore in the 12th chapter, entitled 'Alaqahjaat-e-Pargana Pampore'. The work is rich in explaining even the minute details of socio-economic and religio-political aspects of life. The geography and demography of these villages has been mentioned exhaustively. It also recognizes the intellectual and religio-spiritual personalities of the area. The most important thing is that it provides all these details in context of religion and spirituality. Moreover, the chapter provides ample details about different periods of history viz. Mughals, Afghans etc, and their impact on the life of the region. It also mentions temples, shrines and mausoleums.

The 13th chapter is entitled 'Qasbey Pampore'. In this, the author has outlined the interior design of Pampore town and marked out certain things which once used to be the sources of prosperity for one and all. Describing the geography and demography of Pampore town throughout its history, the author has succeeded to a very great extent in presenting an accurate scene and account of the populace of the town in different times of history. Moreover, the author has discussed fruits and vegetables produced in the region over the years. Further, the description about the situations which have been faced by the people of the town in different times is depicted well.

Chapter 14, 'Za'firan Zaar', distinguishes the region from all other regions due to saffron production. The author has provided the historical details of saffron production in Pampore and in other parts of the world as well. Moreover, he has analysed the current situation, the problems and concerns about saffron production and he has brought attention of the government towards its betterment. The areas of Pampore which are rich in saffron production have been identified. Somehow, the statistical detail of the production according to the villages in 1983 has been missed unintentionally, which the author actually intended to provide.

In Chapter 15, entitled 'Zaatayn Aur Qabeelev', the author demarcates the original castes of Kashmir valley and writes about certain castes such as Pushach, Yaksh, Aryan Jews, Saka, Yuchi and Hun. The focus is on castes of Pampore, both inferior and superior as considered by locals: Dar, Lone, Raina, Bandey, Basu, Tantray, Rather, Mir, Shah, Rishi, Shaikh, Ganie, Malik, etc, including their histori-

In the 16th chapter, entitled

statutes. For instance, Sec-

tra Control of Organised

Crime Act, 1999 was upheld

by a three-judge bench of the

Supreme Court in Ranjits-

ingBrahmajeetsing Sharma

versus State of Maharashtra

(2005) while explaining that

the requirement of there

being reasonable grounds to

believe that the accused has

not committed the offence

does not mean that the court

has to arrive at a positive

finding with regard to the

ditions under Section 37(1)

Further, similar bail con-

In the second case, the

Sahi', the author provides detailed information about one of the towering personalities of Pampore known as Faqeer Mohd Ahsan Shah (born in Chugund Pulwama). He was a teacher by profession, was transferred to Boys High School Pampore in 1956, and settled there. Being a pious man, he influenced many great personalities of Kashmir, such as Prof Mohd Ishaq Khan—a historian who considers him as his spiritual mentor. The author acknowledges that he himself was very much influenced by the magnetic personality and character of Mohd Ahsan Shah. He is the person who actually laid the foundation stone of "Darul Uloom Shah-i-Hamadan".

The 17th chapter, 'Karwan-i-Hamdania Pampore', is the last chapter of the book. In this chapter, the author reminds us of the days of 1977 when he along with his associates succeeded in establishing a library in the main town of Pampore which developed and emerged as a religious seminary known as "Darul Uloom Shahi-i-Hamadan" and later on the "Shahi-i-Hamadan Memorial Trust" was established for its maintenance.

The book is essentially a comprehensive monograph on the history of Pampore. It is, indeed, the source book for all readers and researchers who intend to work on the socio-religious, cultural, political and economic developments of Pampore throughout history. The work includes a study of Islam in Kashmir in general and of Islam in Pampore in particular. It includes chapters on the life and contribution of Sufi saints, Sufi Silsilahs, shrines, mausoleums, mosques, temples, poets and orators. It also describes the tribes, regions, parganas, villages, occupations and saffron production of Pampore. The work has been penned down in a very lucid manner and in simple language, which is comprehensible to one and all. The contents of the book describe the richness of the work and the proficiency of the author in the field of history. The author bases his statements on written historical records, folklore, and many a time on his own logic and reasoning. The author has consulted primary and secondary sources in Persian. Urdu and Kashmiri languages, and compiled facts in the light of these sources. Besides, articles published in 'Greater Kashmir' newspaper and in different numbers of "Hamara Adab" publication of Cultural Academy of Srinagar have been quoted frequently.

The writer is Assistant Professor at Baba Ghulam Shah Badshah University, Rajouri

## SUPREME COURT'S DECISION TO REVIEW PMLA JUDGMENT INADEQUATE

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ast month, a threejudge bench of the Supreme Court upheld the constitutional validity of certain provisions of the Prevention of Money Laundering Act, 2002 ('PMLA') in its judgment titled Vijay Madanlal Choudhary versus Union of India. A petition seeking review of the said judgment, filed by politician and businessman Karti Chidambaram before the Supreme Court, was heard in open court on August 25 by a bench presided by the outgoing Chief Justice of India. N.V. Ramana, and it was unanimously decided to review the judgment on two aspects - (i) handing over the copy of the Enforcement Case Information Report to the accused, and (ii) reversal of presumption of innocence in the twin bail conditions under Section 45(1) of the

PMLA. Interestingly, the bench also comprised two of the three judges who were also part of the earlier bench which rendered the Vijav Madanlal Choudhary judgment - Justices Dinesh of the twin conditions under Maheshwari and C.T. Ravi-

kumar. I will critically analyse the possibility and scope of this review with respect to the twin bail conditions under section 45(1), against settled jurisprudence, and argue that the order admitting the review petition is erroneous. The better course, I will demonstrate, would have been to ule with punishment of more constitute a larger bench to adjudicate on the issue.

the Act, and that the proce-

the Act. It starts with a non under the CrPC. obstante clause, stating that notwithstanding anything contained in the Code of Criminal Procedure, 1973 ('CrPC'), no person accused of an offence under the Act shall be released on bail unless the twin conditions laid thereunder are satisfied. The said twin conditions provide that the accused must not be released on bail

unless: (i) the Public Prosecutor has been given opportunity to oppose the application for such release; and

(ii) where the Public Prosecutor opposes the application, the court is satisfied that there are reasonable grounds for believing that he is not guilty of such offence and that he is not likely to commit any offence while on bail

The contentious provision had fallen for consideration of the Supreme Court in Nikesh Tarachand Shah versus Union of India (2017) whereina two-judge division bench was called on to upheld. decide the constitutionality section 45(1). The provision was struck down as unconstitutional, being violative of Articles 14 and 21 of the Constitution, primarily for the reason that section 45(1), as it then stood before the 2018 amendment, predicated application of the twin conditions to the offences specified in Part A of the Act's Schedthan three years imprisonment even though they were

one accused of the offence dure of bail for such offences vision were changed from conditions have been upheld of money-laundering under has already been laid down

After the judgment, section 45(1) was amended in 2018, and it has been clarified by Finance Act (No. 2), 2019 that the amendment shall apply retrospectively. Although the Supreme Court struck down section 45(1) for the reason stated above, the twin conditions in themselves were not found problematic.

The court acknowledged that these conditions turned the presumption of innocence on its head and made drastic inroads into personal liberty of the accused protected under Article 21 of the Constitution, but the conditions were sustainable as long as there existed a compelling State interest in tackling such crimes, relving on its earlier judgment in Kartar Singh versus State of Punjab (1994), in which similar twin conditions for bail under Section 20(8) of the Terrorist and Disruptive conditions in themselves are Activities (Prevention) Act, 1985 (now repealed) were

Further, nowhere in the judgment did the court hold that there was no such compelling State interest when it comes to the offence of money-laundering. Thus, it is clear that the twin conditions under section 45(1) of the PMLA were struck down only because of their application to the scheduled offences, and not because there was no compelling interest.

The defect in section 45(1), as held unconstitutional in Nikesh Tarachand Shah, was Section 45 of the PMLA not linked to the offence of cured by the Parliament by is the relevant provision money laundering under the Amendment Act of 2018, and the wordings of the pro-

"no person accused of an by the Supreme Court with offence punishable for a term regard to several other penal of imprisonment of more than three years under Part tion 21(4) of the Maharash-A of the Schedule" to "no person accused of an offence under the Act", meaning that now the twin conditions for bail would apply only to the offence of money laundering under the Act.

In Vijay Madanlal Choudhary, among other things, section 45(1) as it now stands after the 2018 amendment, was put to constitutional muster. The Supreme Court elaborated on the seriousness and heinous nature of guilt of the accused. the offence of money laundering and upheld the provision while explicitly stating that there exists compelling State interest to have it on the statute book.

There are only two possible ways in which review of this judgment with regard to the presumption of innocence while granting bail can be sought: (i) that the twin unreasonable, or (ii) that the application of the twin conditions to the offence of money laundering under the Act is

unjustified. cannot be heard by a threetion bench of at least seven judges, as the twin conditions had been upheld by a fivejudge Constitution bench of the Supreme Court in Kartar Singh, as mentioned above. It tion. is an established position of law that benches of a numerically larger strength over-

of the Narcotic Drugs and Psychotropic Substances Act, 1985 have been upheld by division benches of the Supreme Court in Union of India versus Shri Shiv Shanker Kesari (2007) and Union of India versus Rattan Mallik alias Habul (2009). relief sought will be to declare that the application

of the twin conditions to the ing under the Act is unjustified, which will require the In the first case, the matter review petitioner to convince the court regarding lack of judge bench and will have compelling State interest. to be referred to a constitu- The possibilities of such an argument being accepted by the court seem bleak in view of the grounds for review of a criminal judgment under Article 137 of the Constitu-According to Order 47,

Rule 1 of the Supreme Court Rules, 2013, such a judgrule the decisions arrived at ment can be reviewed only by smaller ones, unless the if there is an error apparent former can be distinguished. on the face of the record. The Moreover, similar twin scope of such error which

entails review of a judgment has been explained by the Supreme Court in a catena of its judgments.

In Sheonandan Paswan versus State of Bihar (1982), the Supreme Court explained that an error is not apparent on the face of record if it is not self-evident and if it required an examination or argument to establish it.

In Lily Thomas versus Union of India (2000), the Supreme Court refused to review its earlier judgment in Sarla Mudgal versus Union of India (1995) and held that the mere fact that two views on the same subject are possible is no ground to review the earlier judgment passed by a bench of the same strength.

It becomes clear that it is only if the review petitioner is able to convince the court regarding a manifest and patent error in the earlier judgment that the review will succeed, which seems doubtful as the arguments of the petitioners in Vijay Madanlal Choudhary with regard to the twin conditions had offence of money launder- already been considered in detail, and merely because the review petitioner wants a different view to be taken does not bring the case within the ambit of "error apparent on the face of record". Thus, the order admitting

the review petition seems erroneous, and an exercise which ultimately will result in futility. The only course available with the Supreme Court is to constitute a larger bench and consider the validity of the twin conditions with regard to all the statutes incorporating them.

COURTESY: THE LEAFLET

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## RSS LEADERS ARE BENT ON CHANGING THE **COURSE OF INDIA'S REAL HISTORY**

**KRISHNA JHA** 

Then in 2016, Jawaharlal Nehru University (JNU) was targeted by the new regime, the students and teachers refused to submit. Classes continued under the open skies since authorities had locked the class rooms. Teachers kept their promise. Students debated the concepts that were posed as challenges to them. The undeterred steps showed that those attending the classes had realised the enormity of the crisis. In fact entire country was in the grip of it. Someone had pointed out that in independent India, whenever we had faced the polarising attack on our fabric, it had been only from those who believed in the supremacy of the majority over the minority. In fact, it had been Hindutva, keen to establish its exclusivity, ideologically and politically, that wanted to reconstruct India as a whole with absolute state power.

Earlier it had happened at the time of partition. Lakhs of people lost their lives. Families lost their dear ones. Women were violated with unimagi-

nable brutality. A dividing line was it. Our national liberation struggle, is not Hindu. There is absolutely no within Hindu culture and they must two. It was the same in 1992, Decemepidemics, brings out the common ished. One of the most sacred spaces makes visible their multiplicity and for the minorities was violated. The the oneness. This is how we are all ground where the mosque stood, created, with our humane traditions there remained only a moist patch.

It has been said that what we are dragged through now is the same as it fraternity, liberty and equality was in previous instances. But what we are engaged in is nation building, where there is no singularity. People are from multiple streams that reflect their literature, culture. way of living, all of which together construct their world view, which has to be respected. And yet there is the mainstream of national liberation struggle in the pre-independence days has kept evolving, unity in multiplic-

ism' as it is called by Prof Mridula

stabbed and the country was cut into in its dirt and blood, starvation and ber 6, when Babri Mosque was demol- masses, the people that we all are, and of secularism, our democratic principles and the oneness, that brings

It is the contribution of the days of post feudalism, when caste is no bar, opportunities and resources or gender cannot inhibit anyone for not taking part. When Tilak brought the Constitution of India Bill in 1895, and asked for voting rights, the adult suffrage was universal, for both men and women. The Constitution that was formally adopted in 1950, had its genof modern India', Raja Ram Mohan Rov, civil liberties were imperative, It is that 'revolutionary national- and the battle still goes on.

In contrast to it, for those who are Mukherjee which has brought the trying to find the roots for the Hindu blessings of Constitution, teaching us nationalism, the cadres are fed on to respect those that are different, and the poison of communalism. There humanity, and if need be, we die for any other community is inferior that Their identities are to be merged

tolerance for any other views and it opt for conversion. was in this spirit that in those three weeks and several time there after that students and teachers were brutally attacked, mostly in the presence of police that mostly kept quiet.

The teachers and students were assaulted while keeping 'nationalism' as theme on which instead of debate or lectures, they preferred physical attack. But one fact glared out from the entire murky goings on. The Hindu nationalism believes in its singularity and hence the issue is not minorities submitting, instead it strives to take the command of entire consciousness of the people in the country. The RSS is different from fascism in Italy and Nazism in and now in post, when nationalism esis fifty years back. For the 'Father Germany. Its nationalism is based on reorganising whole of the society as a means to produce new kind of people, as Hindu. There would not be any other community at par with it, they all have to submit to Hindutva. Hindus would be made to believe that all the 'others' are racially inferior yet they are us only. We live for the are efforts to engrave in them that to them. They are aliens, invaders.

RSS believes in reinterpreting traditional cultural features, preserving them and also attributing new meaning to the symbols and practices, apparently in reaction to the disorienting influence of the western culture. It is to have a spread all over the society in which ideology plays only a subservient part. To substantiate his reasoning, VD Savarkar introduced traditions often alien to Hinduism. He tried to redefine Hindu identity to fight what was essentially the imaginary threat and introduced the concept of 'Vedic Golden age' to make his followers deflect from anti-British agitations and enter into anti-minority actions. The imaginary 'Golden Age' that had no real existence in history was turned as the corner stone of ethnic or communal Hindu nationalism. It was turned into a reference point, an imagined tradition, based on western examples and presented as revival of a lost tradition. It was plain and simple revivalism, a necessary component of fascism.

and leg etc. But in spite of

having real society and real

relationships, if individuals

are moving towards virtual

## **Society in the Virtual World**



**VIJAY GARG** 

s today's virtual world Lend of society and family? Have people become so fed tions like family, marriage, kinship that they have lost faith in these institutions, tions unable to properly discharge the roles they were created to perform? Have you been unable to? Information revolution and tech-Artificial societies, artificial artificial intelligence, artificial beauty and even artificial life, artificial breathing and so on. As a result of this, living with virtual from real life. Everything in the virtual world is tempo-

express their desire. The only difference is that the gin of the past used to be only in the stories of grandmothers, whereas today's modern gin has become an integral part of the real world. The social

has become as easy as a click—is so much artificiality and—tion in the field of artificial—has to move from the real intelligence technology (AI). thing you want is delivered that the need for a written It is difficult to say what to you with a single click. It settlement is felt! Some time kind of challenges tampercan be said that the new tech-back also in a metropolis ing with natural activities (the imaginary world) while nology i.e. computer, smart-similar There was an inci-can create for human life still alive is not living in

according to which they one to think that what kind fortune that human beings of world is emerging where are eager to ignore real relathere is no marriage. A mantionships and give up living neguin for sex, a robot for real life in search of virtual relationships. The question sexual desires and a silicone baby are becoming people's is, in such a situation, what choice. That is, a virtual should be the definition of marriage, family, kinship world where nothing is real. From marriage, husbandand society? Sociologists will wife relationship to children, have to revise these definieverything is fake. Another tions. Is today's virtual world perplexing example is the really preparing for the end of society and family? Have virtual world. Earlier this vear a virtual world was people become so fed up created for the marriage of with informal institutions a young man from Tamil (family, marriage, kinship) Nadu. In this, a virtual charthat they have lost faith in these institutions, or have these social institutions been able to properly discharge the roles they were created is a hidden cause-effect relaficial eye, artificial hand

society and relationships, then it is a sign of mental bankruptcy. As a result, a new type of psychiatry is being seen in man. cyber space online New classifications of personality and offline personality have been put forward which give rise to new forms of schizophrenia. Here online personality means a person who is far away from reality. He spends his valuable time by staying online for unlimited time and goes away from social life or say real life and he starts looking for his partner and happiness in the virtual world itself. The question is whether virtual world can be a better option to escape the problems of current society and life.Is it? The answer would be, probably no. Then it is necessary that only the real society should be made livable and ways should be found to deal with the challenges arising in it. Running away from a problem or challenge is not the solution to the problem, but trying to solve them collectively can be the only permanent solution. There is still time to stop yourself from being a part of this technology to perform? Unable to get guided world. It is said that it Social science research- is good if man controls techers need to do research on nology, but when technology these issues, so that there starts controlling man, his Existence begins to be chaltionship behind them.By lenged. Therefore, there is knowing them, efforts can a need to replace the virtual be made to solve them. Here relationships with the real a big question arises that if world and real relationships one uses such technology to so that this society can be re-

Vijay Garg Retired Principal Educational Columnist Malout Punjab

## THE CONGRESS PRESIDENTIAL **ELECTIONS PROCESS HAS** BEEN TURNING BIZARRE

**SUSHIL KUTTY** 

hiruvananthapuram Member of Parliament Shashi Tharoor might run for Congress president. A final L call is awaited. The last time the 70-year-old fought a non-parliamentary election, he aimed for the moon! But the moon was out of his orbit. This time, if he does contest, and he was still mulling the decision, he would be aiming for the scorching sun!

Last heard, Tharoor held his cards close to the chest. And Tharoor was asking for a "free and fair" election, which is an insult to the Congress and translates to chances of electoral fraud! Also, he wanted simultaneous elections for filling up 12 CWC vacancies. What does Tharoor want?

The Congress presidential election has been officially announced, but the ground is also being prepared to return Rahul Gandhi to the stewardship of the 137-year-old party. In fact, if Tharoor goes ahead and contests annoying the Congress high command, it is quite likely that he will have a taste of the 'free and fair' polls he has been looking for.

Even otherwise, electoral rolls are heavily decked to favour Gandhi over wannabe foolhardy pretenders, Tharoor included. It is also common knowledge when a vote is cast for a Gandhi family member, that vote is for the entire clan, in toto. That said, once in a blue moon Congress lead ers forget they kowtow to the Gandhi family.

These days the blue moon is waxing, and the "Gandhis" are fair game. Otherwise, politician-cum-legal eagle Kapil Sibal wouldn't have walked away, mum as "ghai"! And rebel-at-73 Ghulam Nabi Azad wouldn't have penned the utterly disrespectful letter to Sonia Gandhi! In fact, it took nearly two and half years for the G-23 to cast even halfhearted salvos against the mother-son high command.

True, quite a few Congress fixtures quietly unhitched and switched party. From the quiet Tom Vadakan to the chirpy Priyanka Chaturvedi, from the un-loyal Himanta Biswa Sarma to the royal Jyotiraditya Scindia. The list of the quitters has now stretched and that could be one of the reasons why this excuse for a Congress presidential

If the Gandhis, Rahul Gandhi in particular, hadn't succeeded in undermining their own standing in the eyes of the general public, there wouldn't be a need for a Congress presidential election. Things would have continued as they were for as long as the Gandhi family wanted, ad nauseam

Rahul Gandhi had quit the party chief's post in 2019, soon after loss in the general elections. Today, Rahul Gandhi acolytes say he's the architect of the biggest ever attempt at a Congress comeback: In 2019, the Congress sat "on a vote share of 12 crore voters", and the "Rahul votes" are only growing.

Even the Thiruvananthapuram votes that got Tharoor his MP seat were "Rahul votes". The 12 crore vote share of the Congress was second only to the BJP's. And it would be naïve to believe this growing Rahul Gandhi vote share would drift AAP-ward, like some people prophesy. Also, this 12 crore vote-count was after Muslim voters quit voting Congress in multiple droves.

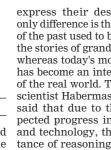
Leaders like Malikarjun Kharge, Harish Rawat and Jairam Ramesh wouldn't give Tharoor a chance in a billion. For them, without a Gandhi at the helm, the Congress would go to the dogs. The 2019 election was fought in Rahul's name. Can the 2024 elections be fought in Shashi Tharoor's name; or in Ashok Gehlot's, or Sachin Pilot's name?

There wouldn't be self-immolations, but most Congress rank and file believe only Rahul Gandhi has been building on the 12 crore vote-bank of 2019. Only Rahul Gandhi has been fighting Modi. Nobody remembers Ghulam Nabi Azad or Kapil Sibal campaigning in 2019. Only Rahul Gandhi stood on the burning deck, the captain of the ship!

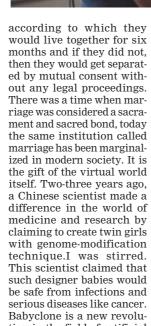
Besides, Rahul Gandhi was Congress president in 2018 when Rajasthan, Chhattisgarh and Madhya Pradesh were won. So also Karnataka. The rank and file believe fortunes will turn in the Congress's favour. And the environment will get extremely toxic for any Congress leader who dares to put his hat in the ring against Rahul Gandhi.

As of today, the Wayanad MP is dead favourite, and the Thiruvananthapuram MP I belongs to 'also ran' More than the fact that nobody dares stand against any of the Gandhis is the other fact that the Gandhis also accept the first fact in toto. Whoever thinks Shashi Tharoor can contest against a Gandhi, or against a Gandhi-appointed candidate, is living in a paradise full of utopians.

The build-up for "Rahul Gandhi for Congress President is too far gone for anybody to buck the trend. Only the foolhardy will, and that at his own peril. Chances are on the day of the election, with Kharge and Rawat high up on the mast, there would only be Rahul Gandhi standing on the deck, listening to the "tintinnabulation", which wordo-maniac Tharoor should know stands for the "ringing or sounding of bells". IPA SERVICE



scientist Habermas has also said that due to the unexpected progress in science and technology, the imporreally preparing for the tance of reasoning is given day by day is decreasing. Now man's rationality does up with informal institu- not motivate him to move towards the goals, but only helps in accumulating the means. The result of this is or are these social instituthat the modern technology made by man has made man himself his slave. Unfortunately, modern man is beginning to consider himself more independent than nological development have before, while the fact is that created an artificial world. he is becoming more depen-A world where nothing is dent than ever before. It real, everything virtual. would be pertinent to mention here an incident of some humans, artificial relation- time ago. A newly married ships, artificial emotions, couple from Assam They signed an agreement after their marriage ceremony. In this contract, both of them stipulated certain conditions, such as eating only one objects, man is getting away pizza a month, always saying ves to homemade food, wearing a saree every day, agreerary, even social and close ing to party late at night but relationships are becoming only with each other, going temporary and artificial. to the gym daily, Sunday Use these relations as long morning Breakfast to be as they are useful, when prepared by husband, shopthey are no longer needed, ping every fifteen days etc. end them. Actually today life It is astonishing that there of the computer.It is Every- mistrust in the relationship their masters as soon as they talked about such a contract



acter of the deceased father of the groom was created who can also bless the bride This scientist claimed that and groom. Simultaneously, virtual avatars of the bride be safe from infections and and groom, their friends and serious diseases like cancer. relatives were also created., To attend this marriage one world to the virtual world. How ridiculous that choosing to join a dead society phone etc. are such people of dent in which the bride and or how babies with genetic illusion, so what is? In this fill any deficiency then it can lived and worth living. the modern world who are groom, while taking rounds changes can affect future technological world, even also be accepted to an extent ready to fulfill the orders of in the marriage ceremony, generations. That's why this death defying technology such as artificial heart, artiquestion finally compels has emerged. What a mis-This was something special being done for women by the 6 Sector Rashtriya Rifles Potha Surankote!

'She used to study in Loreto Convent and in St Edmunds! We used to meet on Saturday's as our parents knew each other! Her father was in the Directorate of Information and my father who too was Indian Army Indian Army was posted in Shillong'!

`She was very different from other girls, at that 'RESPECT, Love, and Value time a kid and now a lady yourself. Always remember and mother of three grown to be good to yourself by up kids and a grandma taking care of yourself. Make now told m that 'friend you yourself a priority and know know girls/women are to be that it's okay. Don't feel respected and loved forever'! guilty for loving yourself, I could see the innocence first! You're just as impor- in the words then and now tant as anybody else. That also!"

Now when we talk on Army to women in District the mobile phone in this high technology world on 'The only person that video calls she says 'when deserves a special place in they ( men with little subyour life is someone that stance) go low, we (women) never made you feel like you go high.' I do not think she were an option in theirs.' To was wrong anywhere! As a that was tolds to me by my grown up woman the Lushai friend Shanon from Shillong! lady could never have been!

58 years later in life we still 'The Indian Army knows force that pushes mankind

with which they have been empowering women in their own but unique style!

'With the result oriented, meaningful, demand driven, far reaching and impactful Sadbhavna Projects alongside military operations, Indian Army continues to and full of fire, and that not be honest this was a one liner kid she was never and as a build the nation in coordination with civil administration.

Leading from the front, to are great family friends but that ladies are a driving read the pulse of the demographic environment, the

forward! So that is the aim Sector Commander inau-realization is setting in refgurated and gave a motivational lecture to 30 women undergoing driving cadre at Surankote on 27 August 2022.

> 'The beauty of life is, and one day she discovered that she was fierce, and strong, even she could hold herself interiors of Surankote the

erence to women folk that if they have to make deft progress in life then one needs to fight it out in a big way! Life is not restricted to a gas stove or a kitchen sink!

### What happened a t Potha:

The lecture was followed by informal interaction with back because her passion the ladies and their parents/ burned brighter than her family members. Ladies fears.' That is what today's undergoing driving cadre woman is all about and in the ranged in age group of 18 mountains to climb! years to 54 years

was described as the primarv pathway towards development of the region. The attendees lauded the initiative of the Indian Army and were appreciative of the confidence building measures. A total of 30 ladies & 15 parents attended the event.

The message is clear and can feel the basic instinct in the women of District Poonch with the thematic under current being, 'my true potential had more to do with my willingness to struggle than with my past

and present circumstances. 'I know that many men and even women are afraid and angry when women do speak, because in this barbaric society, when women speak truly they speak subversively - they can't help it: if you're underneath, if you're kept down, you break out, you subvert. We are volcanoes. When we women offer our experience as our truth, as human truth, all the maps change. There are new

## **THOUGHTS**



**ER AIJAZ AHMAD** 

Tell your brain, I am a fighter. I can easily sail boat during this pandemic.

I am living for the whole universe, not just for single person.

The most respectable word in the lips of mankind. That is "mother "word.

If you advice fool . They will abhor you. Give advice to wise person. They will appreciate you. Correction of mistake is the first step of success. Proper strategy and intelligence without aim, is

like a bird without wings. There are two secrets to success. Start and never quite.

Clearing any competitive examination demands three main things. (a) Concise study material (b) more revision (c) maximum practice. You can do struggle, you can fight. But, at last suc-

cess and failure are in the hands of Almighty Allah. Man is born free, but everywhere in world, he is in chains

Your smallest ideas can make biggest change in the society.

World is full of problems, be the one for solution

Er Aijaz Ahmad

ratheraijaz740@gmail.com Author is the quote writter, engineer, freelancer. He is the continuously contributor to headlines today. He had bagged three national awards in the year 2020 and 2021 , that is indian star proud award, Indian star icon award and Indian star golden award.Presently he is preparing the for the competitive examination.

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is what essae is from the

at that time we were kids!"

#### **BRIEFLY NEWS**

### Hariharan's ghazal 'Bewafaa' speaks of heartbreak

egendary singer Hariharan, who has ouched many lives with his craft in over 4 decades of his career, has released a new ghazal titled 'Bewafaa' in collaboration with Kumar Atul, who has penned and composed the track. The track also features vocals by the US based singer Shubha Chaki.

'Bewafaa' is a cross-country collaboration that depicts the emotions of a heartbroken person in love. The idea of this ghazal and collaboration with Hariharan first came to Kumar Atul. who wanted to make an original piece with live recorded instruments. It has been composed in Raag 'Todi'.

Talking about the ghazal and the association, Hariharan said, "When Atul approached me for the song, I immediately loved the song and was moved by the lyrics of the ghazal. I thoroughly enjoyed working on this ghazal 'Bewafa'. The song has a vulnerability in its lyrics and it gave a visual movement to the song. I hope the audience loves our work and pours love into this special

The idea for the song came to Kumar Atul when he was in Chicago. He then approached Shubha, who was in California.

Sharing how he eventually cast for the male voice, the composer added, "For the song, none came to my mind other than singer Hariharan Ji, who was in Mumbai. So the collaboration became our first cross-country project and we couldn't have imagined anyone else other than Hariharan ji's soulful voice for this song. It is a melodious yet heartfelt tune to the ears which will bring out the pain and vulnerability through its intense lyrics.

Produced by the music label Sufiscore, 'Bewafaa' is available to stream on YouTube.

### Pankaj Dheer: It's sad that we often get typecast

ctor Pankaj Dheer says that it often happens with the actors in the industry that they are typecast and asked to do similar kinds of roles

Pankaj, who has also worked in Hindi cinema such as 'Sadak', 'Soldier' and 'Baadshah', finds it upsetting to get pigeonholed but is willing to do his job and give his everything to the character.

"It's sad that we often get typecast on doing a particular character and end up getting the same roles but as an actor I'm willing to do my job and give whatever my character demands," said the father of actor Nikitin Dheer.

The 62-year-old actor also spoke about his new show 'Ajooni', which also stars Shoaib Ibrahim and Ayushi Khurana.

"So, whether it's negative or positive, I'm happy to be working on a good script. And that's what 'Ajooni' offered me: a strong character and a good script.

Known for his portrayal of Karna in BR Chopra's 'Mahabharat', Pankaj gives an insight into his character, which he tags has "dominating in

"My role as Ravinder is very dominating in nature who thinks men are superior to women and does not support the idea of women being equal to men. He is also very moody, who lives his life on his own terms and this interested me to take up the role of Ravinder as his character

stands out from others. 'Ajooni' airs on Star Bharat.

### 'The city is beautiful but it is also menacing', says 'Delhi **Crime 2' director**

'YEH DILLI shehar hai madam ji, yahan maangke nahi milta, cheen ke leni padhti hai' -is a line very special to Indo-American filmmaker Tanuj Chopra, who directed 'Delhi Crime 2' that is currently streaming on Netflix.

'Delhi Crime 2' begins with a quadruple murder in a posh south Delhi locality that triggers public fear and escalates Delhi's class divide. The series is inspired by the accounts of the brutal 'Kachcha Baniyan' gang that unleashed terror in the national capital in the '90s, but with

Talking about the divide between the rich and the poor and the less privileged being looked upon with suspicion, Chopra told IANS: "I don't know if finances are the only metrics, as there's a certain conditioning. And there is definitely certain expectations people have about what they should get. I think it is less about your bank balance and more about what you think you deserve."

Chopra, who made his debut in 2006 with the film 'Punching at the Sun', which was nominated for the Humanitas Prize at the Sundance Film Festival, also talked about the dialogue mouthed by actress Tillotama Shome: "'Yeh Dilli shehar hai madam ji, yahan maangke nahi milta, cheen ke leni padhti hai'."

'The line was special. Delhi is a beautiful city but it is also tough for the people living in it. It's an aspirational city, populated... So, when you are hungry you take what you can, and that is the DNA of a lot of big cities, which we didn't want to overlook. The city is beautiful but it is also menacing.

'Delhi Crime 1' was based on the Nirbahaya gang-rape that shook the world in 2012. The series had won the Outstanding Drama Series award at the International Emmy Awards in 2020, becoming the first ever Indian series to win the honour.

For the second season, the makers chose a plot based on the infamous 'Kachcha Baniyan' gang of the '90s, but with a twist

Chopra said: "People don't know much about this gang. They were very organised and we had to do a lot of research. In Season 1, they could rely on the audience knowing the details of the case.

"But the world didn't know much about our case. So we had to make people understand who these people were whom we were chasing.'

Looking forward, Chopra hinted that a Season 3 could be in the offing.

"We always talk about what would make a good case... I think something that features another side of Delhi, which we haven't explored. Something that happened on the bus or on the streets.

higher side of Delhi."

It would be interesting to see a case involving the



Ounjabi actress Sargun Mehta, who is set to make her Bollywood debut with the suspense thriller, Cuttputlli, recently shared her experience of working with Bollywood superstar Akshay Kumar in the film.

Elaborating on the same, Sargun Mehta who will be seen playing a cop in the film, said. "He makes his co-actors feel so comfortable and you know Akshay Kumar is very easy to work with. Once you're on set it doesn't feel like Oh my God it's Akshay Kumar, he just makes you feel like any other co-actor."

Calling him "appreciative", the actress added that the actor knows what buttons to push at any given moment, "he knows what to say and not to intimidate the other person and he gives you a free hand at improvising or doing as many takes as you want to. He makes sure that we all have dinner together, the entire cast so that there's like a good bond and on the next day on set it doesn't seem like Oh my God whom am I working with"

Produced by Vashu Bhagnani and Jackky Bhagnani, Deepshikha Deshmukh and Pooja Entertainment, and directed by Ranjit M Tewari, Cuttputlli' is set to stream on Disney+ Hotstar from Septem



## Paresh Rawal's 'The Storyteller' set for its world premiere at Busan Film Fest

'THE STORYTELLER' headlined by Paresh Rawal, Adil Hussain, Tannishtha Chatterjee and Revathi, is set for its World Premiere at the soon to be held Busan Film Festival in South Korea. In addition, it will also be contending for the revered 'Kim Jiseok' award.

Reacting to the news, director of the film Anant Mahadevan said in a statement, "I am looking forward to presenting 'The Story-teller' at the Busan International Film Festival. The film is my tribute to the legend Satvaiit Ray and what better occasion than to showcase it at a platform like Busan."

Based on a short story by the legendary filmmaker Satyajit Ray, the film tells the story of a wealthy businessman who hires a storyteller to help get over his insomnia, turning more intriguing as twists are added to it. The original Bengali short story

Golpo Boliye Tarini Khuro is one among the series of stories written by Ray, based on the enigmatic character Tarini Khuro, that he created.

'The Storyteller' has been produced by Jio Studios in association with Purpose Entertainment and Quest Films and Anant Mahadevan.

Commenting on the film's selection, Anant said, "I am grateful that my collaborators in Jio Studios, Quest Films and Purpose Entertainment have championed telling this story and for us reaching this momentous

The 27th Busan International Film Festival will take place from October 5 to October 14, 2022.

#### **Rajkummar Rao feels Thor** is the 'most filmy Avenger'



ollywood actor Rajkummar Rao is Thor' superfan by his own admission. The actor is mind blown by the filmy avatar of Thor in his fourth MCU solo film 'Thor: Love and Thunder'. The actor shared his thoughts and liking about the superhero in a special video where he can be seen lauding the film in the classic

Selling an "Ek Ka Teen," Rao then praises Thor, saying he's a three-in-one superhero with romance, comedy, and mindbending action skills and adds that the movie is set to give viewers jaw-dropping

Elaborating his love for 'Thor: Love and Thunder', Rao said, "Thor is the most filmy Avenger of them all! When I watched Thor: Love and Thunder, all I could think of was how perfectly it combined drama, action, romance, and comedy. I was thorough entertained and I remember laughing so hard during the film. It is a classic entertainer - Chris Hemsworth has done absolute justice to the role."

Directed by Taika Waititi from a screenplay by Waititi and Jennifer Kaytin Robinson, 'Thor: Love and Thunder' is set to premiere on Disney+ Hotstar in Hindi, Tamil, Telugu, Malayalam, Kannada, and

## **Mrunal Thakur** says she can't ask for better South **Indian debut than** 'Sita Ramam'

head of its Hindi version release, the trailer of the Dulquer Salman, Mrunal Thakur er of the Duquer Saman, In all and Rashmika Mandana-starrer South Indian blockbuster 'Sita Ramam' was released on Thursday. Helmed by Hanu Raghavapudi, the period romance showcases the fact that humanity matters more than war, boundaries

Mrunal, who made her Telugu debut with the film, commented saying, "I could not have asked for a better debut in any of the Southern movies. The love that I have been getting is incredible.

She added, "And above all, it is a beautiful and a sweet story and I am glad that with the movie being dubbed in Hindi it is going to reach mor people. As an actor, I am almost getting the best of both worlds."

The period romantic drama, was released on August 5 in Telugu, Tamil and Malayalam and has been going strong at the box-office. Presented by Dr. Jayantilal Gada of Pen Studios & Swapna, the movie is set to release in Hindi on September 2 in cinemas



## **Tiger Shroff finally breaks** silence on his relationship with Disha Patani



ollywood action star just very good friends just Tiger Shroff recent-Iy appeared on To which Karan replied by the the 9th episode of the saying: "You can't use that popular chat show 'Koffee line anymore, Tiger." With Karan' and spoke about the kind of relationship he shares with Disha Patani. The two have been rumoured to be dating for a few years but in the like a routine. Tiger and recent episode, Tiger chose to call Disha his "friend"

and said that he is "single". When Karan probed him about dating Disha,

like I always have been." "You all made Bastian become the hottest restaurant because every Sunday we saw you in and out to a point I was like, 'This is Disha are at Bastian every Sunday," Karan said as he

further teased him. Undeterred, Tiger firmly stood his ground as the 'War' star said: "I'm he said: "We like eating the

same food. Maybe that's why we go to that restaurant together.

He then set the record straight by commenting on their breakup rumours: "Well, there's been speculation on us for a very long time. We've always maintained we are amazing friends and that's what it is today (sic)," Tiger said.

When Karan pushed him for the last time asking if he's single now, Tiger replied, "Yeah, I

## Maniesh Paul confirms his OTT debut with a thriller drama

an and actor Maniesh Paul says that he is looking forward to his OTT debut with Ritam Srivastav's directorial thriller drama.

Not sharing much about the project, he said: "I am happy to get roles where I can show my skills as an actor beyond just one genre that is comedy. I cannot talk much about this web series but I am not playing a comic character and it is a very interesting role about which I will be able to talk more in December.

"It's a thriller drama and I was very happy when this project came to me as now people will see me doing something different.

He is keen on doing more fictional projects and exploring himself as an actor.

Maniesh is all set to host the celebrity dance reality show 'Jhalak Dikhhla Jaa 10', which is coming back after five years and he feels that post the last season of this show the biggest thing happened to him is that Karan Johar offered him 'Jugjugg Jeeyo'.

He tells IANS: "It is like when one door closes, the other opens for you. Post 'Jhalak' Karan Sir offered me 'Jugjugg Jeeyo' and responsibility to add enter-

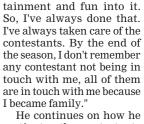


that was really a profitable thing for me. People started recognising me as an actor and in fact those who once rejected me are coming with different kinds of offers and I am really excited to see my

acting graph moving ahead.' Furthermore, Maniesh shares how he keeps himself evolving as a host with every show so that the audience can see a different side of him.

"Hosting is really challenging, I don't think hosting is easy at all. A lot of people used to think that hosting is all about just going and you have a 30-page script, just read it out and come back home. I never did that from day one. I've always tried to

go beyond the script." "I've always worked hard on that and I feel it's my



motivates the contestants during the show: "There are days they have a great performance. There are days they have a bad performance and that day, they're closest to me, because I'm the one standing closest to them.' "I can feel their pulse, I

can feel their heartbeat. I can feel at times they might get demoralised with what the judges are saying. Because at the end of the day, nobody likes to hear criticism. That is the time I stand with them and say next time you'll do better and I'm happy that

people appreciate all.' How he looks at Karan and Madhuri Dixit as judges: "I found them very down to earth and grounded with me or contestants or the makers and channel people and I think we must learn this trait from them," he concludes

'Jhalak Dikhhla Jaa 10' is all set to start from September 3 on Colors.

## DDC Doda interacts with civil society members Assures redressal of public issues, meeting developmental demands

01: District Development Commissioner Doda, Vishesh Paul Mahajan on Thursday held an introductory meeting with the civil society members including representatives of social, political and religious organisations here in the conference hall of the DC office and listened to their issues. The participants projected a range of public demands and grievances seeking beautification of Doda Town, de-congestion of traffic, check on stray animals, menace of drug abuse, removal of encroachments, quality execution of works, maintaining cleanliness, timely completion of sports facilities, creation of Multi level parking facility, establishment of mother child care centre, women college, rationalization of teaching staff especially in rural areas, effective functioning minor minerals, besides other issues. The DDC gave a patient hearing and

lations. He further directed to enforce the no entry schedule of heavy goods

vehicle from 9 am to 8 pm

Regarding encroachment

of pavements, the DDC directed the EO MC, Te-

hsildar Doda and SHO to

confiscate the material of

shopkeepers if put on sale

at the footpath. The EO

MC was further directed

in the town area.

to charge heavy fines from the owners of cattle roaming in the market area and



erations across the Town area. Close check on illegal construction and demolition of illegal structures was also stressed upon. For beautification of the

ber of civic workers to con-

duct daily cleanliness op-

town, the DDC asked the MC to submit the beauti-

## District Level Competition under EBSB held at DIET Poonch.

KAMRAN ALI KAZMI

POONCH:Many Students from different Zones participated in the Event. It is a matter of immense pleasure that students from Zone Surankote Shown brilliant performances in different categories. Zulfikar Ahmed ( HSS Boys Skt ) got first position in Tamil Nadu 35 sentences category followed by Neeraj Sharma and Adnan Ahmed got 2nd and 3rd position respectively . Arzo Asif Manhas ( GMS Bamalkote) got Ist position in Tamil song category whereas

Kajal Moughal ( HSS Shiendara ) got Ist position in Tamil Dance category Escort teachers Mr Tariq Saifi (HSS Boys Skt) ,Aijaz Ahmed ( HSS Shiendara , Asif Manhas from GMS Bamalkote and Mr.Mohd Arif ( ZICC) got appreciation certificates from Worthy Principal DIET Poonch . Mrs .Tahira Ma'am also got appreciation certificate for ascorting Arzoo Asif Manhas . DNO ( EBSB ) ,Youghal Kishore ( DICC) ,Muzzafer Sir Lect.DIET Poonch .Altaf Sir Lect .DIET Poonch were present on the Occasion . Nighat, and Gulnaz Chohan were appointed as judges on the Occasion .Many Students from different Zones participated in the Event. It is a matter of immense pleasure that



students from Zone Surankote Shown brilliant performances in different categories. Zulfikar Ahmed (HSS Boys Skt) got first position in Tamil Nadu 35 sentences category followed by Neeraj Sharma and Adnan Ahmed got 2nd and 3rd position respectively . Arzo Asif Manhas ( GMS Bamalkote ) got Ist position in Tamil song category whereasKajal Moughal ( HSS Shiendara ) got Ist position in Tamil Dance category .Escort teachers ,Mr Tariq Saifi (HSS Boys Skt), Aijaz Ahmed ( HSS Shiendara), Asif Manhas from GMS Bamalkote and Mr.Mohd Arif (ZICC) got appreciation certificates from Worthy Principal DIET Poonch . Mrs .Tahira Ma'am also got appreciation certificate for ascorting Arzoo Asif Manhas.

## Mega Drug De-Addiction rally taken out in Bhadarwah Students, general public take pledge to fight menace

sought feedback on solu-

tions regarding the issues

Responding to the issue

of illegal parking in mar-

ket area, the DDC gave on

spot directions to Traffic

department to start with

the license of the owners/

cancel

raised in the meeting.

challaning and

BHADARWAH, SEPsive Drug De-Addiction

masses especially among the Youth The students from Gov-



awareness rally was on Thursday taken out in Bhaderwah township witnessing participation of a large number of students, civil society members.

The Rally was organised by the local Administration under the supervision of ADC Ch. Dil Mir to generate mass awareness about the menace of drugs among the local

Government HSS (girls), Kendriya Vidyala and NCC cadets took out the rally amid chanting of slogans "Nasha ko Chodna hai Desh ko bachana hai" and against the drug

The ADC Bhadarwah, who was the chief guest also addressed the participants and shared his views with the students about the drug menace and how it is affecting the society. He advised all the locals and young people of the area not to fall prey to the addiction and also sought their cooperation in eradicating the drug abuse completely from their area as well as from the district.

Among others present during the program were ASP Bhadarwah, SDPO, BDO, TSWO, CO NCC, besides other concerned officials and locals also participated. Teacher Arif Rana acted as stage secretary

The rally took off from ADC office New Bus stand and after passing through Seri Bazar, old Bus Stand and College link road culminated at Community Hall.

A pledge to quit drugs and help eradicate drug menace from society was taken at Seri Bazar by the participant students and

## **Anti Drug awareness** programme organised in **GHSS Khellani**

DODA, SEPTEMBER 01: Civil administration in collaboration with HSS Khellani and other private schools of the vicinity organised a mega rally to aware the public about the drug menace and its ill-effects on the society.

The event was organised under the supervision of School Principal Sachla Kumari. Naib Tehsildar Pritam Singh and Station officer Sagreev Sharma were the special guests along with PRIs and officials of RDD deptt.

The Speakers highlighted the grave challenge thrown by the drug menace and underlined the need to initiate a mass movement for its erad-Mohd Ahsan ication. Rather, Sr. Lecture conducted the proceeding of the event. The School Principal

presented the vote of thanks to all participating schools and staff for their active participation. Civil administrain collaboration with HSS Khellani and other private schools of the vicinity organised a mega rally to aware the public about the drug menace and its ill-effects

enforce the ban on the use

of polythene in the market

and briefed them about

the efforts made to eradi-

cate drug abuse. He fur-

ther requested the locals,

young people, social and

to come forward and take

part in this mission to

make Doda district a drug

free district in the entire

religious

organisations

on the society. The event was organised under the supervision of School Principal Sachla Kumari. Naib Tehsildar Pritam Singh and Station officer Sagreev Sharma were the special guests along with PRIs and officials of RDD deptt.
The Speakers highlight-

ed the grave challenge thrown by the drug menace and underlined the need to initiate a mass movement for its eradi-

## **National Nutrition Week** Women College Gandhi Nagar conducts Creative cooking competition

JAMMU, SEPTEMBER 01: Department of Home Science, PSPS Government P.G. College for Women Gandhi Nagar, on Thursday organized "Creative cooking competition" to celebrate National Nutrition week. The theme of the com-

petition was millet based nutritious recipes. Today millets are garnering the much deserved attention across India because of their nutritional value. Prime Minister Narendra Modi in his talk in Mann Ki Baat emphasized the craze for the coarse grains (millets) which are also called as super foods. He said just like our culture, a lot of diversity is found in millets like Jawar, Bajra, Ragi ,Kuttu, Sawan, kangini, cheena, kodu etc. India is the largest producer of millets in the world hence the responsibility

of making this initiative a success also rests on the shoulder of Indians. Together we all have to make it as a mass movement, and also increase the awareness of millets among the people of the country. many benefits along with reducing obesity, hypertension and heart related diseases

Since they are not fussy about soil and water, they are a major source of energy and protein for more than a billion people in arid and semi arid regions. The programme was conducted under the patronship of Principal Prof. Minu Mahajan and able guidance of HOD Dr. Irvinder Kour. The programme witnessed enormous response from students. The participants were judged by Dr. Sujata Slathia, HOD Economics, Dr. Anuradha

Gandotra, HOD Food Science and Technology and Dr. Renu Anand, HOD Mathematics.

Around 20 students participated in the competition and displayed food items in an artistic and aesthetic style. Jowar prepared by Haspreet kour of Bsc sem 2nd, Ragi Appe prepared by Navleen Kour of Bsc Hsc sem 4th and Sama vada prepared by Nitika charak of Bsc Hsc sem 2nd were judged Ist, 2nd and 3rd. Consolation prize was bagged by Manisha Patti of BA sem 4th who prepared Bajra chilla. The competition was successfully conducted by the organizing team Dr. Anjali Bhat, Prof. Neelam Bhagat, Dr. Ramandeep Kour, Dr. Neelima Gupta and Prof. Shivani Sawh-

## Jammu: POSHAN Rally taken out to mark start of POSHAN Maah 2022

JAMMU, SEPTEMBER 01: POSHAN Project Gandhi Nagar on Thursday organised "POSHAN Rally " to mark the commencement of Rashtriya POSHAN Maah 2022.

The Rally was flagged off by CDPO Gandhi Nagar, Dr. Sakshi Mahajan after a plantation drive conducted in the premises of CDPO Office.

The CDPO Gandhi Nagar, along with all staff members and Anganwadi Workers, participated in the rally. The aim was to disseminate awareness among people about the importance of "Right Nutrition" with the slogan of POSHAN Abhiyaan "Sahi POSHAN, Desh Roshan"

The CDPO apprised the participants about the significance of "Rashtriya POSHAN Maah" and the activities planned to be held during the POSH-AN Maah including Health check up camps, Anaemia detection camps, Screening camps, Awareness programmes, Yoga Sessions, Check up of Pregnant and Lactating women, Identification of Malnourished children, Diet counselling sessions etc with the participation of convergent departments, PRIs and Local bodies' members, Public representative,

## Historical 3-Day Mela Patt Starts At Bhadarwah Witnesses Participation Of Thousands Of Devotees

Amir Iqbal Khan

Bhadarwah, Sep 01:Three days historical Mela Pat, which is celebrated every year to commemorate the awe describing meeting between emperor Akbar and king Nagpal of Bhadarwah during 16th century at Delhi, started with fanfare and enthusiastic fervour here

Thousands of people drawn from different parts of the State participated in the which is devoted to Lord Vaskui Naag, the presiding deity of Bhadarwah valley and is celebrated on

Nag Panchmi every year. As per historical accounts, the Mela was first initiated in 16th century by king Nagpal, who was the ruler of a small principality that time called Bhadarkashi, presently known as Bhadarwah. Remarkably, mela is organised on the conclusion of Kailash Yatra and people without caste, creed, colour

Dhaku dance, a unique folk dance of the area is a regular feature during the Mela.

"Bhaderwah is a region of fairs and festivals in Jammu . Its fairs and festivals have profoundly enriched the culture of the people. Mela Patt is a famous festival of Bhaderwah. During these days people, irrespective of caste, creed, region or religion participate in it in large numbers. "Mela Patt" having medieval origin occupies prominent position among the fairs of Doda District. This is the daytime fair celebrated at "Khakhal", a centrally located place(Mohalla) in the township of Bhaderwah," a socio-political activist Mast Nath Yogi explained. He also said that the celebration is unique and the historically traditional festival starts on the fifth day immediately after "Kailash Yatra" that is on the day of "Vinayak Chutur-

According to a legend, Raja Nagpal did not use to bow

gested stern action against



before anyone except his lord Vasuki Nag. Once Mughal emperor, Akbar summoned Nagpal to Delhi. It was mandatory for all small and subordinate rulers to bow before the emperor, but Raja Nagpal entered the Darbar and took his seat without bowing to the emRaja Nagpal but the latter justified his action by claiming that he does not bow before anybody except his lord

peror, which offended the

Emperor. His courtiers sug-

Shree Vasuki Nag. The next day Akbar in connivance with his Ministers decided that Raja would enter the Hall through a small window, compelling him to

stead of bowing his head, he first projected his legs from the window. This enraged Akbar and he asked him for proving the power of his lord before any action could be taken against him.

Raja Nagpal asked Akbar to give him a day's time which Moghal King granted. Upon this, Raja meditated and remembered his lord Vasuki Nag who came to his dream at that night and blessed him. Next day in the court of Akbar, to the surprise of everyone, the colourful turban of Raja turned out into a big serpent with many heads. This cooled down the wrath of Akbar and he asked Raja to pardon his ignorance. He accorded due place to Raja in his Darbar and awarded him a lot of wealth before leaving for Bhadarwah.

On reaching Bhadarwah, on the day of Nag Panchmi, the Raja arranged a public display of the costly gifts and wealth offered by the day is celebrated in Bhadar-

The participation of devotees and tourists in thousands this year interestingly added a magnificence to the celebrations. It may be recalled that for the last two years, due to Covid 19 pandemic, the people's participation was restricted and the spirit of merriments had got dampened which apart from other things, gave a big blow to the economy of the region. Notably, these seasonal festivities prove a boon for the locals to generate employment as a big rush of pilgrims and tourists visit Bhadarwah during this part of the year marked by regular cultural activities like yatras and village level celebrations which have most ancient aboriginal characteristics associated to them that make it unique in the entire Northern part of

## JKTPO organized webinar on "Strategy for **Building StartUp from Scratch**"

JAMMU, SEPTEMBER 01: Jammu and Kashmir Trade Organization (JKTPO) organized a webinar for J&K based StartUps. students & entrepreneurs in the presence of a successful StartUp founder as eminent Guest speaker.

The objective of this webinar was to educate startup founders, aspiring entrepreneurs, students about different stages of StartUp Life cycle and challenges & opportunity ahead in the journey from scratch to StartUp.

The Guest speaker for this webinar was Winny Patro Co-Founder & CEO at Recordent (Building a new age credit bureau for businesses).

Winny Patro is a well-rounded personality with 13+ years of leadership experience in public-sector (innovation. education, industries), entrepreneurship (ecommerce fintech, social-impact, digital

sulting (digital transforma-

funding. He also spoke about



internet commerce. tion. market-entry) and coaching (data-interpretation, profes sional-enhancement). Currently, spearheading an entity in building an intelligent credit management platform

He shared his initial days of struggle, COVID19 impact on

his NGO experience and life skill training to the learners. Patro talked about cash flow issues faced by startups & SMEs which is one of the major issues to tackle and impacts business growth. He explained about timely payments of bank loan EMIs but delayed payments by busi-

nesses. He stressed on importance of data management. data analytics, Artificial Intelligence & Machine learn ing. New tech features based on block chain in the startup business

He took the questions from the participants and answered about Idea validation & Prototyping, funding schemes and government initiatives. Dr. Yamini Raut, Faculty

member at SKUAST Jammu with her students attended this webinar for this insightful knowledge session. ESPA Learn, Saffron Mart and other StartUps also par-

ticipated and got suggestions to improve their product offerings & business models. This webinar helped partic ipants upgrade their knowledge & skills for running a StartUp and inspired & motivated them to keep working in the times of adversity too.

## DLC discusses measures to curb drug menace in district Udhampur

UDHAMPUR, SEPTEMBER 01: District Magistrate, Udhampur Krittika Jyotsna, on Thursday chaired a District Level Committee meeting under the Narco Coordination Centre (NCORD) to discuss the measures to curb the drug abuse and narcotic trade in the District. During the meeting, threadbare discussion was held on a range of issues related to incidence of drug addiction. rehabilitation, de-addiction and mental health counseling beside other areas of concern, hot spots of drug abuse and cultivation of illicit poppy, cannabis in the district was also discussed.

The DM Udhampur asked for keeping vigil on illicit cultivation of poppy or cannabis crops and to ensure zero tolerance against indulging in such activities. Tehsildar Udhampur was directed to identify land for the construction of Rehabilitation Centre in the district. while the Chief Medical Officer was directed to make the rehabilitation center operational at CHC Chenani.

To educate the general public about the ill effects of drug addiction, the DM directed the concerned departments to

start a month long awareness drive and camps in schools, colleges and other public places by involving PRIs, students, locals and other stakeholders.

The education department was asked to promote anti-drug abuse awareness in all educational institutions and acquaint the students about its ill effects on the health of society.

The Police department was asked to keep strict vigil on drug proliferation, consumption and intensify awareness against such addictive substances involving concerned stakeholders from civil administration.

The meeting was attended by Senior Superintendent of Police, Vinod Kumar: Additional Deputy Commissioner. Mohd. Sved Khan: Divisional Forest Officer, Sheveta Jandial; Chief Education Officer, Arvin Koul: Chief Medical Officer, Dr Vijay Basnotra; Chief Agriculture Officer, Sanjay Kumar; District Social Welfare Officer, Kanika Gupta and other concerned officers were present in the meeting & respective tehsil officials attended the meeting in virtually mode.

## **DDC Rajouri inspects** progress on GDC building at Thandapani

RAJOURI, SEPTEMBER 01: District Development Commissioner Rajouri, Vikas Kundal today inspected the progress of work on Government Degree College Campus build-

ing in Thandapani.
The DDC was accompanied by the Additional Deputy Com-missioner Sunderbani, Vinod Kumar Behnal; Executive Engineer PWD(R&B) Nowshera, Bikram Singh and other offi-cers during his visit.

While inspecting the progress on the project, the Executive Engineer PWD (R&B) informed that the estimated cost of the project is Rs 18.58 crore. It was also apprised that the work on the main building is complete, while allied works would be completed in two

months.
The DDC expressed satisfaction over the progress of work on the project and directed the concerned officer from PWD(R&B) adhere to the qual-

## LG

Government and efforts made in the last two years, to bring the youth of J&K out of the darkness of drug addic-

J&K has been ranked second in the country for the outstanding performance in anti-drug campaign and was honored by the Hon'ble Home Minister. The ranking and award is a tribute to each and every stakeholder who is dedicatedly working to make J&K drug-free. In the last two years, we have been running a Jan Andolan to make the drug free campaign successful in 10 majorly affected districts of Jammu and Kashmir, and I believe, our ranking is also the result of this spirit of public participation. However, much more is required to be done in this direction to eradicate the drug menace from the society, said the Lt Governor.

Our Police and Anti-Narcotics Task Force have been campaigning against drug trafficking by adopting a zero tolerance policy and we have to strengthen our resolve to destroy the entire network of drug dealers and drug traffickers. The seizures of large quantity of drugs in the last few months indicate that our strategy is proving effective, he added

PRIs and ULBs members together with the parents must ensure that no youth in their village and locality fall prey to drug menace, besides bringing back the misguided youth to the mainstream by ensuring that the drug addicts get immediate administrative and medical help for recovery, he observed.

I am sure that the campaign of drug-free village, drug-free city and drug-free town will prove to be helpful in making Jammu and Kashmir free from drugs, the Lt Governor further added

With the support of voluntary organization 'Mashwara', a dedicated focus is being given in treatment and rehabilitation of the victims of drug abuse in Jammu Division, noted the Lt Governor.

The Lt Governor asked all the Deputy Commissioners to ensure that sports camps are also organized to channelize the young energies through sports activities.

On the occasion, the Lt Governor flagged off a Swasth Rath and a Police bike rally for spreading awareness among people against the harmful and fatal effects of the menace of drug abuse. A pledge against Drug Abuse was also administered, besides a short Skit on Drug Abuse by the students of GGM Science College was also presented.

## **DIV COM**

occasion, the program was attended by Deputy Commissioner Srinagar, MD, NHM J&K, Deputy Excise Commissioner, Director Colleges, Joint Director Information Kashmir, Joint Controller LMD, Deputy Director Information Kashmir, officers, Teachers, students and others.

## PII

stitutional, educational or any other immovable property as null and void. To constitute a Special Investigation Team (SIT) to identify the perpetrators who were involved, aided and abetted the genocide of Hindus and Sikhs in Jammu and Kashmir during the period from 1989-2003 in the erstwhile state of Jammu & Kashmir."

The plea also urged Supreme Court to direct the Centre and Jammu and Kashmir to prosecute the accused on the basis of the report of a Special Investigation Team constituted by them in accordance with the law (India.com)

## **SOUTH KASHMIR**

Pastuna Tral which was subsequently destroyed, police said.

"Incriminating materials of proscribed militant outfit JeM and materials like edible items, utensils etc. were recovered from the said hideout," they said.

All the recovered materials have been taken into police custody for the purpose of investigation.

A case under relevant sections of law was registered at Police Station Tral and further investigation is in progress.

## **BARAMULLA**

A case has been registered in this regard and an investigation has been taken up, he added.

### RAPI

and Kashmir. At least 10 attempts to rape cases were also registered in different police stations. Eleven cases of unnatural offences were also reported from Jammu and Kashmir.

Last year, 1723 cases of assault on women under section 354 IPC were registered in Jammu and Kashmir. Similarly, 14 cases of sexual harassment and 86 cases of assault or use of criminal forces on women with intent to disrobe were registered in Jammu and Kashmir. Two cases of voyeurism and 28 cases of stalking were also registered in 2021 In 2020, 1639 cases of assault on women involving 1658 victims were registered in the union territory last year. Three cases of sexual harassment at workplaces were also reported last year.

Police have registered 56 cases related to the use of criminal force on women with intent to disrobe in 2020. Three cases of voyeurism and 31 cases of stalking have also been registered in 2020.

"Earlier, people used to take to streets to lodge protest. Some were taking candle marches against these criminals. Now, they too have fizzled out. Crime against women is increasing at an alarming level. We would request the administration to impart self defence training to girls so that they could defend themselves during exigencies," said a noted social activist.

Last year, police registered 1013 cases of kidnapping involving 1041 victims. Likewise, 16 cases of abduction for murder involving 17 victims were also registered.

NCRB data revealed that 27447 different IPC crimes were registered in Jammu and Kashmir in 2021. In 2020, the number was 25233. Likewise in 2019, the figure was 22404. Nearly 4228 crimes under State Local Law (SLL) were registered in 2021. The number was 3678 in 2020. In 2019, 3004 crimes under SLL were registered in Jammu and Kashmir. NCRB data revealed that there has been a marginal decline in murder cases. In 2021, 136 murder cases involving 164 victims were registered. Similarly, 27 incidents related to culpable homicide not amounting to murder involving 30 victims were registered. Nearly 513 cases of attempt to murder involving 583 victims were registered last year. In 2020, 183 people were murdered. Around 143 cases of murder under section 302 IPC were registered in 202. Likewise, 581 cases of attempt to murder involving 677 victims were registered. Around 581 cases of death caused by neg-

### KAS

ligence were booked in 2020.

The female officer further alleged in her complaint that the impugned verification that has been undertaken by the Anti-Corruption Bureau against the officer is without sanction of law.

Taking cognizance of the matter High Court of Jammu Kashmir and Ladakh in an order directed the state probing agency (ACB) not to undertake any further verification in respect of the complaint which is the subject matter of this petition and also furnish the status report before the court relating to the verification conducted so far.

When contacted SSP ACB north Kashmir Baramulla, Sheikh Ayaz said the case is under investigation with ACB

against the officer for indulging in corruption and abuse of official position. The verification was related to the disproportionate assets (DA) and I will file the response to the hon'ble court, he said.

### COURT

said as per judgment, a copy of which lies with GNS, adding, "The law requires proving the potency of accused in sexual assault case. It is in this background that accused is medically examined in all such cases to prove the capability of the accused to commit the intercourse. There can be no presumption that healthy person is always potent." According to prosecution, Sharma married another woman who happens to be within their own social community kept it as a secret from the prosecution.

### COVID

itive and 25988959 samples have been tested as negative till date. Besides, 9,312 COVID tests have been conducted in

Till date 6698775 persons have been enlisted for observation which included 166 persons in home quarantine including facilities operated by government, 1051 in isolation and 391in home surveillance. Besides, 6692385 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 44 cases, Baramulla reported 20 cases, Budgam 30 cases, Pulwama reported 01case, Kupwara reported 07 cases, Anantnag reported06 cases, Bandipora reported 02 cases, Ganderbal reported 06 cases, Kulgam reported 03 cases while as Shopian also reported 02 fresh cases for today.

Similarly in Jammu division, Jammu reported 21 cases, Udhampur 00, Rajouri 02, Doda 00, Kathua 01, Samba 00, Kishtwar 00, Poonch 02, Ramban 00and Reasi also reported no fresh case for today.

The bulletin informs that in case of any help, the general public can call J&K UT Centralised Health Helpline-Toll Free No. 104.In case of emergency, people can avail free ambulance services  $24\times7$  by calling toll free number 108 while as pregnant women and sick infants can avail free services by dialling toll free number 102, the bulletin reads. It also informs that the public can reach national helpline by dialling 1075.

Further the bulletin also informs the public that for any kind of COVID-19 query, logon to www.covidrelief.jk.gov.

The readers can also reach us on the official Twitter account of DIPR-J&K @diprjk; website: http://www.jkdirinf. in; Webportal: jkinfonews.com and Facebook: @dipr.jam-mu kashmir.

## **RAJOURI**

been put on a "high alert" while CASOs and searches are going on almost on a daily basis.

"The security of vital installations have been strengthened further," he said and appealed people to share information of "any suspicious movement or object with forces for timely action."

## **GOVT**

public representatives shall be responsible for the identification, rescue and rehabilitation of CISS.

"The district magistrate shall hold a meeting with all stakeholders at least once in a month," the draft policy states

The policy provides that the administrative secretary of the Social Welfare Department shall monitor the status of CISS on quarterly basis.

As per the policy, a committee headed by chief secretary shall take a review of rehabilitation of CISS once in six months.

The policy states that the Social Welfare department may empower district magistrates to provide an immediate relief of Rs 2000 to the identified children in street situations at the time of the rescue from the Juvenile Justice Fund Created under the Juvenile Justice Act-2015.

### DLC1

cused Er. Hakim Muzamil son of Late Hakim Habibullah of Baghwanpora Lal Bazar Srinagar has been disengaged from J&K Housing Board as SLTC but despite he is "misrepresenting himself as SLTC Expert of J&K Housing Board and misusing Official Seal."

The Economic Offences Wing of CBK, it said, conducted an enquiry into the matter and during probe the allegations leveled had got prima facie established and accordingly the case was registered.

"Searches are underway, more details will follow," it add-

ed.

### RSS

Manch'- an arm of Hindu nationalist organization, Rashtriya Swayamsevak Sangh (RSS).

The alleged fraudster has been identified as Bashir Aziz Gagloo, a resident of Kursoo Rajbagh.

He is accused of having cheated dozens of job aspirants from Kashmir Valley to the tune of lakhs of rupees. The accused was made the naïve job aspirants believe that he is associated with the top brass of BJP and RSS leaders. A number of job aspirants had reported to the police station seeking action against the said alleged con man. Station House Officer, Police Station Kothi Bagh Muhammad Ishaq arrested the accused on Thursday. A formal FIR number 73/2022 has been registered against the accused at Kothibagh police station.

## Advisor Bhatnagar chairs 19th BoDs meet of JKBOCWWB

Approves 189.86 crores for different

welfare schemes of construction workers

SRINAGAR, SEPTEMBER 01: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today chaired the 19th meeting of Board of Directors (BoDs) of J&K Building and other Construction Workers Welfare Board (JKBOCWWB) at Civil Secretariat here. The meeting was attended by Principal Secretary, PWD, Shailendra Kumar; Commissioner Secretary Labour and Employment department, Sarita Chauhan; CEO/Secretary, JKBOCWWB, Munir-ul-Islam; Labour Commissioner, J&K, Abdul Rashid War; DG, Budget, M.Y Itoo; Director Rural Development Department, Kashmir, Imamuddin; Special Secretary, Law and Parliamentary Affairs, representatives of various labour unions, other members of Board and senior officials of the concerned departments both in person and through video conferencing. During the meeting detailed deliberations were held on different dimensions of the organisation besides several significant decisions were also arrived at for strengthening of the organisation. Addressing the meeting Advisor Bhatnagar, who is also the chairman of JKBOCW-WB, said that our country is one of the most developing nation and emerging economies in the world and our labour force is our main contributor for achieving the feat of developed nation in coming years. The Advisor enjoined upon the officers of JKBOCWWB to amplify Information Education and Communication activities across Jammu and Kashmir for maximum registration of construction.

## KCCI signs MoU with Bahrain SMES on cooperation in field of MSMEs

SRINAGAR, SEPTEMBER 01: A Memorandum of Understanding (MOU) was signed between Kashmir Chamber of Commerce & Industry (KCCI) Srinagar and Bahrain Small & Medium Enterprises Society (BSMES), Manama here today.

President KCCI, Sheikh Ashiq Ahmad and President BSMES, Dr Abdulhassan Al Dairi signed and exchanged the MoU in presence of Additional Chief Secretary Industries & Commerce, Vivek Bharadwaj.

General Secretary KCCI, Faroooq Amin; vice-chairman of Houseboat Owners Association Kashmir, Manzoor Pakhtoon and other office bearers of BSMES were also present on the occasion.

The purpose of the MoU is to develop and deliver suitable services and programmes for the member clients of Bahrain SME Society and KCCI. According to the signatories the two parties will use its in services and external networks to achieve this purpose.

Speaking on the occasion, the ACS suggested that for the beginning, Kashmir can offer medical packages to the citizens of Bahrain as Kashmir has one of the best doctors in the country. He said that Kashmir is a unique place where tourism and medicine can be offered to the visitors. He hoped that the BSMES delegation can act as ambassadors of India in general and Kashmir in particular so that more and more people would visit J&K and added that MoU signing is a step in that process.

President KCCI, Sheikh Ashiq Ahmad, while speaking on the occasion, told Bahrain delegation that the organization engages in the development and promotion of economic and social relations between India and Bahrain by strengthening the role of Bahraini SMES and their contribution to all commercial, economic, investment, and development activities in the country.

Speaking on the occasion, President BSMES, Dr Abdulhassain Al Dairi said that his organization is desiring to share experiences in matters of policies, expertise and information for improving competitiveness of Micro, Small and Medium Enterprises of India and Bahrain in global markets.

He also hoped that such cooperation would serve their common interest and contribute to the development of micro, small and medium enterprises of both the countries. President KCCI, Sheikh Ashiq Ahmad and President BSMES, Dr Abdulhassan Al Dairi signed and exchanged the MoU in presence of Additional Chief Secretary Industries & Commerce, Vivek Bharadwaj .

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#### ANTF Kashmir organized 'Nasha Mukt Bharat' programme at Exhibition Ground Srinagar

In view of the surge in substance abusers and to save young generation from falling prey to the drug menace, Anti Narcotics Task Force Kashmir organized "Nasha Mukt Bharat" programme at Exhibition Ground Srinagar. On the occasion, Students, Kashmir Road Safety Foundation, Sughra Foundation, Tigers Calisthenics Academy, Mehfooz Kashmir, Bikers From Kashmir Club, Mizrab Music Academy and other volunteers also participated in the event.

All officers/officials of Anti Narcotics Task Force Kashmir along with all the participants under the Supervision and Command of SSP ANTF J&K took a pledge for "Drug Free India".

Moreover, a rally was also organized from Exhibition Ground Srinagar to Lal Chowk Srinagar and make awareness about the ill-effects of drug abuse among the youth in particular and citizens at large. DySP Anti Narcotics Task Force gave an elaborated view about the menace of drugs, its sources, causes, consequences and role of every member of society. Participants were also requested to fight against the menace of drugs. Moreover, posters depicting the hazardous/ill effects of drug abuse were also distributed among the students and citizens.

# Police organises awareness rally against drug abuse and illicit trafficking in Pulwama

In view of the growing menace of drug abuse and to aware the general public about ill effects of drug menace, Police in Pulwama in collaboration with District Administration Pulwama organized a rally under the banner of "Nasha Mukt Bharat" campaign which started from Govt. Degree College Boys Pulwama and culminated at District Administrative Complex Pulwama.

On the occasion, DC Pulwama Shri Baseer ul Haq Choudary, SSP Pulwama Shri Gh Jeelani Wani, CEO Pulwama, ARTO Pulwama, Medical staff of DH Pulwama, teaching and non-teaching staff of GDC Pulwama, other schools, respectable citizens of Pulwama and Civil/Police officers and about 4000 students of different schools also participated in the rally.

SSP Pulwama gave an elaborated view about the menace of drugs, its sources, causes, consequences, role of every members of society. While speaking on the event, SSP Pulwama said that the issue of drug abuse is a challenge before the country. It is the duty of all stakeholders to join in creating awareness about the illegal use of drugs and the measures to be taken to prevent this menace. He advised the parents to pay keen attention towards the behaviour of their children & not to put any psychological pressure upon them which could attract them towards drug menace.

SSP Pulwama also advised youth to take part in sports activities besides excelling in their academics for proper channelization of their energy. He also said that drug abuse has affected humanity in every aspect. In order to eradicate the menace of drugs from the society, public cooperation is necessary and stressed upon the participants to share information related to illicit drug supply in the area so that appropriate action under law may be taken.

## Police organises awareness Programme on Prevention of Drug Addiction in Budgam

September 01: Police in Budgam organised an awareness Programme on "Prevention of Drug Addiction" at Government Boys Higher Secondary School Magam Budgam. On the occasion, Incharge Drug De-addiction & Stress Management Centre DPL Budgam Ms. Insha Hassan, Principal Government Boys Higher Secondary School Magam Shri Dilshad Ahmed Banday, 40 Staff members & 300 students of the school attended the programme. Speaking on the occasion, Ms. Insha Hassan highlighted the role of school management in identification of substance abusers and its role in remedial measures thereof. She also laid emphasis on the psychological and social aspects of addiction. Detailed deliberations on various aspects of drug addiction and preventive measures especially in youth were also made. The programme was organised by Police with the motive of generating awareness among vulnerable age group about ill effects of drug addiction and to seek cooperation of the society in eradicating the social evils prevailing in the society particularly menace of drugs. Besides others, Principal of School.

## First Dental Camp with Dogri as Medium of instruction

JAMMU, Sep 1: A free dental check-up camp was today organised by Dant upchar apke Dwar ,Plaksha foundation and under the banner of FitIndia at Govt.HR.SEC.School



Marh (Dansal ) Nagrota . It's a first kind of dental check-up camp in which the medium of instruction was Dogri.

270 students of the School were examined during the camp. The team of doctors conducting the camp included Dr. Himja Mengi, Dr. Arshiya, Pooja (Nurse) Inderjeet Shan (Health department). Principal of the school, Anja Rani Gandotra, Vice Principal Raj Singh Charak, lecturer Rakesh Gupta and Sapna Magotra were also present during the occasion.Dr. Himja asked the students to get their dental check-up done every six months

months.Dr. Arshiya stressed that excessive sweets can lead to decay of teeth and brushing twice daily is mandatory to have good oral health.

Anja Rani Gndotra appreciated the efforts of Dr. Himja and her team for conducting this dental check-up camp at their school.

## DC Kupwara reviews progress of digitization of land record, PM Kissan cases

KUPWARA, SEPTEMBER 1: Deputy Commissioner Kupwara, Doifode Sagar Dattatray today convened a meeting of Revenue officers to review the progress of ongoing digitization of land record and PM Kissan cases.

Addressing the meeting, the DC Kupwara directed the officers to gear up the pace of work and ensure completion of digitization of Jamabandis and PM Kissan cases within a week's time. He directed them to put special focus on both the targets for their timely completion.

On the occasion, the meeting was informed that out of a total 379 Jamabandis, 229 have been completed so far. Besides, 63120 khewats have been uploaded out of a total 83231 khewats

It was also informed that 20770 cases of PM Kissan have been verified and 11328 uploaded out of a total of 106225 cases.

Assistant Commissioner Revenue, SDM Karnah, Tehsildars and other concerned attended the meeting.

## **Special Summary Revision- 2022**Training programme for BLOs held at Ramban

RAMBAN, SEPTEMBER 01: The District Election department, Ramban today conducted a day-long training programme for BLOs for Special Summary Revision (SSR) 2022 at Sub Division Gool and Banihal.

The training programme was presided over by Dy. District Election Officer, Ramban Lal Chand and Tehsildar Gool Rakesh Sharma, while as SDM Banihal Zaheer Abass presided over the function at Banihal.

The BLOs were sensitized about various election related activities before and during Special Summary Revision. Giving a brief account of election related activities to be conducted during Special summary revision the master trainers dwelt in details about the introduction and using of new forms including forn. No. 6, 6b, 7 and 8 during the Special Summary Revision which is being started from September 15.



Many in Baranagar take part in Thursday's rally organised by Mamata Banerjee to thank UNESCO for the Durga Puja heritage tag. Sept 1,2022.H.T.Photo Sourav Dutta.



Ganesh Chaturthi Celebration Devotees worship Lord Ganesh at a pandal on the occasion of Ganesh Chaturthi festival at Naw para Udayan Sangha in Baranagar, Aug 31. 2022.H.T.Photo SOURAV DUTTA

## UN report alleges litany of rights abuses in China's Xinjiang

a major report into serious alleged human rights abuses in China's Xinjiang region on Wednesday, saying torture allegations were credible and citing possible crimes against humanity but stopping short of calling it genocide.

The long-awaited report detailed a string of alleged rights violations against Uighurs and other Muslim minorities in the far-western region, bringing the UN seal to many of the allegations long brought by activist groups, Western nations and the Uighur community in exile.

'The extent of arbitrary and discriminatory detention of members of Uighur and other predominantly Muslim groups ... may constitute international crimes, in particular crimes against humanity,' the report said.

It said the world must now pay "urgent attention" to the human rights situation in Xinjiang.

Michelle Bachelet, the UN human rights chief, decided that a full assessment was needed of the situation inside the Xinjiang Uighur Autonomous Region (XUAR).

The report was in the making for around a year and its release was bitterly opposed by China.

Bachelet was determined to re lease it before her four-year term as the UN High Commissioner for Human Rights expired at the

13 minutes to spare at 11:47pm in



"I said that I would publish it before my mandate ended and I have," Bachelet said in an email sent to AFP on Thursday.

"The politicisation of these serious human rights issues by some states did not help.

Torture allegations 'credible' China has been accused for years of detaining more than one million Uighurs and other Muslims

in the region. Beijing has vehemently rejected the claims, insisting it is running vocational centres designed to curb extremism.

'Serious human rights violations

and counter-'extremism' strate-

have been committed in XUAR in

the context of the government's

gies," the UN report said. The assessment raised concerns about the treatment of people held in China's so-called "Vocational Education and Training Centres' (VETCs)."Allegations of patterns of torture or ill-treatment, including forced medical treatment and adverse conditions of detention, are credible, as are allegations of individual incidents of sexual and gender-based violence," the report said. The UN Human Rights Office could not confirm how many people were affected by the VETCs but concluded that the system opentire region.

The number in the VETCs, at least between 2017 and 2019, "was very significant, comprising a substantial proportion of the Uighur and other predominantly

Muslim minority populations". Read more: Xinjiang crackdown on ethnic minorities at the heart of China's Belt and Road

Campaigners have accused China of forcibly sterilising women, and the report cited "credible indications of violations of reproductive rights through the coercive enforcement of family planning

'Disinformation and lies'

China's mission in Geneva hit out at the report and maintained its firm opposition to its release, sharing a 121-page document from the Xinjiang provincial govern-ment defending Beijing's policies in the region.

"Based on the disinformation and lies fabricated by anti-China forces and out of the presumption of guilt, the so-called 'assessment' distorts China's laws and policies, and wantonly smears and slanders China, and interferes in China's internal affairs," it said.

"People of all ethnic groups in Xinjiang are living a happy life in peace and contentment. It is the greatest human rights protection and the best human rights prac-

## **G20** climate talks end without communique

BALI: Group of 20 climate talks in Bali ended without a joint communique on Wednesday despite host Indonesia warning the world's leading economies they must act together to combat a warming planet or risk plunging into "uncharted territory". The one-day meeting on the resort island concluded with Indonesia's environment chief saying G20 chair Jakarta would only issue a summary of the forum's aims, reflecting divisions between its members over how

to tackle climate change. The failure to agree upon a unified statement came at the end of a month in which more than 1,000 people died in Pakistan from flooding blamed on climate change and after a drought exacerbated by a record heatwave spread across half of China.

At a closing press conference, Indonesian Minister of Environment and Forestry Siti Nurbaya Bakar said the summary would detail the forum's "shared commitment and shared steps"

It is a similar move to that seen in finance talks in Indonesia in July where the host \_ which maintains a neutral foreign policy \_ issued a chair statement after ministers disagreed over Russia's responsibility for global economic turmoil in light of its invasion of Ukraine.

"We cannot say that," Bakar said when asked if there was no communique because of geopolitical disagreements.

"But the chair summary is something we can achieve given the geopolitical issues and (given) some countries cannot be flexible on certain issues."Just like in many working groups, issues on Russia and Ukraine



have become geopolitical tension.

Another source close to the meeting said G20 members "did not manage to reach a joint communique" and most countries started their speeches by condemning Russia's invasion of Ukraine, though there were no walkouts or clashes when the Russian representative spoke.

"The reason that killed the communique from the start is the presence of Russia today," the source said.

Moscow only sent a deputy minister for economic development to the

In her opening remarks Bakar told delegates that "global environmental problems require global solutions' and nations "cannot solve those global environmental problems on our own". "The reason that killed the communique from the start is the presence of Russia today," the source said.Moscow only sent a deputy minister for economic development to the talks.In her opening remarks Bakar told delegates that "global environmental problems require global solutions" and nations "cannot solve those global environmental problems

## PM Has Just Gifted AAP 2% More Votes In Gujarat, Says **Arvind Kejriwal**



a swipe at Prime Minister Narendra Modi today over the CBI action on his deputy Manish Sisodia as a plan by the centre to hurt the Aam Aadmi Party, but one that will backfire."AAP's vote share is up by 4 per cent in Gujarat since the raid on Manish Sisodia. It will increase to 6 per cent when he's arrested," Mr Kejriwal said amid preparations for the assembly election in Gujarat, Prime Minister Narendra Modi's home state, due later this year. "If he is arrested twice, then we might form government in Gujarat," Mr Kejriwal said in the Delhi assembly, drawing loud thumps on the desk by AAP MLAs."We brought a confidence motion [in the Delhi assembly] today to prove that Operation Lotus will fail. None of our MLAs have switched sides," Mr Kejriwal said, referring to the term often used by the opposition to mean sabotage by the BJP, whose election symbol has the lotus. Fifty-nine out of 62 AAP MLAs were present for the vote of confidence. Out of the three absent, two are abroad and the third. Satvendar Jain. is in jail. In total, 58 MLAs voted in favour of the confidence vote; one is the Speaker herself.Mr Kejriwal highlighted the work the Aam Aadmi Party, or AAP. government has done to improve state-run schools in the national capital. Both my children studied in IIT (Indian Institute of Technology). I wish to provide the same education to every child in India," he said.

## Mamata Banerjee rallies to celebrate UNESCO tag for Kolkata's Durga Puja

Chief Minister Mamata Banerjee has repeatedly said, "Religion belongs to every-one, festival belongs to everyone." Thanking UNESCO for its global recognition, Mamata called on everyone "irrespective of party affiliation" at the rally. Many people came. Celebrities too. However, Sourav Ganguly added extra color to the Puja festival by appearing on the same stage next to Mamata Didi. Standing by Didi's side, he welcomed members of the UNESCO delegation to the city. Said to enjoy the hospitality of this city.

On the call of the Chief Minister, it was somewhat expected that leaders and ministers, TV stars would join the march on Thursday. But Souray's presence is definitely a surprise. BCCI president Sourav has kept his distance from politics till



now. Before the last assembly polls, there was intense speculation that Sourav could be the BJP's chief ministerial candidate. In the end, though, it didn't. But Mamata's relationship with Sourav has always been warm. Union Home Minister Amit Shah went to attend a dinner party at Sourav Behala's house on the side lines of his visit to Kolkata In that context, inviting Sourav to the stage of Puja festival must be a 'shock

given by Mamata. Engaging Sourav, one of the 'Idols' of Bengal, with the best festival of Bengal.The opposition CPM, however, criticized the ruling party, the government and the chief minister over the procession. Howev er, the ruling party did not care about all this. At the end of the colorful proces sion from Jorasanko to the Red Road, the UNESCO delegation, was welcomed by the Chief Minister. Mamata also called the officials of Mohun Bagan, East Bengal and Ma hamedan Club one by one on stage. 'Didi' and 'Dada' handed over Durga idols made of fiber in their hands. Incidentally, red-yellow and green-maroon flags were also seen at the procession starting from Jorasanko and reaching the Red Road. On Thursday, along with members of the UNESCO delega-

## **Pakistan Court Extends Imran** Khan's Bail On Terrorism Charges

Islamabad: A Pakistani court on Thursday extended former Prime Minister Imran Khan's pre-arrest bail for two weeks on terrorism charges relating to a speech after Khan appeared in court amid tight security, his lawyer said.

"It is not at all a case of terrorism," Faisal Chaudhry, the lawyer told Reuters of the charges, which Khan and his aides have termed politically motivated.

The bail was approved until Sept. 12, he said. The pre-arrest bail expired on Aug.

The charges against Khan are related to what police said was a threat to Islamabad police chief and a female judge after Khan spoke about police torture of an aide who faces sedition charges for inciting mutiny in the military. Political tensions in Pakistan remain high as Khan rallies support for elections that are not due until October next year.

Khan has denied he threatened the officials, saying his words were taken out



of context. In his speech, Khan said he "would not spare" the Islamabad police chief and a female judge who remanded his aide to custody, adding he would take legal action against them

## **Portugal Health Minister Resigns After Pregnant Indian Tourist Dies**

Lisbon: Portugal's Health Minister Marta Temido resigned on Tuesday after the widespread criticism of her decision to temporarily close emergency obstetric services and the death of an Indian preghospitals.Ms Temido in a sentence said that she "no longer has the conditions" to exercise the position, which the prime minister accepted, Portugal's National Public broadcaster, RTP News reported. Her resignation was announced five hours after the news of the death of a pregnant woman in Lisbon.

In a note published on the official website of the Presidency of the Republic, Marcelo Rebelo de Sousa had already assumed that he was awaiting the resignation request of the Minister of Health.

Marta Temido, and the proposal to ap-



point his replacement. "The President of the Republic was informed by the Prime Minister. (...) of the intention of the Min-

ister of Health, Marta Temido, to cease her duties, a position she accepted", reads a text posted on the Presidency's page in internet with the title "Note on the Minister of Health's intention to woman died on Saturday after being transferred on Tuesday from Hospital de Santa Maria to Hospital Sao Francisco Xavier, due to a lack of vacancies in the neonatology service. During the trip, there was a cardiorespiratory arrest, and resuscitation work was carried out on the transport, reported RTP News.

According to Centro Hospitalar Universitario Lisboa Norte (CHULN), at the Sao Francisco Xavier Hospital, the pregnant woman was "submitted to an urgent cesarean section, with the newborn,

# UN Inspection Team Heads To Ukraine Nuclear Plant Despite Shelling

Zaporizhzhia, Ukraine: UN inspectors pressed on towards a Russian-held nuclear plant in southern Ukraine Thursday despite an early shelling attack, as the ICRC warned the consequences of a strike on the facility could be "catastroph-

Just before the 14-strong team from International Atomic Energy Agency (IAEA) left for the Zaporizhzhia nuclear plant, Ukraine said Russian troops had shelled the town next The area around the plant

-- Europe's largest nuclear facility -- has suffered repeated shelling, with both sides accusing the other of responsibility, sparking global concern over the risk of an accident.

"It is high time to stop playing with fire and instead take concrete measures to protect this facility.. from any military operations," ICRC chief Robert Mardini told reporters in Kyiv. "The slightest miscalculation could trigger devastation that we will regret for decades."

Ukraine's nuclear agency Energoatom said later that one of the six reactors at the Russian-held nuclear plant was shut down Thursday as an emergency protection measure following the shelling in

"Today at 4:57 am (0157 GMT),

sequences for millions of people and the environment can be catastrophic and last many years," he said. Just before leaving the south-



due to another mortar shelling by the Russian occupying forces at the Zaporizhzhya nuclear power plant site, the emergency protection was activated and operating power unit 5 was shut down," it said.Mardini said it was "encouraging" that the IAEA team was en route to inspect the plant because the stakes were "immense".

"When hazardous sites become battlegrounds, the conern city of Zaporizhzhia, IAEA chief Rafael Grossi said his team had been updated about the shelling but would press on anyway.

"We are not stopping," he vowed, despite being aware there that in crossing the frontline into Russian-held territory, there was a security "grey area.. where the risks are significant"."I believe we have to proceed with this. We have a very important mission to accomplish.

Fresh shelling attack Earlier, the mayor of Energodar, the town next to the plant, said it had come under sus-

tained attack early on Thurs-

In an 8:00 am (0500 GMT) update on Telegram, Mayor Dmytro Orlov said that since dawn, Russian troops had "shelled Energodar with mortars and used automatic weapons and rockets," posting images of damaged buildings and spiralling smoke.

But Moscow accused Kyiv of smuggling in up to 60 military "saboteurs", saying they reached the area near the plant just after dawn and that Russian troops had taken "measures to annihilate the enemy".

Grossi on Wednesday said the IAEA would seek to establish a "permanent presence" at the plant to avoid a nuclear disaster at the facility which is located on the frontline of the fighting.

"My mission is... to prevent a nuclear accident and preserve the largest nuclear power plant in Europe," he said.

## Vladimir Putin Will Not Attend Mikhail **Gorbachev Funeral: Kremlin**

IMoscow: Russian President Vladimir Putin will not attend the funeral of the last Soviet leader Mikhail Gorbachev, his spokesman said on Thursday.

The farewell ceremony and funeral will take place on September 3 but unfortunately the president's work schedule will not allow him (to attend)," Kremlin spokesman Dmitry Peskov told reporters, adding that Putin had paid his last respects to Gorbachev at the hospital where he died on Tuesday, aged 91. The farewell ceremony and funeral will take place on September 3 but unfortunately the president's work schedule will not allow him (to attend)," Kremlin spokesman Dmitry Peskov told reporters. Russian President Vladimir Putin will not attend the funeral of the last Soviet leader Mikhail Gorbachev, his spokesman said on Thursday.

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## **Martial Arts Academy** launched in srinagar



Srinagar 01-09-2022The opening ceremony of Academy of International Tigers Martial Arts Organization was held today on 31.08.2022 located at Sheri Bhat, Alamgari Bazar, Near Govt. Girls Higher Secondary School, Zadibal. The Chief Guest on the function was Haji Mohammad Iyas & Guest of Honour was Mr. Irfan Aziz Botta (Chief Coach of Indian Pencak Silat) while the other guests were Mr. Raies Ahmad, J&K Police Coach, Mr. Mudasir

The students of the ITMAO performed on the said occasion while Mr. Taha Masoodi was awarded Best Player of the year. The Organizers/owners of the Academy being associated with the sports were appreciated by the invite Guests for establishing such an academy. The function ends with a vote of thanks to the invitees

## Jahangir , Jaharat Guides Wular Stars Tarzoo A Comfortable Win **Over Falcon Cricket Club**

Lone Musaib



 $Sopore, 1st \, Sep.:-In \, the \, ongoing \, Super \, Smash \, T20 \, Cup \, Tarzoo$ which is played at Shiekh-Ul-Alam play field Tarzoo. Wular Stars Tarzoo beat Falcon Cricket Club by 7 Wickets. Earlier Falcon Cricket Club won the toss and elected to bat first. While batting first Falcon Cricket Club openers gave a start of 35 runs in which Imtiyaz Malla played some splendid strokes and made 21 runs however their middle order couldn't capitalize this good start and they were bundledout for a paltry score of 85 runs. Jaharat bowled a brilliant spell for Wular Stars Tarzoo and took 3 wickets while Jahangir & Touseef took 2 Wickets each. In response to the target of 86 runs Wular Stars Tarzoo Chased the target for the loss of 3-Wickets in 10 overs only in which Jahangir made 49 runs. Showkat Bhat & Suhail Wani took 1 wickets each for Falcon Cricket Club. Thus Wular Stars won the match by 7 Wickets and qualify for the quarter final. Jahangir was adjuged player of the match for his all-round performance. The Tournament is Sponsored by SKIE Classes Paraypora

## Serena battles on as US Open farewell underway

NEW YORK: Serena Williams delayed her farewell to tennis on an electrifying opening night at the US Open on Monday as the sporting icon battled to in front of a star-studded crowd. The 23-time Grand Slam winner—who earlier this month signalled she plans to retire from tennis after the tournament -drew on all of her experience to down lowly ranked Montenegrin opponent Danka Kovinic 6-3, 6-3.

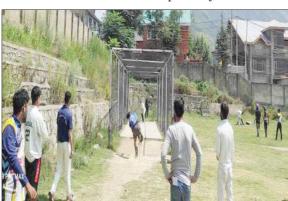
## LG's Rolling Trophy... Over 20 thousand participated in selection trails across J&K

1 Lac, 75K, 50K for top three positions

and non students in sports activities and to provide a better platform to J&K Youth for channelizing their energies in the best way; The Department of Youth Services and Sports in collaboration of Mission Youth J&K is organizing a mega sports carnival in all the twenty districts of the Jammu & Kashmir UT. The first of its kind sports tournament in cricket is being played by youth between 19-35 year age groups. The participants at large scale while showing interest in LGs Rolling Trophy have got themselves registered for the sports extravagan-

district level cash awards for first three positions have been fixed at Rs 50000, Rs 25000, Rs 10000 respectively while as man

Srinagar Sep 01: With an of the series and man of the prizes of Rs 50000 and 2500 aim to engage both students match shall win the cash respectively.



prizes of 10000 and 1000 respectively at this level. At inter district UT level cash awards for the first three positions have been fixed as Rs 1 lac, Rs 75000, Rs 50000 respectively. Man of the series and Man of the match title winners shall

get a chance to win cash

Interestingly a huge number of 20 thousand 3 hundred and 54 registered applicants have gone through the process of selection trials across all the 186 sports zones of the UT and the process is still on. Previously the Department under a large publicity campaign

trophy had asked the interested youth to get themselves registered on the dedicated web portal being run by the Department of YS&S. A competent team of selectors with a decent playing background and expertise in Cricket have been assigned the task of selecting the respective zonal teams. The district level compe-

for the registrations of the

titions of the tourney will be held between the zonal level selected teams. Under the third and last leg of the trophy, the competitions will be held between the teams of all the 20 districts of Jammu & Kashmir.

Leading in the process of selection and registration tally, district Kupwara is moving ahead with a total number 3026 participants

## **DC Srinagar inaugurates Inter-Zonal District Level Football Tournament for** 'Drug Free Srinagar'



the talent of youth positively, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today inaugurated Inter-Zone District Level Football Tournament for 'Drug Free Srinagar' under "Mission Waapsi campaign"

The Tournament has been organized by the Department of Youth Services & Sports(YS&S), Srinagar and is being held from September 01 to September 06, 2022 in which 32 teams in Under-19 Boys category from different Schools of the District are participating.

After formally inaugurating the tournament, the DC witnessed the inaugural match which was played between teams of S P Higher Secondary School and Minto Circle School. He also interacted with the players of the participating teams and extended his best wishes.

Speaking on the occasion, the DC urged upon the youth to join the efforts of Administration in their fight against drug-menace and keeping youth away from drugs and work together to achieve a drug-free Srinagar.

The DC said that the Srinagar Administration has launched "Mission Waapsi' initiative to raise awareness against the ill effects of Drug Abuse and against the nuisance of Drugs with a strong commitment to uproot the drug peddling and eliminate the drug menace completely to achieve the goal of a drug-free Srinagar.

The DC further said that it is an endeavour of the District Administration Srinagar to rehabilitate the victims of drug addiction by providing them dignified livelihood through proper counselling, guidance and handholding under Government Self-Employment schemes. He said that the initiative also involves community participation on a large scale.

On the occasion, the DC administered the oath to the participating students that they will not indulge in any kind of drugs and pledged to eradicate drug menace from

## Hon'ble LG's Rolling Trophy Chairman DDC Kupwara, VC DDC inaugurates cricket selection trials at Langate, Sogam, Khumriyal Zones

KUPWARA, SEPTEMBER and appealed the youth to cerned BDC Chairpersons distance them from social 1: Inauguration of cricket selection trials under Hon'ble LG'S Rolling Trophy took place in all the Zonal Headquarters of Kupwara District today. The inaugural function at all the venues were witnessed by the respective PRI's and people in large number.

At Zonal Headquarter Langate, the Chairman DDC Kupwara, Irfan Sultan Pandipori inaugurated the cricket trails at Pandit-pora. BDC Chairpersons of Langate and Qaziabad. YS&S employees and hundreds of youth were present at the occasion.

Addressing the function, the Chairman emphasized the role of sports and games in overall personal-



take active part in these sports initiatives.

At Zonal Headquarters of Sogam and Khumrival, the function was inaugurated hy Vice Chairman DDC. Haji Farooq Ahmad Mir.

DDC Member Sogam, Nasir Lone; District Youth Services & Sports Officer, ity development of youth Jatinder Singh and con-

of the respective areas also witnessed the trials Speaking at the occasion,

the Vice Chairman DDC highlighted the importance of sports for health and well being of the youth adding that LG's Rolling Trophy is a great initiative towards well being of the youth which shall also thusiastic.

He said that registration process of the programme has already been completed. In the trials, partici-

pants between the age of

19 to 35 are taking part, he

from all corners of the dis-

It has been observed that participants are very en-

## My Youth My Pride: Secretary Sports Council declares 4-day Ice-Stock event open in Srinagar

added.

01: A mega Ice-Stock event was thrown open today by Nuzhat Gul, Secretary J&K from 12 districts of J&K are

SRINAGAR, SEPTEMBER target categories. The event shall run for 4-days in the Gindun Sports Complex. Speaking on the occasion, Sports Council at Gindun Secretary Sports Council Sports Complex Rajbagh, Nuzhat Gul apprised the here. More than 200 athletes participants and the spectators about the role sports participating in the event have played towards the and the players are comformation of progressive peting in the categories of and pragmatic society and Team game, target game, eventually nation building. Distance and individual She also emphasized on the



role of J&K's first Sports mad Bhat Deputy Manager Policy and how it has giv- Gindun Sports Complex, en a flip to the sports not Mohammad Iqbal, In-only in terms of putting charge Pologround Sports in place modern sports in-frastructure and facilities from J&K Sports Council for players but also how it and senior members of has made sports a career J&K ice Stock Association. oriented Secretary Sports Council ing a gist of Ice Stock, said was flanked by Divisional Sports Officer Kashmir, tionally played on an ice

profession. The Nuzhat Faroog while giv "though Ice Stock is tradi-Nuzhat Farooq, Hilal Ah- surface but in recent past.





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