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AL MUKARRAMAH HAJJ & UMRAH SERVICES

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NEWS IN BRIEF

Police seize Rs 9.60 lakhs in Ramban

Jammu, Sep 13 (UNI) Police on Tuesday called in officials of the Income Tax Department after seizing Rs 9.60 lakhs from a car in Ramban district of Jammu and Kashmir. The police said the money was recovered from the bag of Radhe Syam of Alwar in Rajasthan. Three others were also travelling in the car. The cash is suspected to be stolen."The Income Tax Department was informed to ascertain the source of recovered cash," a police officer added.

MeT forecasts mainly dry weather in J&K

Srinagar, Sept 13 Weather department here on Tuesday forecast "mainly dry weather" with ossibility of very light rain at one or two places on higher reaches in Jammu and Kashmir during the

next 24 hours. A meteorological department official here told GNS that no 'significant weather' was expected for subsequent two days either and weather was likely to remain mainly dry. Regarding the minimum temperature, he said, Srinagar recorded a low of 14.0°C against 14.2°C on the previous night. The temperature was 0.9°C above normal for the summer capital during this time of the year, he said.Qazigund recorded a low of 12.4°C against 11.4°C on the previous night. The temperature was 1.0°C above normal there, he said. In Pahalgam, he said, the mercury settled at 7.4°C against 9.1°C on the previous night and it was 1.1°C below normal for the south Kashmir resort.

3 minor boys injured after unexploded shell goes off near encounter site in Shopian

Shopian, Sept 13) Three boys were injured after an unexploded shell went off near an encounter site in Shirmal area of south Kashmir's Shopian district on Tuesday. An official told the news agency Kashmir News Observer (KNO) that an unexploded shell went off when some boys fiddled with it, resulting in injuries to three minor boys

He said that soon after the incident all the injured were shifted to to PHC Litter, where their condition was said to be

Notably, a militant was killed while a soldier was injured during an encounter in the area yesterday

Man Dies after falling off a walnut tree

Kupwara, Sep 13, : A 35-year-old man died after falling off a walnut tree in North Kashmir's Kupwara district on Tuesday.

The incident occurred in Hajin Kralgund area of Handwara.

Local souces told news agency Kashmir News Trust that the victim Bilal Ahmed Khan, a resident of Hajin Kralgund had climbed on top of the tree, and was busy in thrashing the walnuts barefoot when he slipped and fell down.

He was rushed to a nearby hospital where doctors declared him dead. Police have taken cognizance of the incident and registered case under relevant sections of law. (KNT)

Unknown vehicle crushes man to death in Srinagar

Srinagar, Sep 13, : A 36-year-old man died after hit by an unknown speeding vehicle in Mandirbagh area of Srinagar city falling under the jurisdiction of police station Kralkhud. Reports said that the man identified as Hashim Ahmed Najar son of Muzaffar Ahmed, a resident of Mandir Bagh was hit by a speeding vehicle. Locals shifted the victim to SMHS Hospital where doctors declared him

brought dead. Meanwhile, police have taken cognizance of the incident and registered case under relevant sections of law.

Carpenter dies after falling from Jamia Masjid rooftop in Central Kashmir

Budgam, Sep 13, : A carpenter died after falling down from the rooftop of a 'Jamia Masjid' in Watarhal village of Central Kashmir's Budgam district on Tuesday

CONTINUED ON → PAGE 10

Patronage to Sale of Govt Jobs Put to an End in J&K: LG Manoj Sinha



M S Nazki

Jammu, Sep 13 (UNI) Stating that the government is working on the principle of "Governance for all" and not for a select few, Jammu and Kashmir Lieutenant Governor Manoj Sinha on Tuesday said that no more sale of jobs will be allowed in the Union Territory of Jammu and Kashmir.

"No more sales of Jobs will be allowed in J&K. All the culprits in the alleged irregularities in recruitment examination of Sub-Inspector, Financial Account Assistant and Junior Engineer will be punished severely," said the Lieutenant Governor

ering after inaugurating Shaheed DySP Manjeet



and laying foundation stone of several projects worth Rs.195 cores to accelerate the development of 229 Panchayats at Sports Stadium in Poonch

He said that dedicated efforts are being made to establish a corruption free, drug free and job-oriented

Singh Memorial Government Higher Secondary School and a Boxing hall at the Sports Stadium and dedicated the facilities to the youth and sportspersons of the District.

The Lt Governor said, "It is our firm resolve to strengthen the connectivity in border villages. 14 road projects worth Rs. 50 Sinha also inaugurated CONTINUED ON >> PAGE 10

Lt Governor reviews development scenario of Poonch District

POONCH, SEPTEMBER Lieutenant Governor Manoj Sinha on his visit to Poonch, chaired a high-level meeting to review the development projects in the district and the overall functioning of the District Administra-

Taking stock of the implementation and progress of the development works and the saturation of welfare schemes in the District, the Lt Governor directed the officials for speedy implementation of the schemes and execution of the projects.

Work in a cohesive manner for ensuring the prompt delivery of public services, especially to CONTINUED ON → PAGE 10

SI Recruitment Scam:

Ex-SSB head, Khalid Jahangir, Controller, Cops among 36 Premises Searched Across Country.

HT News Network

Srinagar, Sep 13 (UNI) The Central Bureau of Investigation is conducting searches at around 33 locations in the country on Tuesday in an ongoing investigation of a case related to the Sub Inspector recruitment

scam of Jammu and Kashmir. The premises being searched include that of former Jammu and Kashmir Services Selection Board Chairman Khalid Jehangir, Controller of Examination JKSSB Ashok Kumar, some officials of J&K Police including a Deputy Superintendent of Police and Central Reserve Police Force, CBI officails said.

The raids are being conducted at Jammu, Srinagar; Karnal, Mahender-

garh, Rewari in Haryana; Gandhinagar in Gujarat; Delhi; Ghaziabad in Uttar Pradesh and Bangaluru in Karnataka. The CBI registered a case against 33 accused persons last month after the J&K government canceled the police Sub-Inspector recruitment. The written test for the exam was held on March 27 and the results were declared on June 4. After the list was out there were allegations regarding malpractices in the

After the allegations surfaced, the J&K government constituted an Inquiry Committee and it was alleged that the accused against whom FIR was registered by CBI entered into conspiracy with officials of JKSSB, Bengaluru-based private company, beneficiary candidates and others

> ties in conduct of written examination for the posts of Sub-Inspectors. The CBI registered a case against 33 accused persons last month after the J&K government canceled the police Sub-Inspector recruitment.

and caused gross irregulari-

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CONTINUED ON → PAGE 10

Not Article 370 But Development of J&K Should be Our Prime Political Agenda: Azad to Political Parties



HT News Network

Srinagar, Sep 13 (UNI) Jammu and Former Kashmir Chief Minister Ghulam Nabi Azad on Tuesday suggested the political parties to put development first on their agenda and keep out Ar-

"I am telling all the political parties and their leaders to put development

of Jammu and Kashmir first and keep restoration of Article 370 out", Azad told mediapersons in Srinagar on Tuesday. Former Senior Congress

leader said, "I don't want to mislead people on Article 370. Of course the Supreme Court can reverse Article 370... But I will not say that I can get it from the Supreme Court as I have no magical lamp of Aladdin to do anything" He said it is over three

years by now since the article 370 has been abrogated from Jammu and Kashmir and the same time passed since the people have challenged it **CONTINUED ON » PAGE 10**

COVID: J&K reports 47 fresh cases, no death

number of positive cases

in Kashmir have reached

to 304,928 including

302,276 recoveries and

2,433 deaths, while total

number of positive cases

in Jammu division have

reached to 173,878 includ-

ing 171,420 recoveries and

He further said that the

total number of active

2,351 deaths.

in the Supreme Court but still it did not come for hearing.

"No party will assure that I will come to power and direct the supreme court to revert the article 370 or start hearing in six months", he added.

Azad said that Supreme court is supreme....both the parliament and supreme Court are open ...I am telling the political parties to put development of Jammu and Kashmir first and keep article 370 out. respect all parties whether it is regional or national... I have my own

way and I make my

New Delhi, Sep 13 (UNI) Indian Ocean is the future of Indian economy, Earth Sciences Minister Jitendra Singh said as he informed about a mega campaign to clean beaches across the country which will culminate on September 17, the birthday of Prime Minister Narendra Modi.

Singh said a 75-day long campaign for cleaning 75 beaches across the country was launched on July 5. It will end on September International Coastal Cleanup Day, which is also

Ocean the future of Indian economy: Jitendra Singh

The program is focused on

other waste does not go to "We have a huge stake in the health of oceans and preserving its resources. It is not just ocean it is the future economy of India," Singh said.

ensuring that plastic and

Sagar, a 75 day long campaign to clean 75 beaches across the country will culminate on September 17. Around 15000 tonnes of garbage is expected to be picked up on the day in a



Swachh Sagar Surakshit The campaign has strategic underlying goals that target transformation and environmental conservation through behavior change. The three underlying goals of the campaign are to consume responsibly,

CONTINUED ON → PAGE 10

J&K lags in implementation of key scheme for disabled persons

HT News Network

Srinagar, Sep 12: In a major concern, Jammu & Kashmir has not been able to take adequate benefits of a key scheme meant for purchasing of aids and appliances for disabled persons. Documents in possession of news agency—lay bare that J&K's commissioner secretary Social Welfare department, Sheetal Nanda has expressed concern over the fact that Union Territory has not been able to take advantage of the scheme. "Al the outset, the chairperson discussed the features of the Assistance

CONTINUED ON → PAGE 10

DIG (DKR) reviews security situation in Doda ahead of LG's visit Inspects Women Police Station, Police Public School

Kashmir are 326 including 219 from Kashmir di-

vision and 107 from Jam-

With 73 more recoveries,

the tally of total recover-

ies in J&K has reached

to 473,696 which is 98.94

percent of the total cases.

"Among the fresh 47 cases today, 22 are from

Srinagar, 05 from Baram-

ulla, 06 from Budgam, 00

from Pulwama, 00

cases in Jammu and CONTINUED ON >> PAGE 10

mu division.

HT News Network

JAMMU, SEPTEMBER 13: Dr. PCR Doda. Sunil Gupta, Deputy Inspector General Police, Doda, Kishtwar, Ramban Range (DKR), during his 3 day tour to Doda and Kishtwar in connection with the visit of

ported 57 fresh cases of

Covid-19, taking the num-

ber of active cases to 326

while no more death was

reported in the UT in last

24 hours and death toll

An official told the news

agency—Kashmir News Observer (KNO) that

among 47 new cases, 34

belong to Kashmir divi-

sion while as 13 to Jam-

stands at 4,784.

Later, the DIG also visited Women Police Station Doda and inspected the complex and interacted with the staff.

The DIG also inspected the Police Lieutenant Governor, Sh. Manoj Public School Doda and hand-Sinha, today took a security re- ed over keys of two Buses to the

view meeting with the Senior Po- management of the Educational demic results.On this occasion, lice, Army and CAPF officers at Institution, besides inaugurating a Computer Lab in the School building for which computers were provided by the Range Hqrs. The DIG also interacted with the students and assured the staff and students of every possible help for improving the quality of education to achieve better aca-

some musical instruments were also presented to the School authorities to enable the students to learn the music and participate in fine arts activities. Among others present on the occasion included, Vishesh Paul Mahajan, DC Doda; Abdul Qayoom

CONTINUED ON → PAGE 10

Kashmir fruit growers worried in

the face of low demand, rates

HT News Network

Srinagar, Sep 13: Fruit growers in Kashmir are very much

worried as there is very less demand of the fruit in several

markets causing losses to farmers. Growers from different

areas of Kashmir told news agency—, that that usually the

rates of apples were remaining very high during initial

stage of the season but this year that hasn't happenedAb-

dul Rashid, a grower from Shopian said that during the

early stage of the season, the demand of the apples was

high but this year the market is down by around 40 per-

First electric train on Baramulla-Banihal corridor to begin journey from October 2

Srinagar, Sep 13: Electric train for 137-kilometer long Baramulla-Banihal railway corridor is all set to be inaugurated on October 2 with the work going on at full swing. As per news agency— the Jammu and Kashmir government, Indian Railways and Indian Railway Construction Company Limited are working together on this project since August 2019.

"The PCEE inspection of the project will be conducted on 26 September, 2022 and on October 2, the project will be inaugurated," Additional General Manager, Indian Railway Construction Company Limited Abid Amin Shah told the news agencyHe said the total project cost is 324 crore and the Budgam-Baramulla section is already complete while the inspection of Budgam-Banihal section will be conducted on September 26 and it will be inaugurated on October 2. "Railways Department has already conducted three to four trails from Budgam-Baramulla while trails of Budgam-Banihal will be conducted from 20th of this ongoing month," Shah added.

According to him, the total route length for electrification is 137.73 kilometers with three main sub-stations of Qazigund, Budgam, and Baramulla from where power will be supplied to the overhead equipment of the rail line.

"The project is all set to reduce the pollution and also saves 60 percent compared to the use of fuel," he said.

Along with this, work is going on to link Banihal

CONTINUED ON → PAGE 10

Mushroom emerging as new cash crop across J&K

cent."Growers are

With Govts. constant handholding, technical guidance, cultivation of mushroom has turned profitable for growers

HT News Network

SRINAGAR, SEPTEMBER 13: Mushroom production is at its all-time high across J&K due to Agriculture Department's efforts in bringing the best methods and providing technical know-how to new age agri-entrepreneurs.

Srinagar, Sep 13: Jammu mu division. and Kashmir Monday re- He said that the total

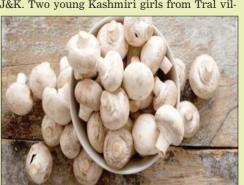
Under the Rashtriya Krishi Vikas Yojna (National Agriculture Development Programme) mushroom cultivation is a focus area and Mushroom growers are equipped with quality seeds and trained in scientific cultivation techniques. The Valley boasts many success stories in the mushroom cultivation business and administration's 50 percent subsidy and technical knowledge is making the cultimushrooms are a source of livelihood for people living in the forest area. J&K has 20,230 sq kms covered in forests, which is about 20 per cent of

In the Shivalik range of the Jammu region mushrooms (especially Gucchi) provide income security to peasants. Gucchi mushrooms fetch a great commercial value so it's often a competition for forest dwellers to find a bunch of them on regular basis.

With the recent government interventions, forest-dwellers in Jammu Shivaliks are being given formal training and instructions about mushroom collection and processing techniques, market knowledge, and market access, so that their efforts pay them their rightly

Women-led Self-Help Groups are being encouraged under HAUSLA and TEJASWINI entrepreJ&K. Two young Kashmiri girls from Tral vil-

CONTINUED ON → PAGE 10



lage of South Kashmir started a mushroom cultivation unit last year under the National Rural

While discussing what to pursue after their higher education, they learned about the Department of Agriculture providing financial and technical assistance to those interested in mushroom farming. Raukaya Jan and Sobiya are running many successful mushroom cultivation units in less than a year.

Nilofar Jaan of Pulwama received training in mushroom cultivation from the Department of Agriculture, Kashmir, and claims to earn

around Rs 90,000-1 lakh per year. Women empowerment is at the forefront of all the economic development plans of the J&K administration. Their role in the socio-economic upliftment of the UT is recognised and appreci-

In the nearby Shopian, Jehangir Ahmed Malik and his friend Umar Yaseen of Nadigam hamlet setup Mushroom Cultivation after getting CONTINUED ON >> PAGE 10

vation profitable for growers. Non-timber forest products (NTFPs) like

its total geographical area.

neurship schemes introduced by the Centre in

Livelihood Mission (NRLM) scheme

Director Agriculture Kashmir visits Saffron growing areas of Pampore

BER 13: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today visited saffron growing areas of Pampore and interacted with the saffron farmers of the area.

During the visit, the Director took stock of various steps taken during the recently held saffron field day. Speaking on the occasion, the Director said that the Department is committed to the development of the saffron sector. A number of initiatives have already been taken by the Department and a number

of other steps are in prog-ress, he further said. Iqbal said that for the economic development of saffron farmers, the department has endeavoured to ensure that our GI Tagged saffron reaches national and international markets. He assured the farm-

ers of every possible support from the department for making saffron crop cultivation a successful venture.Later, the Director visited Alowpora Farm Shopian and took stock of the maize crop and other

MD J&K Bank felicitates staff member

SRINAGAR SEPTEMBER 13: MD Kumar, Bank's Divisional Head for



& CEO J&K Bank, Baldev Prakash has felicitated a staff member of the organization for his contribution to art, culture and literature. The contribution of Raieshwar Singh, work ing as a Senior Manager in the Bank. who recently received Bal Sahitya Puruskar-2022, from Sahitya Akademi New Delhi, was recognized at a function held here at Bank's Zonal Office Jammu.Among others the

jammu and Susheel Gupta, General Manager HR.Speaking on the occasion Baldev Prakash said that J&K Bank as an institution has a proud legacy of honoring its members for both banking related performances as well as societal contributions. 'While business and commerce is at the heart of J&K Bank, sports, arts, literature, theatre and other such activities that define spirit of a society are the soul of this great institution

that has all along worked for peoples empowerment and well-being

Appreciating Rajeshwar Singh for his works in the fields of literature, poetry, theatre and other art forms, Baldev Prakash said that we have gathered here today to honour an incredible member of our family who was able to contribute and inspire despite facing his own challenges as

Rajeswar Singh, who writes in Hindi, English and Dogri languages has dozens of short stories, street plays and poetic works to his credit. He has also written scores of articles and columns for vernacular, regional and national newspapers and magazines. Plays written by Rajeswar Singh have been aired on All India radio stations of Jammu, kathua and Shimla. His contribution has been recognized at UT and national level with major accolades being Prof. Ram Nath Shastri Memorial award-2014 and Sahitya Academy Award-2022.On the occasion, Rajeswar Singh expressed his gratitude to MD & CEO and the entire J&K Bank family 'for valuing my works and recognizing my humble contributions to the field of art and

Locals demand construction of playground in village Hiral-Langate.

DR.AB QAYOOM

Langate, Sep, 13: Youth of village Hiral area of Langate constituency here today staged a protest demonstration demanding a playground at village.The protest was led by senior citizens and local youth, wherein the protesters raised slogans in favour of their demand. They demanded immediate construction of the playground to promote sports culture in Haril area. Addressing protesters senior citizens claimed that

the land allotted for the play-

ground near marriage hall has

turned into filthy place where

garbage of adjoining areas and

1. Shamvana (water proof)

4. Light Refreshment for participants

4. The rates quoted shall be for Shopian.

6. Arrangements for photography & videography of the event.

2. Chairs for participants.

3. Chairs for officers.

5. Stall for sale of goods

Terms and conditions

current financial year

DIPK-9859/22

gober is being dumped thereby threatening public health.



They said that children and

DIRECTORATE OF HANDICRAFTS & HANDLOOM

OFFICE OF THE ASSISTANT DIRECTOR

HANDICRAFTS & HANDLOOM SHOPIAN

Email id: adhandicraftsspn@gmail.com- adhandicrafts-spn@jk.gov.in Ph. No: 01933-294658

Dasti Quotation

Dasti Quotations are invited from the interested camping agencies /service providers and caterers for supplying the below mentioned services for organizing Exhibition cum Awareness programme at various venues of District Shopian. The quotation shall reach this office within 5 days from the issuance of this notice.

3. The rates quoted shall be as per the registered/approved rates inclusive of all taxes and shall remain in force for

DIRECTORATE OF HANDICRAFTS & HANDLOOM

OFFICE OF THE ASSISTANT DIRECTOR

HANDICRAFTS & HANDLOOM SHOPIAN

Email id: adhandicraftsspn@gmail.com- adhandicrafts-spn@jk.gov.in Ph. No: 01933-294658

Interview Notification.

Applications have been invited for temporary engagement of Tailor Masters from the Office of Assistant Director

Handloom Shopian vide advertisement Notification letter NO: ADH/Estt./SPN/22-23/2289-29 Dated: 30 08-2022 and

In this connection the interview date has been fixed on 17-09-2022 in the office chamber of Assistant Director Hand-

loom, Gagren Shopian positively at 11 am. All the applicants who have submitted their applications are informed to

appear in the interview/practical test on the said date, venue and time. The applicants are directed to bring following

published in news papers viz: Good morning Kashmir, Aftab, Kashmir Tribune, Daily Urdu

1. The quotations shall be addressed to Assistant Director Handicrafts and Handloom Shopian

2. The quotation shall be open on the next date from the last date of submission of the said quotations.

youth of locality have no place to play as most of them come from poor families.

"Apart from facing unemployment, the youth is also facing threat of drug addiction and sports activities may be the only solution to safeguard the youth from falling on wrong track," he maintained. In this regard local people have been requesting the authorities to convert a piece of state are forest land available at village Haril into a playground but nothing has been done so far in this direction.

He urged upon J&K LG to look into the matter.

board for Re-construction of Syed **Mansoor Sahib shrine**



mir, Mir Umar has appealed Jammu Kashmir Waqf Board CEO Majid Jahingir that Reconstruction Work on the Shrine of Syed Mansoor Sahib located at Bihi Bagh Karan Nagar Srinagar should be started without any further delay. According to a press statement, Mir Umar said that during the last Annual Board Meeting of Waqf Board, the reconstruction of the Shrine was discussed in detail by the board members and they unanimously expressed their views that the existing structure of the shrine is in bad shape and it needs to be reconstructed immediately. However, since then, no headway has been made in this direction. The Social Activist has appealed to CEO wakif Board that she should partments that tendering and other administrative forbefore winter months. Mir Umar said that the structure of the Shrine is in bad shape and the people visiting the shrine are facing constant threat of its collapse.

NABARD & NRLM organize Sensitization Workshop for SHG Leaders

Farooq Rather



KULGAM, SEPTEMBER 13: NABARD in collaboration

Comm Secy SWD visits Ganderbal; reviews developmental scenario, progress on welfare schemes in district Interacts with DDC Chairperson, DDCs other PRIs

GANDERBAL, SEPTEMBER 13: Commissioner Secretary Social Welfare, Sheetal Nanda who is also Incharge Secretary for Ganderbal for monitoring developmental works and other related matters of the district today visited Ganderbal where she chaired a meeting to take the first-hand appraisal regarding the progress on various ongoing developmental projects and welfare schemes in the district.

The meeting was attended by Deputy Commissioner (DC), Shyambir, ADDC Ganderbal, Mushtaq Ahmad Simnani, ACR, CPO, ACD, Executive Engineers of various wings and other district and sectoral offi-On the occasion, DC pre-

sented a detailed account of various developmental works under different sectors and briefed the chair about the physical and financial progress on the implementation of several projects.He also briefed the meeting about the progress of scheme launched under Mission Youth like MUDRA, MUM-KIN, SAKSHAM, and other regular Centrally Sponsored scheme including PMAY, MGNREGA, SBM, NRLM and other Beneficiary Oriented Schemes like PMKISAN, AYUSH-MAN BHARAT, NSAP, ISSS and others.

While reviewing the health sector, the Commissioner Secretary was informed that 100 percent target is achieved under AYUSHMAN BHARAT and Golden Card has been issued among all 19793

registered beneficiaries. Besides, 3033 beneficiaries have been benefited till

Meeting also reviewed the status of various projects under languishing



Similarly, the meeting was informed that 4876 cases are registered under Lower Education Assistance besides 4932 beneficiaries are benefits under

While reviewing the progress of Social Welfare Department, the Commissioner Secretary said that all unmarried girls holding PHH and AAY ration card will be covered under State Marriage Assistance Scheme and directed the DSWO to check all formalities properly of such cases before sending them to secretariat level for approval. She also asked him to provide the list of eligible beneficiaries who have not been provided motor tricycles so that same could be approved.

The meeting also discussed the progress under MGNREGA and it was informed that 352 works are completed among 799 approved works besides 1.13 lakh person days are generated in current fiscal.

programme, B2V, District Capex etc. She impressed upon the officers to speed up the pace of work on these projects and directed to work for speedy clearance of the languishing

projects. Sheetal Nanda also took a brief review of Agriculture and allied sectors and said that the district Ganderbal has huge potential in Agriculture, Horticulture and Sheep and Animal Husbandry and directed the concerned officers to take innovate steps and make people aware about the schemes available so that more and more youth gets motivated and more employment is generated. The Commissioner Sec-

retary stressed for regular monitoring of works and directed the district heads to meet the targets and stick to set timelines for the completion of vital projects in the district. Furthermore, the Commissioner Secretary di-

rected for vigorous mobilization so that 100 percent Saturation is achieved in all schemes adding that these schemes are launched with the purpose to improve socio-economic condition of the downtrod-

Later, Sheetal Nanda met DDC Chairperson, Nuzhat Ishfaq along with DDCs, BDCs and other PRIs who put forth various demands pertaining to the devel-opment of their respective areas before her and sought her intervention for their timely disposal.

The Commissioner Secretary gave necessary instruction to the district administration for assuring redressal of the grievances raised in a better and effective manner.

The Commissioner Secretary also thrusted on Solid Waste Management and running Nasha Mukt Bharat Abhiyan effectively in the district so that district Ganderbal is made free from Drug menace.

She urged the officers to work in close coordination with the PRIs so that the bottlenecks that hinder the implementation of works are removed at an

She also asked the Deputy Commissioner to direct all the departments to upload the works on Panchayat portal so that anyone could check what development work is done in his/ her panchayat.

Earlier, the Commissioner Secretary also flagged off the announcement van NashaMukt regarding Bharat Abhiyan which shall move in all panchayat and make announcements regarding the ill effects of drug abuse.

Mir Umar appeals CEO J&K Waqf



SRINAGAR, Aug 31: Prominent Social Activist of Kashtake this matter on priority and direct the concerned demalities must be completed within the shortest period of time, so that the reconstruction of work must be started



with NRLM unit Kulgam today organized a one-day sensitization workshop for women SHG leaders, here. The workshop was attended by DDM NABARD Rouf Zargar, DPMs NRLM Shazia Farooq, DPM Mubasherah and DPM Rayees Ahmad besides Block programme managers from various blocks were also present. Around 30 SHG leaders from Pahloo block involved in papier machie handicraft attended the workshop. During the workshop, different topics like benefits of SHGs, effective SHG documentation and record keeping, inspiration for savings for SHGs, NABARD Panch Sutra (Regular SHG meeting, regular saving, regular inter-loaning, regular repayment and regular SHG documentations), importance of individual saving account, process and methodologies of bank credit linkage, etc. were discussed. DDM Rouf Zargar gave an overview of the microfinance sector in India with special reference to J&K. He gave the details of marketing initiatives through NAB-ARD for the benefit of SHGs and artisans such as Rural Haat, Rural Mart, Exhibitions, Melas among others. He urged the female SHG leaders to take benefit of such schemes which would lead to their socio-economic empowerment. He enjoined upon the women dealing with papier machie to get training under LEDP and MEDP scheme of NABARD.

Training programme on Micro **Action Plan regarding routine** I&FW activities held at Pampore

SRINAGAR, SEPTEMBER 13: A one-day Block Level Training programme on Micro Action Plan regarding routine Immunization & Family Welfare (I&FW) activities was organized by Block Medical Office, Pampore. Wajahat Bashir (HE) & Syed Mohammad Numan (Ext. Edu) of Block Pampore provided the training regarding Micro Action Plan. Among others the programme was attended by Dy.CMO Pulwama, DIO Pulwama, BMO Pampore, Dr. Asima besides FMPHWs of PHCs, NTPHCs & Sub Center Level. Moreover, ZMOs of all sectors under administrative control of BMO Pampore also attended the training programme.Later, the Dy.CMO Pulwama, DIO Pulwama and BMO Pampore presented the letter of appreciation to one FMPHW namely Parveena Akhter.

Wani instead of Hamidullah Wani. Now I am applying for its correction if anybody have any objectiion in this regard He/ She may contact Manager J&K Bank branch Kreeri within seven days from the publication of this notice after that no objection will be enterrtained.

HAMIDULLAH WANI S/O GH AHMAD WANI R/O FRASTHAR KREERI

Public Notice

I Ghulam Din Wani Resident of Umar Abad, Zainakote Srinagar want to make it public that I have lost the Number Plate of my Vehicle Swift bearing Registration number JK01W 0775. While traveling from Umar Abad to Shaltang.

Now I am applying for a fresh HSRP Number Plate. Anybody having any objection can Contact RTO Srinagar within 7 days of publication of this notice. No objection shall be entertained after the said date.

R/O Umar Abad, Zainakote Srinagar. Contact No:70060 51568

Name:- Ghulam Din Wani



DIPK-9859/22

1. Qualification certificates/D.O.B, if available 2. Registration card of Handloom Department, if available

3. Experience certificate, if available 4. Technical qualification certificate, if available

documents in original along with them.

Sd/-**Assistant Director** Handicrafts & Handloom

Assistant Director

training programmes.

DC Anantnag reviews functioning of ICDS & Social **Welfare Department**

SEPTEM-ANANTNAG, SEPTEM-BER 13: The Deputy Commissioner Anantnag, Dr. Basharat Qayoom today reviewed the functioning of the ICDS and Social Welfare Department at DC office,

Officer Programme ICDS informed the chair that there are eight child development projects in Anantnag catering to a population of 8,31,599 with 2209 operational Anganwadi centres aimed at providing the best nutritional diet to the benefi-

He informed that the beneficiaries of schemes include children, pregnant women, specially abled persons etc. He also informed the chair about the physical and financial achievement of various ongoing schemes

viz. CAPEX budget, CSS convergence with MGN-REGA, PMMVY, Ladli Beti, Poshan Abhiyan, SAG, etc.

DSWO presented a pow-

erpoint presentation of the department in which the target achievements various schemes were briefly. Schemes including ISSS, MAS, widow pension, old age pension, PCPPS, scholarship scheme, schemes for welfare of handicapped etc were also discussed.

The DC held threadbare discussion with regard to implementation of various deliverables and schemes of ICDS and Social Welfare.

officers directed training conduct programmes of TSOs, Anangwadi workers, conducting awareness camps for wide publicity of the

Atal Dulloo reviews progress on PMFME scheme

BER 13: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting at Civil Secretariat here to take review the progress made in Pradhan Mantri Formalisation of Micro Food Processing Enterprises (PM-FME) schemes in Jammu & Kashmir.

The centrally sponsored PM FME scheme aims at providing financial, technical and business support for upgradation of existing micro food processing enterprises.

During the meeting, a PowerPoint presentation was given in which the role of the scheme, respective capacity building measures, subsidies, use of common infrastructure and Common Incubation Centres etc were reviewed. ACS was presented action taken report and project implementation plan by senior officers at the meet-

While chairing the meetapplicants. The concerned ing, ACS enquired district officials were given strict wise status of the benefiinstructions in this regard



ciaries and the reasons for the rejection of the loan applications in some cases. He impressed upon the officers to take substantial steps in implementation of the scheme whose physical and financial progress would be assessed by him. The ACS expressed displeasure upon unwanted delay and dereliction on approving loans of some

and were also asked to submit detailed summary of rejected and pending cases along with plausible reasons. Similarly, the District Nodal Officers were also asked to analyse the causes of rejection and small number of registra-

Dulloo said that the number of registrations and sanctioning of cases under the scheme needs to be ramped up for its successful implementation.

During the meeting, an

indicative list of promo-

tional activities planned

by the departments was

also shared with the ACS.

It was informed that Dis-

trict Resource Persons

(DRPs) have been appoint-

ed and their online train-

ing has been completed. The ACS asked the officers

to ensure timely comple-

tion and compliance of

The meeting was attended by Secretary in Horticulture Department, Director Horticulture (P&M), J&K, Horticulture Director Kashmir/Jammu, Director Agriculture Jammu/ Kashmir, Director Sericulture, J&K, Director Animal Husbandry, Jammu/ Kashmir, Director Sheep Husbandry, Jammu/Kashmir, Director Fisheries, J&K, Managing Director, JKHPMC, J&K, Managing Director, Agro, J&K, FA/CAO Horticulture Department, Representa-tive of SKUAST Jammu, Senior Representatives of different banks, Member of UTSLBC, All Chief Agriculture Officers/Chief, Horticulture CAHOS/DSHOS/AMOS & AD Fisheries, All District Nodal Officer for PM-FME, All District Resource per-

Later, ACS Atal Dulloo also chaired a meeting to review the projects being taken up with support of

APEDA and various project of National Horticulture Board pertaining to UT of J&K.ber of registrations and sanctioning of cases under the scheme needs to be ramped up for its successful implementa-

During the meeting, an indicative list of promotional activities planned by the departments was also shared with the ACS. It was informed that District Resource Persons (DRPs) have been appointed and their online training has been completed. The ACS asked the officers to ensure timely completion and compliance of training programmes.

The meeting was attended by Secretary in Horticulture Department, Director Horticulture (P&M), J&K, Horticulture Kashmir/Jammu, Director Agriculture Jammu/ Kashmir, Director Sericulture, J&K, Director Animal Husbandry, Jammu/

MP Farooq Abdullah chairs DISHA meeting at Budgam

BUDGAM, SEPTEMBER 13: The Member Parliament (MP) Srinagar- Budgam Lok Sabha constituency, Dr. Farooq Abdullah today chaired the District Development Coordination and Monitoring Committee (DISHA), meeting at Conference Hall Budgam.

At the outset, District Development Commissioner, Budgam, S F Hamid presented the overall status of the sector - wise developmental achievements and implementation of centrally and UT sponsored schemes in the district through a powerpoint presenta-

Taking review, the MP also listened to the demands of DDC Chairman, Nazir Ahmad Khan, DDC Members, BDCs, President of Municipal Councils and various Sarpanches and other PRI members during the review

Stressing on speedy completion of all ongoing works and projects, the MP reviewed implementation and progress recorded under Ayushman Bharat/JK Sehat Scheme, JSY, PMGSY, SBM, JJM, RDSS, PMKSY, ICDS MGN-REGA, PMAY, NRLM, NHM and other schemes

Detailed review of departments



including R&B, PMGSY, PHE, Horticulture, Agriculture, Education, Social Welfare, Animal and Sheep Husbandry departments was also taken by the chair.While lauding the District Administration Budgam for timely execution and completion of works and successful implementation of schemes, MP called for more synergy and coordination between the departments and public representatives for effective implementation of public welfare schemes.

He also stressed on launching a massive awareness campaign against the drugs to uproot this evil from the society to save the youth from falling prey to ped-

MP emphasized on sustenance of developmental activities and improvement in all education, health and PHE sectors besides road connectivity to ensure better facilities to the people of

He called for proper rationalization of teachers in school and speedy execution of pending developmental infrastructure works in the education sector. Budgam, Tahir Salim; ADDC, Dr Akramullah Tak; ADC

trict and sectoral officers attended the meeting. MP emphasized on sustenance of developmental activities and improvement in all education, health and PHE sectors besides road connectivity to ensure better facilities to the people of Budgam.

He called for proper rationalization of teachers in school and speedy execution of pending infrastructure developmental works in the education sector. SSP Budgam, Tahir Salim; ADDC, Dr Akramullah Tak; ADC Dr Nasir Ahmad and all other district and sectoral officers at-

DC Baramulla discusses Action Plan to launch 'Catch the Rain' Water Conservation campaign

BARAMULLA, TEMBER 13: With an aim to intensify water conservation, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish today chaired a meeting of various concerned functionaries to discuss means and measures to successfully launch centrally sponsored water conservation 'Catch the Rain' campaign.

The meeting was attended by Central Nodal Officer, Jal Shakti Abhiyan Virunda Manohar Desai and Officers of various departments.

It is worth mentioning here that the nationwide campaign launched by the Ministry of Jal Shakti under National Water Mission 'Catch the Rain', focuses on creating rain water harvesting structures across UT of Jammu and Kashmir.

On the occasion, the DC asserted that water harvesting is a sustainable process that helps in preserving water for dif-



ferent purposes. She said that Baramulla hosts 94 water bodies which will rejuvenated under Jal Shakti Abhiyan for sustainable utilization of water.

The meeting was informed that various structures have been constructed in the district for maximum channelisation and utilization of glacial water.

It was further informed that under Jal Shakti Abhiyan campaign, drives to make check dams, water harvesting pits, rooftop rain water harvesting structures etc; removal of encroach-

tanks to increase their storage capacity; removal of obstructions in the channels which bring water to them from the catchment areas etc; repairs to step-wells and using defunct bore-wells and unused wells to put water back to aquifers etc are to be taken up with the active participation of people.

Central Nodal Officer Jal Shakti Abhiyan informed the chair that under 'Catch the Rain' initiative, Jal Shakti Kendra will be established in everv district which will fa-

ADDC Bandipora reviews status of PMAY-G

BANDIPORA, SEPTEMBER 13: The Additional District Development Commissioner (ADDC) Bandipora, Afsar Ali Khan today chaired a meeting of concerned officers to review the status of Pradhan Mantri Awaas Yojna (Gramin) PMAY-G.The meeting discussed threadbare various central and UT sponsored schemes including PMAY, SBM and others. The ADDC asked the officers to remove bottlenecks, if any and redress various grievances related to PMAY (G) cases in order to properly implement the scheme at grass-roots level. The meeting was attended by Assistant Commissioner Development Bandipora, Ab Rashid Das; Assistant Commissioner Panchayat Bandipora, Syed Altaf Hussain Mosavi; Ex. Engineer REW Bandipora, BDO Arin and other concerned.

Yasin M Choudhary takes over as MD KPDCL

SRINAGAR, SEPTEMBER 13: After recent transfers by the J&K General Administration department, Yasin M Choudhary (IAS) today took over as Managing Director (MD), Kashmir Power Distribution Corporation Limited (KPDCL).

After assumption of charge, the MD took the introductory review meeting with all Chief Engineers, Superintending Engineers and Divisional heads of KPDCL. The MD was briefed regarding the Assets and Operational working of KPDCL. The progress regarding installation of Smart Meters was also reviewed. The MD directed all the Divisional Heads to gear up for winter preparedness and complete all the activities before onset of Winter. Further, all the Divisional Heads were directed to complete all the CAPEX works as per schedule and increase the revenue realization to meet up the AT&C loss targets committed under RDSS.Further, the MD directed the Divisional Heads to conduct awareness camps in coordination with District Administration regarding the Amnesty Scheme launched by Govt. of J&K.

FCS&CA seals 01 illegal LPG Counter; recovers fine of Rs.34.9k from erring shopkeepers

SRINAGAR, SEPTEMBER 13: A team of Food Civil Supplies and Consumer Affairs today recovered a penal sum of Rs.34950 from erring shopkeepers for violation of the Essential Commodities Act, 1955 besides one illegal LPG counter was also sealed at Mujgund, here. The action against the erring was taken during market checking of 369 business establishments. Meanwhile, during the current financial year, an amount of Rs.5519850 has been collected as fine from 11793 erring traders. Besides, 184 establishments have also been sealed and police complaints against 12 erring traders also stands lodged.

Stakeholders Consultation meeting held on J&K Biodiversity Strategy, Action Plan

13: The Jammu and Kashmir Biodiversity Council today convened stakeholders consultation meeting on J&K Biodiversity Strategy and Action Plan (BSAP), a roadmap for biodiversity conservation.

Commissioner Secretary, Forest, Ecology and Environment Department, Sanjeev Verma, chaired the meeting virtually.

The deliberations and consultations were chaired by Principal Chief Conservator Forests and HoFF/ Chairman J&K Biodiversity Council, Dr Mohit Gera and Member Secretary, J&K Biodiversity Council/Direc-

SRINAGAR, SEPTEMBER tor JKFRI, Asaf Mehmood Horticulture, Jal Shakti, Handicrafts,



The meeting was attended by the representatives of line departments and institutions related to conservation of biodiversity including Department of riculture, PDD, Agriculture Production, Animal & Sheep Husbandry, Revenue, Health & Medical Education, Soil & Water Conservation, Wildlife Protection,

Tourism as well as representatives from SKUAST-K. Pertinently, BSAP is a dynamic document which aims to preserve and upscale the conservation made by the Forest and allied departments.Sanjeev Verma, during his online address, appreciated the efforts of Biodiversity Council in developing BSAP. He laid stress on coordinated efforts of the departments towards biodiversity conservation. He urged upon all the departments to work collectively towards devising a robust strategy to attain the desired objectives. While deliberating about Biodiversi-

Dr. Mohit Gera said that the Stakeholders Consultation meeting aims to get inputs from all the stakeholder departments and agencies so as to address the strategies of BSAP collectively and deliberate on action points. He added that in order to accomplish the activities proposed under BSAP all stakeholders are required to evaluate the proposed strategies at their end and carry out the desired actions like financial planning, understanding the priorities, facilitating the availability of adequate resources for meeting the expected outcomes in BSAP.

150 Kanals of land cleared-off **Bhang cultivation at Pulwama**

PULWAMA, SEPTEMBER 13: Continuing its efforts to eradicate menace of drugs from the society, the Excise Range Pulwama destroyed wild bhung on 150 kanals of land in Pampore and its adjoining areas.

The drive was carried out by a team led by officers from Excise range Pulwama along with officers from District Administration on the directions of Deputy Commissioner, (DC) Pulwama, Baseer Ul Haq Choudhary. Earlier a comprehensive survey of all the potential areas of possible illicit Cultivation and wild growth of bhung was conducted by Excise field officials so that this menace is rooted out from the society.General public of the area have appreciated the action of the Excise department and have urged to continue such drives in nearby areas also. Meanwhile, the department has requested the community members to come forward with any information regarding cultivation of contrabands in their neighbourhood and the persons found indulging in drug peddling and cultivation of contraband substances shall be dealt with as per law. The drive was carried out by a team led by officers from Excise range Pulwama along with officers from District Administration on the directions of Deputy Commissioner, (DC) Pulwama, Baseer Ul Haq Choudhary.

Earlier a comprehensive survey of all the potential areas of possible illicit Cultivation and wild growth of bhung was conducted by Excise field officials so that this menace is rooted out from the society.

General public of the area have appreciated the action of the Excise department and have urged to continue such drives in nearby areas also.Meanwhile, the department has requested the community members to come forward with any information regarding cultivation of contrabands in their neighbourhood and the persons found indulging in drug peddling and cultivation.

Nasha Mukt Bharat Abhiyan Campaign against drugs continues in various schools at Budgam

BUDGAM, SEPTEMBER 13: The Department of Youth Services and Sports Budgam conducted various activities and awareness campaigns against Drugs abuse under Nasha Mukt Bharat Abhiyan at different institutions/schools and localities of the district.

During the ongoing campaign, students and staff took pledge against drug abuse and vowed to fight against this menace. They also pledged to aware the masses, especially youth, to keep themselves away from these deadly drugs.

Speaking on the occasion, Gurmukh Singh Dutta, DYSSO Budgam said that the Youth of the country should shun the bad habits of taking these kinds of fatal drugs and should engage themselves in sports activities for a healthy and joyful life.

The DYSSO Budgam also urged the field staff of the sports department to channelize the energy of youth in the right directions by engaging them in sports related activities. The Department of Youth Services and Sports Budgam conducted various activities and awareness campaigns against Drugs abuse under Nasha Mukt Bharat Abhiyan at different institutions/ schools and localities of the district.



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activities.

HT -REGIONAL NEWS /KASHMIR HEADLINESTODAY

DC Kupwara reviews status of NH-701 BKC road Directs officers to work in tandem for completion of road project

order to review the status of the newly declared NH-701 (Rafiabad-Kupwara-Chowkibal-Tangdar-Chamkote) road, the Deputy Commissioner Kupwara, Doifode Sagar Dattatray today convened a meeting of concerned officers, here in his office chamber at D.C Office.

The Officer Commanding 109 RCC (GREF), ADC Handwara, Assistant Commissioner (Revenue) Kupwara, XEN R&B Kupwara/ Handwara, Tehsildars and other concerned attended the meeting.

Addressing the meeting, the Deputy Commissioner stressed upon all the officers to work in tandem with added zeal to ensure timely completion of the road project. He directed them for alignment of the road project on futuristic lines to ensure benefit to the maximum population of the district

The Deputy Commissioner directed the OC BEACON to visit Karnah within 4 days for working out the technicalities of the road

The meeting was informed that the

road project including Kupwara bypass, Trehgam, Kralpora and



land required for development of the national highway NH-701 109 RCC is 18 Mtrs whereas 20.12 Mtr of land has already been acquired and is in possession of 109 RCC, as such no

is required only for the bypass to be constructed in Kupwara district.

Regarding construction of bypasses, the meeting was informed that 4 bypasses are involved in the

Chowkibal bypasses Reviewing Kupwara bypass, it was given out that revenue papers of villages Regipora, Bohipora, Gushi,

Gund Gushi, Tikker and Batergam

las have been authenticated by OC 109 RCC and forwarded to Tehsildar Kupwara for verification.

Regarding Trehgam bypass, it was informed that land measuring 133 kanal 8 Marla is involved under the bypass and 3A notification stands issued by the Central Government.

It was given out in the meeting that land measuring 69 Kanal and 11 Kanal are involved under Kralpora and Chowkibal bypasses respectively for which 3A notification have been issued by the Central Government in Government of India

Regarding curve portions at Langate, Braripora and Kulangam, it was informed that 3A schedule and draft 3D schedule have been notified by the Central Government. Besides, assessment of apple trees on Langate curve and assessment of structures on Kulangam curve have already been made. Regarding construction of bypasses, the meeting was informed that 4 bypasses are inKupwara bypass, Trehgam, Kralpo ra and Chowkibal bypasses.

Reviewing Kupwara bypass, it was given out that revenue papers of villages Regipora, Bohipora, Gushi, Gund Gushi, Tikker and Batergam for land measuring 120 kanal 12 Marlas have been authenticated by OC

Kupwara for verification. Regarding Trehgam bypass, it was informed that land measuring 133 kanal 8 Marla is involved under the bypass and 3A notification stands issued by the Central Government.

109 RCC and forwarded to Tehsildar

It was given out in the meet ing that land measuring 69 Kanal and 11 Kanal are involved under Kralpora and Chowkibal bypasses respectively for which 3A notification have been issued by the Central Government in Government of India Gazette. Regarding curve portions at Langate, Braripora and Kulangam, it was informed that 3A schedule and draft 3D schedule have been notified by the Central Government.

DDC Kupwara reviews power sector ahead of winter season

Fixed timeline for completion of different works to augment power scenario

KUPWARA, BER 13: The District Development Commissioner (DDC) Kupwara, Doifode Sagar Dattatray today con

and ending November for different works and asked them to be committed to the timeline

ly feedback to him about the 2 sub stations coming up in far flung areas of Machil and Keran at a cost of Rs.75 lakh and Rs.35

lakh; against which 339 works have been accorded Administrative Approval and were allotted. The DDC was informed that



vened a meeting of concerned officers to review the progress of power sector in Kupwara district, ahead of winter season.

Superintendent Engineer North Circle KPDCL, Superintendent Engineer Wing Power Projects Kupwara, DIO, Executive Engineers and AEEs of different wings of power department attended the

The DDC took a detailed scheme wise and work wise review and received feedback from the officers. He said the objective of the meeting is to review the power scenario of the district ahead of winter season and directed the officers to work on mission mode to complete all ongoing works. He fixed gineers present in the meeting to work with in tandem and added dedication to enable that during ensuing winter power supply would be better than previous year. To achieve this target, the DDC directed the concerned engineers to work on mission mode for capacity addition of Grid Station Arampora and Vilgam.

the Superintendent En-

The DDC was informed that about 80 MVA Grid Capacity is being developed to already available 140 MVA capacity which will augment the power supply scenario in the gineers to keep him informed about the progress on weekly basis.

The DDC also asked the

lakh respectively, where under new habitations of Katwara, Misri Behak in Machil and Naga Khaitan, Tirngdivan. Gogeldori, Brandajhi in Keran are being electrified.

The DDC also directed them to gear up for augmentation of buffer stock of transformers to meet out the requirements during the winter season so that people do not face any inconvenience. He also asked them to develop a mechanism for containing power theft and other illegal practices with which transformers get damaged.

Reviewing the District CAPEX Budget under Power Sector, the DDC was informed that as many as 476 works have been ap-

work is a pace on all the 213works at different areas of the district. The DDC gave deadline of October 15 for completion of 180 works and ending November for completion of rest of the

The DDC also reviewed

the progress of different power projects coming up under Languishing Projects and Augmentation Works.The DDC also directed them to gear up for augmentation of buffer stock of transformers to meet out the requirements during the winter season so that people do not face inconvenience. He also asked them to develop a mechanism for containing power theft and other illegal practices with which transformers get

NABARD & NRLM organize Sensitization Workshop for SHG Leaders

Farooq Rather

SEPTEM-BER 13: NABARD in collaboration with NRLM unit Kulgam today organized a one-day sensitization workshop for women SHG leaders, here.

The workshop was attended by DDM NAB-ARD Rouf Zargar, DPMs NRLM Shazia Farooq, DPM Mubasherah and DPM Rayees Ahmad besides Block programme managers from various blocks were also pres-

Around 30 SHG leaders from Pahloo block involved in papier machie handicraft attended the



workshop.

During the workshop, different topics like benefits of SHGs, effective SHG documentation and record keeping, inspiration for savings for SHGs, NABARD Panch (Regular

meeting, regular saving, regular repayment and regular SHG documentations), importance of individual saving account, process and methodologies of bank credit link-

DDM Rouf Zargar gave an overview of the microfinance sector in India with special reference to J&K. He gave the details of marketing initiatives through NABARD for the benefit of SHGs and artisans such as Rural Haat, Rural Mart, Exhibitions, Melas among

He urged the female SHG leaders to take benefit of such schemes which would lead to their socio-economic empowerment. He enjoined upon the women dealing with papier machie to get training under LEDP and MEDP scheme of NABARD.

Baramulla Administration accords warm farewell to outgoing SDM Uri

BARAMULLA, SEPTEMBER 13: The District Administration Baramulla today organized an impressive farewell party for the outgoing Sub Divisional Magistrate (SDM) Uri, Harvinder Singh on his transfer as the Additional Deputy Commissioner Jammu.Deputy Commissioner Baramulla, Dr Syed Sehrish Asgar presided over the function, while Additional District Devel-

Aijaz Abdullah Saraf, Additional Deputy Commissioner Baramulla Zahoor Ahmad Raina, Additional Deputy Commissioner Parveez Sajad,-Sopore Joint Director Planning M. Yosuf Rather, Assistant Commissioner Revenue Peerzada Mumtaz Ahmad, SDM Gulmarg Sameer Jaan, SDM Pattan Syed Faheem, Chief Agriculture Officer, Accounts Officer Showkat Ali Khan,

ifayat Hussain, Tehsildar HQ Syed Basharat besides District heads of line departments and officials of various departments were also present in the farewell function. Speaking on the occasion, the Deputy Commissioner lauded the contribution of Harvinder Singh, as SDM Uri and acknowledged his public service delivery. She added that officers like him are an inspiration who in and day out besides keeping public service and public convenience on priority. She also applauded the outgoing officer for being empathetic and compassionate towards the general public.All the officers present in the function extended their best wishes to Harvinder Singh for his new assignment. Harvinder Singh thanked the District Administration for organizing such

DC Kulgam reviews functioning of RDD Instructs officers to ensure timely completion of all works

Farooq Rather

KULGAM, SEPTEMBER 13: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting here to review the progress of works being executed by the Rural Development Department proposed under District Capex Budget (DCB) 2022-23, MGNREGA, 14th FC and B2V-3, SBM,

The DC also reviewed the achievements under the targeted, estimation, tendering and allotment status, works completed

During the meeting, ACD Mohammad Imran Khan informed the chair that under District Capex 2022-23 there are a total of 1744 works and all stands

He shared the breakup and current status of these works and informed the chair that out of these 917 works have been taken up and 218 works stand completed.

With regard to PMAY-G, ACD informed the chair that out of a target of 1114 the first installment has been released to 900 beneficiaries and the 2nd installment has been given to 346 beneficiaries.

It was also given out that there are 41180 active job card holders and DDC directed the concerned to increase the number of job card holders in the district. He also instructed the concerned to ensure 100 percent Aadhar linkage.

During the meeting, it was also given out that the number of works under MGNREGA for this financial year is 17144 including works of sockage/compost pits.ACD informed the chair that the percentage of timely payment is 99.70 percent and the district has generated



3.16 lac PDs and wage expenditure of Rs. 6.83 crore has also been made.

The DC instructed officers to work in coordination and synergy to ensure smooth and speedy execution of works in all blocks.

He also directed the officers to start work on all allotted works immediately in all blocks and ensure timely completion of all work projects.

While reviewing the physical progress under 14th-FC, the chair was informed that there were 6616 approved works under 14th-FC and 6292 works stand completed. During the meeting, the DC also reviewed the status of works of B2V and SBM. The meeting was attended by JD-Planning, ACD, DPO, Ex. Engineer REW, BDOs, AEEs and other concerned officers. During the meeting, the DC also reviewed the status of works of B2V and SBM.

The meeting was attended by JD-Planning, ACD, DPO, Ex. Engineer REW, BDOs, AEEs and other concerned officers.

DC Bandipora chairs meeting on Plastic Waste Management in the district

No seed replacement cause of breakdown of resistance against blast. Experts

BANDIPORA. SEPTEMBER 13: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Tuesday chaired a meeting of concerned officers to discuss modalities of Plastic Waste Management in the district. The meeting was attended by DPO ICDS Bandipora, Mohd Ashraf Hakak; ACD Bandipora, Ab Rashid Das; Assistant Commissioner Panchayat, Syed Altaf Hussain Mosavi; DSWO Bandipora, BDOs and other concerned officers from MCs of the District.

Two young Research Scholars Er Benit Ul Islam and Er Shabnum Masood also attended the said meeting as special invitees. The meeting discussed various measures to achieve 100 percent waste segregation at the Source and at Collection centre level.



Speaking on the occasion, the DC said that the properly segregated waste can be

scientifically processed at the solid waste management project sites, which will help to lessen the pollution caused by plastic. He also stressed on public cooperation in segregation of waste at their level before reaching the community collection centers. Dr. Owais asked the BDOs to submit the panchayat level and block level plans of waste collection and segregation.

He also stressed on active involvement of Public and PRIs for proper implementation of plastic waste management plan.

On the occasion, the Research Scholars also gave a detailed presentation on Plastic Waste Management and use of plastic in the macadamization process. The DC appreciated the research efforts of the

R.D S&LR North Kashmir reviews digitization of Jambandies & quality checking of Baramulla

BER 13: The Regional Director, Survey and Land Records (S&LR) North Kashmir, Khursheed Ahmad Shah today convened a meeting in the Conference Hall of DC office Complex Baramulla to review the digitization of Jambandies and quality checking of district Baramulla.

On the occasion, the Regional Director took detailed review of the computerization of land records Tehsil Wise and village wise in digitization of jambandies, authenquality check.

While reviewing progress achieved on digitization of jambandies in Baramulla district, it was informed that there are 544 revenue villages in Baramulla and out of which 214 Jamabandies have been completed and the remaining process will be com-

The Regional Director directed the officers to expedite the digitization process and stressed upon them to ensure complete digitization of all

pleted soon.

jamabandies as per timeline fixed by higher authorities. Later, the Regional Director visited digitization centres of Tehsil Baramulla and Narwaw for quality check of jam-

bandies under digitization.

The meeting was attended by the Assistant Commissioner (Rev) Baramulla, Mumtaz Ahmad; Tehsildars of Watergam/Rohama Sopore, Sopore, Baramulla/ Narwaw, Kunzer, Khole, Karhama, Pattan besides Naib Tehsildars of Uri, Tangmarg, Wagoora, Dangerpora Sopore, Kreeri,

and Dangiwacha. While reviewing progress achieved on digitization of jambandies in Baramulla district, it was informed that there are 544 revenue villages in Baramulla and out of which 214 Jamabandies have been completed and the remaining process will be completed soon.

The Regional Director directed the officers to expedite the digitization process and stressed upon them to ensure complete digitization of all jamabandies as per timeline.

HERE'S WHY OMEGA 3S ARE **CRUCIAL TO METABOLIC HEALTH!**

HELENA EZZELDIN

or a long time, dietary fats had a bad 'health' reputation, where people believed that fats lead to weight gain. However, certain fats facilitate various processes and optimal body functioning. It may even aid one's weight loss journey by boosting metabolic health. One such necessary fat is Omega-3-fatty acids.

Omega-3 fatty acids are essential to the body cells and function crucial to metabolic fitness. However, it turns out that most individuals aren't getting enough omega-3s. But why? That's because most are probably unaware of why omega-3 is necessary or how to obtain it.

The human body can produce major lipids it requires from other fats or basic components. However, the concept does not apply to omega-3 fatty acids (omega-3 fats). This necessary fat cannot be produced by the human body on its own and thus can only be obtained. You find it in fish, vegetable oils, nuts (particularly walnuts), flax seeds, flaxseed oil, and walnuts are all abundant in Omega-3. Healthify-Pro 2.0, an intelligent diagnostics integrated with CGM-based BIOS, a smart scale, and personalised advice from nutritionists, helps you consume a balanced diet with Omega-3-fats.

Omega-3-fatty acids are a type of polyunsaturated fat and one of the key building blocks for cell membranes. They are known for their protective and predominant role in preventing several chronic diseases. These essential fatty acids also play a significant role in brain function and an individual's overall development.

But why are Omega-3 fatty acids so crucial for healthy metabolic health? Does it have any influence on metabolic health? This article provides all the information you need to decide if you should consciously start adding omega-3 fatty acids to your diet to optimise your

Understanding Omega-3s

Omega-3 fatty acids act as the building blocks of all lipids. In disease, and stroke risk. turn, fats are substances necessary for constructing every cell in the body and play a significant role in keeping you fit and healthy. They also serve as signalling precursors, allowing cellular function, and even contribute to the oil on

Research shows that the average human diet contains at least 20 distinct fatty acids. Also, the classification includes saturated, mono- ing cardiovascular disease, cancer, unsaturated, and polyunsaturated and neurological disorders. Omegafatty acids. These names allude to 3s fight inflammation in multiple the region of the cell that works on of violence, antisocial character-than others. the molecule's chemical structure. ways keeping pro-inflammatory have single carbon-carbon bonds, the creation of anti-inflammatory whereas unsaturated fatty acids markers. have one bond or more.

of these fatty acids to function effifatty acids from source components However, two polyunsaturated fats, omega-3 alpha-linolenic fatty acid (ALA) and omega-6 fatty linoleic acid (LA) are the "essential" ones. Essential implies that the body cannot produce them on its own. like leukotrienes. Since the omega-



That's why it's critical to obtain enough of each via your diet.

As per research, Omega-3s are commonly referred to as "healthy fats" since they protect against insulin resistance and artery plaque development. In addition, omega-3s are an essential component of all cell membranes and are abundant in specific tissues

Metabolic Health and Its Importance

Metabolic health indicates how well our bodies create and utilise energy. It is the collection of biological systems that generate power from our diet and environment to fuel every cell in the body. We have optimal metabolic health when these energy-producing pathways work smoothly. Since all cells in the body require energy to operate, metabolic health plays a pivotal role in maintaining overall health.

Benefits of metabolic wellness:

Continuous and consistent energy throughout the day Sharp memory and recall Clear and wrinkle-free skin Fertility enhancement

Ability to burn fat and maintain a healthy weight

An immune system that works

Mood stability due to reduced

anxiety and despair Reduction in risk of chronic illnesses- fatty liver disease, heart

The Effects of Omega 3s on Meta-

Improves Anti-inflammatory Capa-

The human body utilises temporal immunity to combat disease, but persistent low-grade inflammation is a characteristic of metabolic syndrome. It is also the underlying cause of various ailments, includ-For example, saturated fatty acids cytokines at bay and encouraging

Research shows that omega-3 The human body needs all forms fatty acids alter gene expression inside cells, disrupting pro-inflamciently. The liver can synthesise matory pathways involving proteins. It also decreases the producobtained elsewhere in your diet. tion of pro-inflammatory cytokines and other proteins involved in cell signalling.

Omega-3 fatty acids, particularinflammatory chemicals synthesis

6 metabolic route, which creates these inflammatory chemicals. competes for the same restriction enzymes as the omega-3 pathway. when omega-3s are abundant, the omega-6 process cannot progress. As a result of this competition, fewer pro-inflammatory molecules are produced with more antiinflammatory mediators.

Increase Insulin Resistance

Although omega-3s are involved in multiple pathways that affect insulin sensitivity, their practical impact on insulin in humans is yet unknown. Also, much of the research in this area is in progress on small studies or animal models.

In a small trial, increased omega-3 consumption directly correlates with better insulin sensitivity in middle-aged, overweight males. Those who consumed the most omega-3s had 43% higher insulin sensitivity than those who consumed the least. In addition, their fasting insulin readings were 25% lower.

Several studies explain how omega-3 fatty acids influence insulin sensitivity. One is that omega-3 fatty acids counteract the inflammatory impact of the amino acid homocysteine. As a result, it is significant in insulin resistance and is present in high quantities in Type 2 diabetics. As a result, insulin resistance raises your chances of getting prediabetes or type 2 diabetes.

A mouse study discovered that supplementing with omega-3s in the form of fish oil improved insulin resistance caused by high levels of homocysteine. The scientists anticipated that omega-3 therapy altered the lipid profiles of the mice, reducing the inflammation produced by homocysteine and, as a result, improved insulin resistance.

As per research, another method is that omega-3 fatty acids act on correlations between omega-3-fatthe endoplasmic reticulum (ER), ty acids and reduced behaviour the synthesis of proteins. Diabe- istics and borderline personality tes is associated directly with ER stress, a disease in which the ER cannot fold proteins appropriately. ER stress triggers the inflammafrom regulating.

Two meta-analyses investigating the efficacy of omega-3 supplein people with diabetes discovered no effect on glucose management. However, both had lower triglycly EPA and DHA, inhibit the pro- eride levels, which is essential for metabolic health

Omega-3 fatty acids have antiinflammatory properties that are beneficial for cardiovascular health, research says. They keep arterial walls flexible and avoid clotting and plaque buildup. Omega-3 fatty acids supplements can aid in treating hypertriglyceridemia or high blood triglycerides

Although omega-3 fatty acids are known for their capacity to decrease LDL cholesterol, the effects of EPA and DHA on cholesterol levels are not entirely known.

EPA and DHA can boost the function of lipoprotein lipase, an enzyme that breaks down triglycerides. They also reduce the quantity of pro-inflammatory cytokines in the artery wall, which helps to prevent plaque development.

Studies have revealed that EPA and DHA can "reprogram" the metabolism of triglyceride-rich lipoproteins (TRLs), changing the way cells utilise energy. Triglycerides move between tissues via these lipoproteins. Also, increased TRL can lead to heart disease. Therefore, maintaining them may be another way omega-3s decrease inflammation and prevent plaque buildup on arterial walls.

Improve Brain Health and Fight

A study has unveiled the link between omega-3s and brain health. Low consumption of these fats induces the risk of developing dementia and cognitive decline. Omega-3-fatty acids are crucial in treating Alzheimer's disease with their neuroprotective properties.

In addition, DHA is necessary for improving individuals' healthy brain function and mental health.

Furthermore, studies even show

Bipolar disorder, or manic depression, is a complex and debilitating condition. Omega-3-fats tory pathways that prevent insulin might assist individuals with the disease by stabilising their moods. The research analyses the link between omega-3s and schizophrementation on metabolic indicators nia, with positive results, at the early stage of the condition.

No substantial evidence exists that Omega-3-fatty acids can treat dementia or other severe brainrelated disorders. Nevertheless, intake of higher omega-3s is effective in maintaining the brain's healthy functioning and stabilising the positive mental health condition for as long as possible.

Helps Relieve Depression

Omega-3 fatty acids play a prominent and positive role in brain function. Even though EPA is not prevalent in the brain, it quickly nenetrates the blood-brain barrier as a free fatty acid. Low EPA levels in the blood can induce depression, one potential reason being that they help keep inflammation at bay, as per research.

One meta-analysis discovered that a daily dose of one gram or fewer of omega-3s containing at least 60% EPA could reduce depression, possibly due to its capacity to suppress pro-inflammatory cyto-

According to research, Omega-3 fatty acids are neuroprotective. This means it can help keep neurons and communication channels in the brain healthy. They also have a developmental impact on the infant and toddler brains. One research, for example, discovered that children whose mothers ate more fish during pregnancy had greater cognitive abilities.

How Much Omega 3s Do You Need

The NIH recommends that males consume at least 1.6 grams of ALA per day while women consume 1.1 grams. The USDA Dietary Guidelines recommend consuming an average of 250 mg combined EPA and DHA daily.

Consuming recommended omega-3-fats through your daily diet minimises the risk of developing metabolic disorders. The conditions include obesity, high blood pressure, high triglycerides, low HDL cholesterol levels, and severe cardiovascular diseases. In addition, omega-3-fatty acids can combat inflammation, decrease insulin resistance and prevent the risk factors of heart diseases.

Sources of Omega-3

Our bodies do not utilise all omega-3 fatty acids in the same manner, and understanding the variances is critical when deciding how to obtain them. Whether you receive your omega-3s from fish, fish oil supplements, or omega-3-fortified meals, studies indicate that increasing your exposure to these fatty acids can contribute to quantifiable modifications in the make-up of omega-3s in your cellular membranes within days. However, specific sources are higher in bioavailable omega-3s (the form that the body can efficiently utilise)

Coldwater fish are the most abundant source of accessible EPA and DHA, but quantities vary significantly between species. Farmed Atlantic salmon ranks first, with around 1.24 grams of DHA and 0.59 grams of EPA every 3 ounces. In addition, pink salmon, oysters, rainbow trout, and seabass are high in EPA and DHA. Quality eggs (pasture-raised) can also provide EPA. Read this article to learn about

the best fish to eat and avoid.

BRIEFLY NEWS

Keep your blood sugar levels lower than 7 per cent to dodge type-1 diabetes

ong-term blood sugar levels, known as HbA1c, can be used to accurately predict the risk of a person with type 1 diabetes having eye and kidney problems. According to research, this level should be lower than 53 mmol/mol (7%). The study tracked people for more than 30 years after they were diagnosed with type 1 diabetes.

The results were published in Diabetes Care. People with diabetes may experience damage to the small blood vessels in various organs. The reasons for this are unclear, but it has been known since the 1990s that good control of blood sugar levels reduces the risk of complications. It has, however, not been clear what level of long-term sugar, HbA1c, people with type 1 diabetes should have in order to avoid serious damage to blood vessels in the eyes and kidneys.

"Our study determines accurately the levels of long-term sugar that can avoid complications. This knowledge can increase a person's motivation to keep their blood sugar level under control," says Hans Arnqvist, professor emeritus at Linkoping University and leader of the study.

Researchers in the current study, known as VISS (Vascular Diabetic Complications in Southeast Sweden), have followed all children and adults younger than 35 years who developed type 1 diabetes during the period 1983-1987, and who received care in the South-East Healthcare Region of Sweden. All 447 newly diagnosed persons in the region during this period were included in the study. The researchers followed the patients' HbA1c values, which reflect their average blood sugar levels during a longer period. They have also monitored the development of eye- and kidney damage in these patients for a period of between 32 and 36 years after diagnosis.

The small blood vessels in the eye are particularly susceptible to damage in type 1 diabetes. Nearly all patients experience small haemorrhages in the eye that do not affect their vision. In some cases, new blood vessels develop in the retina. The latter is known as 'proliferative retinopathy and can lead to blindness. Another effect of diabetes concerns the area known as the 'macula' of the retina, where high-focus vision is located. Damage here leads to blurred vision.

The kidneys are not as sensitive to high blood sugar levels as the eye, but the important small blood vessels here can also be damaged. One consequence of such damage is the excretion of blood proteins in the urine. Albumin is the protein with the highest concentration in the blood, and when it is present in the urine the condition is known as 'albuminuria'. The damage to the kidneys eventually leads to impaired kidney function and, in serious cases, kidney failure. This is a fatal condition if untreated, and the patient must either undergo dialysis or receive a kidney transplant.

The blood sugar level in a healthy person is very closely controlled, with a maximum HbA1c level of 42 mmol/mol (6.0%).

"The results of our study show that people with type 1 diabetes for at least 32 years should keep their mean long-term sugar level below 53 mmol/ mol (7.0%) if they are to completely avoid serious damage. The risk of an eye- and kidney complications increases as the level increases. Our conclusions relate to avoiding complications arising from blood vessel damage. But if a patient has problems with low blood sugar, hypoglycaemia, it's not possible to control the blood sugar level-so strictly," says Hans Arnqvist.

The target level for HbA1c that is suggested by the results of the VISS study agrees with the individual targets recommended by the American Diabetes Association. In Sweden, target levels are given for groups, rather than individuals.

The previous follow-up by the research group was conducted 20 years after the onset of the disease. Now after 30 years, the results show that damage has arisen at lower blood sugar levels than was the case after 20 years. More patients have experienced damage, despite having blood sugar levels that are not higher than those they have previously had. In other words, it seems that the threshold for developing complications falls gradually with time. This means that the study does not allow any conclusions for the recommended blood sugar levels of people with type 1 diabetes longer than 30 years after diagnosis.

Chia Seeds: The Ticket to Weight Loss

PARUL DUBE

hia seeds, the teeny tiny, black and white seeds, are all over social media for their innumerable benefits. These small seeds, added in everything from puddings to smoothies, come from a flowering plant in the mint family called Salvia Hispanica. Including chia seeds in your diet can be one step toward weight loss. And it's no secret why they're so popular for weight loss. Chia seeds' insoluble fibre and protein keep you feeling satiated and full. But, with nearly 11 grams of fibre per serving, chia seeds might be the missing piece to your weight-loss

Can Chia Seeds Help You Lose Weight?

Chia seeds can be a great addition to your weight loss diet. With good reason, too. But the question is, how do chia seeds support your weight loss efforts? One, the fibre in chia seeds could undoubtedly help. A study shows that dietary fibre intake, independently of caloric and macronutrient intake, promotes weight loss. In addition, all that fibre in chia seeds, around 34.4 grams per 100-gram serving, can help to increase satiety. Plus, it can prevent hunger because fibre-rich chia seeds take longer to digest.

Two, chia seeds are also a good keeping you full and may prevent over-

eating. Therefore, the fibre and protein in chia seeds create a feeling of less hunger, more satiety, and lower cravings for sugary foods. Ultimately, chia seeds help you meet your calorie

Remember, adding chia seeds to the diet or just eating chia seeds will not result in weight loss. Chia seeds could help you lose weight only when combined with regular exercise and mindful, healthy eating. That also means chia seeds are not a catalyst for dramatic weight loss. Instead of feeling fixated on single foods and 'should' or eating patterns.

cravings or eating more later in the day. Also, fibre and protein promote less hunger and satiety, which can help lower calorie intake. But remember that chia seeds are not a magic bullet for weight loss. You should also pay attention to your overall diet and exer-

Ways to Eat Chia Seeds for Weight Loss

Fitness experts and influencers call chia seed water a magic weight loss potion. For starters, there's no set ratio for water to chia seeds. If you want to whip up chia seed water, soak one source of protein. Protein-rich foods tablespoon of the seeds in a glass of flavour variations. For a low-calorie like chia seeds undergo slow digestion, water. Nutritionists suggest soaking alternative, swap chia seeds with the

'shouldn't' eat, improve your overall a tapioca-like gel consistency or for a buy pre-ground chia seeds or grind minimum of 30 minutes. With that in them up in a blender until powdery to mind, some may not be into the idea of drinking chia seeds. But then, you can Chia seeds can assist in reducing also add them to smoothies and on top of salads or whip up a chia seed pud-

ding or pancake. If not water, then you can make chia seeds drink by mixing the seeds into your favourite type of milk and keeping it overnight. For added weight loss benefits, try to go for non-dairy milk alternatives. However, make sure not to add any high-calorie sweeteners and toppings. So, if you're eating a bowl of chia seeds for breakfast, mix in some

slices of apples and bananas. Chia seeds have a mild flavour. So you can add them to several preparations without worrying about startling chia seeds in water until they reach flour in your pastry recipes. You can

use in cake, cookie, or pancake recipes

Note

If you are on a weight loss journey and looking for healthy snacks all the time, chia seeds can be a good addition. You can mix chia seeds in water, salads, smoothie, pudding, milk, pancake mix, and a bowl of oatmeal. Drinking a glass of chia seed water daily, preferably in the morning, can be a healthy supplement to your weight loss diet.

Recipes to Try Chia Seed Pudding

Serves: 2

Preparation time: 10 minutes (Prep time does not include the additional refrigeration time)

Ingredients

Coconut or almond milk: 2 cups Chia seeds: 6 tbsps Cinnamon: 1 tsp Sea salt: a pinch Blueberries or chopped nuts for

Method of Preparation Pour the milk into a jar. Add the chia seeds, cinnamon, and salt. Cover the lid and shake well to com-

Refrigerate for a few hours, then give it a good stir to loosen any lumps. Refrigerate for 12 to 18 hours for the pudding to set.

Serve with fruit, nuts, or any preferred toppings.

Berry Chia Seed Smoothie

Preparation time: 5 minutes Ingredients Frozen berries of your choice: 1 cup

Unsweetened milk of your choice: Unflavoured yoghurt: 1/4 cup Chia seeds: 1 tablespoon Method of Preparation

Add all ingredients to a blender. Blend until smooth. Pour into cups, and enjoy immedi-

Strawberry Chia Seed Popsicles

Serves: 10 popsicles Preparation time: 10 minutes Ingredients Frozen strawberries: 3 cups

Almond milk: 1/2 cup Chia seeds: 1/4 cup Method of Preparation Blend all of the ingredients. Pour into a popsicle mould. Freeze and enjoy! With an easy swap of ingredients,

chia seed popsicles can be a healthy alternative to store-bought ones. In addition, it has no refined sugars and unhealthy fats, only around 50 calories

Things to Look Out for

As long as someone is mindful about portions, chia seeds can be a great nutritious addition to the diet. However, consuming too many of them can have counterproductive effects. There is a reason why the serving size of chia seeds has a two tablespoons limit. Overeating chia seeds cause a sudden drastic rise in fibre, leading to gastric issues like bloating and diarrhoea. If your diet is low in fibre, gradually increase your chia seed intake. Check for the possibility of chia seed allergens. Although rare, chia seed allergy can trigger symptoms or cause a reac-

Eating foods that promote satiety is not an issue, but they should not replace other foods in your diet. For example, when you eat chia seeds, focus on other nutritious mix-ins. Ultimately, though, reach out to your nutritionist if you are concerned about your consumption.

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EDITORIAL

PMFBY flagship scheme

he PMFBY scheme was launched on 18th February 2016. It's a flagship scheme of the Government of India which aims to provide financial support to farmers suffering crop loss or damage arising out of natural calamities. The scheme was revamped in 2020 enabling voluntary participation of the farmers. It also made it convenient for the farmer to report crop loss within 72 hours of the occurrence of any event - through Crop Insurance App, CSC Centre or the nearest agriculture officer, with claim benefits transferred electronically into the bank accounts of the eligible farmer. Insurance companies in PMFBY charge an actuarial premium rate without any ceiling. However, farmers have to pay a fixed percentage of the sum insured as a premium. The difference between the actuarial premium rate and the premium rate paid by farmers, i.e., premium subsidy, is equally shared between the local government and central governments. Despite having a fixed rate of premium for farmers, the premium amount paid by farmers and premium subsidy increases with an increase in the sum insured of farmers. The premium subsidy also increases when total insured farmers, total area insured, and the number of crops notified by the states/UTs for crop insurance increase. Also, there is Restructured Weather Based Crop Insurance Scheme (RWBCIS) which aims to mitigate the hardship of the insured farmers against the likelihood of financial loss on account of anticipated crop loss resulting from adverse weather conditions relating to rainfall, temperature, wind, humidity etc. RWBCIS uses weather parameters as "proxy for crop yields in compensating the cultivators for deemed crop losses. Both these schemes were approved at a meeting of the State Level Coordination Committee on Crop Insurance (SLCCCI), chaired by the Chief Secretary, in J&K. The committee also approved the modus operandi to be adopted for the successful implementation of these Schemes in the J&K. The Scheme would cover Paddy, Maize, Oilseeds, Wheat, Apple, Saffron, Mango and Litchi crops. While the Chief Secretary emphasized the need for providing insurance cover to the farmers against crop loss due to various weather vagaries, there is need to address various issues, which cropped in other States or UTs, beforehand. First and foremost the government needs to give a widespread circulation about the scheme benefits and guide the farmers about manner in which and under what circumstances they can avail it.

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Degradation of values in our educational institutions

KHUSHBOO BASHIR

y education we mean allound development of an individual's rational and intellectual traits, manifested in consistent growth and progress towards socio- political, psychological, moral, ethical, human and environmental values. Being collegiates, it is our prime responsibility to analyse the educational system where we are enrolled to spend more than three prime years of our youth, not for the sake of any critical evaluation but to understand the environment which plays an important role in grooming and socialising our beings. Once we are able to fathom the depth of these oceans of knowledge, it becomes easy for us to steer our course as well as contribute in making it more holistic, productive and fruit-

Like thousands of students passing out every year from higher secondary schools of our UT, I also passed and secured admission in one of the newly established colleges of the valley for my Bachelor's course. At the outset, the fervour was high. I was on cloud nine with millions of hopes attached to my goal like every other student. However, almost all my hopes seem to be blurring with every passing day due to the prevalent state of affairs in our colleges and higher seats of

The exterior glamour and grandeur of a number of our education-

OMKAR DATTATRAY

for more greener

pastures in the troubled

Jammu and Kashmir where

the assembly elections are

expected any time from now

.Azad has made it crystal

clear that he is not going to

join BJP but plans to float a

new political party very soon

and jump into the elections

of the Jammu and Kashmir

assembly when the dates of

the much due elections will

be announced. . The congress

has been Modifide because

he seems to be influenced

leaders? .One thing stands

deserted the congress but the

of the congress of the vester

blood and flesh of Azad and

while he has quit from the

him when he will float a new

political party. Thus Azad

zad had since left the

congress perhaps



al institutions may be astonishing pletion without trying to develop for a common eye but the interior narrative is altogether different in most of the cases. Whatever is written on papers and whatever works on ground are two perspectives which are poles apart.

From psychological and sociopolitical viewpoint, we are witnessing that social sciences and arts are looked upon in a step-motherly manner in contrast to the students from science, commerce or management streams, both by students and teachers. In addition to it, both teachers and the taught are busy in a rat race of mere syllabus com-

some social or political values. Overall, we are the ingredients of socio-economic and political setup of our nation. Aren't we supposed to be well aware and informed about how our social and political setup works? Who is supposed to inculcate these values when we are engrossed merely in completing our hectic and obsolete syllabi?

While talking about the development of moral, ethical and human values, we lag far behind our competitors from other parts of our country' seats of learning. How can a student from Kashmir Uni-

versity's colleges compete with a student from AMU, JMI, DU or JNU when most of his teachers don't even know how to speak good English or good Urdu. Don't we know that language is not taught but caught. When a teacher is unable to make the lecture simple and easy for students merely because it is not to be delivered in one's mother language, how would one expect the students to become Einstein or Newton?

Apart from that, has anybody ever tried to encourage students for development of such values which will teach them how to differenti

ate between good and bad, justice and injustice? Had it been so, our collegiate males would have been knowing how to give equal respect and regard to the collegiate females both inside and outside the campuses. By the way, what is the point of providing only bookish knowledge when a student is unable to differentiate between what is and what ought to be?

We also lack in developing environmental and aesthetic values among ourselves. We deface our beautiful campuses by keeping our wash rooms dirty and filthy, by breaking infrastructure at college canteens, libraries and sports halls, by plucking flowers from green parks, by haphazard drawings in classroom walls, and by throwing polythene and garbage in and around our campuses. Is this what is called an all-round development? Is this the holistic approach to our education?

It is time to wake up now. Time once lost can't be regained. If we fail in changing our status quo, the time is not far when we will be witnessing our institutes becoming dens of crime, indiscipline and delinquency. Once our teachers stop thinking about the future of their students, miscreants will make an entry and a complex process of educational degradation will come to the fore.

The writer is a college student. khushboobashir35@gmail.com

Has Azad Been Modifide?



leaders are saying that Azad independent of any political tagging and he is not going to join the saffron party the with the working of the BJP BJP in any case .But it is .But the pertinent question all together different that is has Azad been Modifide after the assembly elections. as accused by the congress Azad may alley with the BJP to form a government in tall and clear that Azad has case his new political party which at this time is only ideology and the philosophy in the imagination and has not been floated as vet, will not have the magic number vears is ingrained in the to form the government on its own. But Azad is all most basic membership of the conready to float his own politigress but he has not deserted cal party and will not join the thinking and philosophy other regional mainstream of congress. The secular phipolitical parties and he will losophy and thinking of the announce his own political

After quitting the conhas deserted the congress gress with which he was but has not deserted the associated for the last five congress thinking and ide- decades and having tasted ology which will be of great loaves of power and imporuse to him while floating his tant positions in the congress own political party .In fact ,Azad is very optimistic and Azad nurses the big dream of positive about his new politibecoming the chief minister cal party which is today in of the Jammu and Kashmir the mind of Azad and the new after the assembly elections political party will become .However it can safely be reality very soon .Azad is said that Azad is not Modi- also optimistic that his new fide at all and he is working political party will be in a

position to get much support from the people of estranged Jammu and Kashmir .The fact is that Azad has a good following in the both divisions of Jammu and Kashmir as he is in the memory of the people of J&K for his people friendly policies and good and transparent governance as well as for his unblemished and clean image during his stint as the chief minister in the past .It is hoped that his political outfit will be in a position to get a good number of the seats in the assembly elections when ever these are held ctions will be conducted any time now as the voter lists are being prepared and the objections are also been invited and thus there is every likelihood of the assembly elections in Jammu and Kashmir very soon. .There is the possibility that the political party of Azad will give a good fight to the traditional political parties of Jammu and Kashmir

cerned it can safely be said that there is no substance in this criticism of the congress on Azad as he is not going to join the saffron party as he is the ardent opponent of the right wing politics and therefore it can be said with certainty that Azad is not Modifide at all and he will float his own political party to fight the overdue elections when announced and held in Jammu and Kashmir Thus it cannot be said with certainty that Azad has been Modifide because he is far from BJP politics and revolving in the BJP politics.

Azad has made it clear his new political party will should not have left the party reflect the secular thinking and this is very unfortunate of Azad .All eyes are set on in the assembly elections Azad and it is watched by .But so far as the criticism of the political pundits as to Azad being Modifide is con- how will Azad proceed in

Jammu and Kashmir .At present it is premature to forecast with precision the political events which will enfold in future because of the entry of Azad into political chessboard of Jammu and Kashmir .But one thing is obvious that he will float his own new political party to give a tough political fight to the traditional mainstream political parties of Kashmir in the polls .The tall leader of the congress Jai Ram Ramesh has attacked Azad by saying that the DNA of Azad has been Modifide .He has further said that one such man who has been given much respect has back stabbed and betrayed congress .Azad has broken his 51 year relationship with the congress .This decision of Azad has made congress leaders furious and they are fuming In the meanwhile the senior leader of congress Jairam Ramesh has raised question on the DNA of Azad. While talking to the press Jairam Ramesh has said that the Azad's DNA has become Modifide .He has further will be a strong opponent of said that this behavior of .But one thing is clear that the saffron right wing poli- Azad has brought real charthe congress about Azad's Azad has deserted the con-Ghandi.Rahul Gandhi and the whole congress is fightumpteen times that he is not ing the BJP over the meagoing to join BJP as he has sure issues of price rise and ideological differences with unemployment, polarization the right wing party and so and at this crucial time Azad

> Modimye There was a war of words

the political chess game of between Azad and Jairam Ramesh and Azad has backfired and said that there is need for Jairam Ramesh to check his DNA. The fact is that the DNA of Azad has not Modifide because Azad has clearly said that he will not join BJP. But at the same time Azad is all praise for Modi and has said that he was of the opinion that Modi would be a crude man but he was very sensitive and emotional about the victims of a tourist bus in Srinagar which had been attacked by the militants when Azad was the chief minister .Azad has said that he saw tears in the eyes of Prime minister Modi on the sad attack on the tourist bus which had disfigured the victims and their bodies were scattered .Thus Azad is all praise for Modi but is this all that Azad has become Modifide. It is this which has forced the senior leader of congress Jairam Ramesh to comment that Azad has been Modifide, but the fact is that Azad is now really independent was what the BJP leader and cabinet minister Smiriti Irani has said about Azad .According to Irani Azad is now indepensubstance of the criticism of .Jairam Ramesh said that was a war of words going on between Azad and Jairam becoming Modifide and gress at a time when Sonia Ramesh and there is need to end this acrimony and move forward in the politics .Nothing certain can be said about the accusation of Jairam Ramesh that Azad has become Modifide and in short the time only will tell the truth about the accusa-.Jairam Ramesh has said tions and criticism leveled that Azad's DNA has become against Azad.

NARENDRA MODI SHOULD STRIVE FOR A BETTER UNDERSTANDING WITH XI AND PUTIN AT SCO MEET

NITYA CHAKRABORTY

rime Minister Narendra Modi will be visiting the historical city Samarkand in Uzbekistan on September 15 and 16 to attend the Shanghai Cooperation Organisation (SCO) summit amidst the continuation of the Ukraine war and the persisting misunderstanding between India and China over the border issues. This will be first in person summit since 2019 of the eight world leaders including Russia, China, India and Pakistan,

The Beijing headquartered SCO is an eight member economic and security grouping consisting of China, Russia, India, Pakistan, Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan. Though the SCO started functioning from 2001, India and Pakistan became members only in 2017, The last 2021 summit at Dushanbe . conducted in a hybrid mode declared that the SCO believes" in principles of mutual respect for independence, sovereignty, territorial integrity, equality and mutual benefit, peaceful settlement of possible disputes through dialogue and mutual consultation, non interference in internal affairs, non use of

tion of unilateral military superiority in adjoining areas".

These are pious declarations just like any United Nations charter which the big powers have the habit of ignoring when it clashes with their national interests. Russia, the leading member of SCO is engaged in the war in Ukraine which has crossed six and half months already with no indication of ending. Ukraine is being helped by NATO powers through supply of weapons though the western powers have sent no ground troops. That way, this devastating war will continue indefinitely unless there is strong intervention by the other states who are friendly to Russia as also in a position to approach the United States.

Right now, President Putin is not in a comfortable position in terms of both the economic strength of the country as also acceptability to the majority of the population in the country. The western sanctions against Russia have not been able to damage the economy the way the west expected earlier. But the continuing war is impacting the living standards of the Russian people just as the western citizens,

going to have a terrible winter this year because of high energy prices due to Russian actions. It is a no win situation in Ukraine war with more and more deaths and destructions with every passing day.

As regards Chinese President Xi Jinping, he is attending the SCO meeting just one month before the Congress of the Chinese Communist Party which begins on October16 this year. He is modelling himself on the lines of Mao zedong planning to present to the Congress his own 'historic programme' which will transform China into the biggest economy in the world surpassing the USA after two decades. Xi also proposes to remain in his position for the third term to oversee the transition of Chinese society and economy to his desired direction.

But for the Chinese supremo, the outlook for the Chinese economy is not all that rosy. China has been losing the advantage it enjoyed so far as the cheapest manufacturing base for the American companies as also other western firms. India and Vietnam have emerged as big competitors. Foreign think tanks say that the Indian

present decade compared to China and China will lose the demographic advantage also in next two decades due to ageing of its skilled population compared to India. Chinese Communist Party supremo has to take into account all these factors while presenting his historic programme.

Indian Prime Minister Narendra Modi will be attending the summit in the background of India defying the US diktat on sanctions of Russian oil supplies. Though Modi has been a part of the US sponsored geo political strategy in Asia-Pacific, he ignored the US warning and came to understanding with Russia for increased oil supplies. This step of India was a help to President Putin. In fact, other South Asian countries like Bangladesh are following India and that is a major satisfaction for the Russian president in the wake of strong sanctions by the

While at the two day meet, India will certainly discuss bilateral issues of interest with other member nations, it is imperative that the member nations underline the need for immediate starting of effective negotiations for ending

GDP growth will remain higher in the war in Ukraine. The end of deaths and devastations is in the interest of all the eight member nations. India is the most prominent member of the SCO having good relations with both USA and Russia. India is still the largest democracy in the world, despite Modi Government's efforts to undermine its institutions. Prime Minister Narendra Modi has a voice which commands respect among nations due to the geo political importance of India. Indian Prime Minister has to play that role at

this Samarkand summit. President Putin has been talking of a meeting of Russia. China and India for some days. It's a good idea. India and Russia are maintaining excellent relations. India and China have to improve the same and Russia can help a lot. This 21st century is the Asian century. China and India are the drivers of growth of world economy. These two biggest Asian countries may act as competitors based on different political system but they have to reduce the areas of confrontation stage by stage. Let the Samarkand summit send some signals on this emerging cooperation between India, China and Russia.

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ARVIND KEJRIWAL'S DINNER WITH AUTO DRIVER IN AHMEDABAD IS A GOOD NEWS

SUSHIL KUTTY

rvind Kejriwal's gimmicks! There was the time, early in his political career, January 2014 to be precise, when Kejriwal slept on the side of the road outside the Rail Bhawan in New Delhi, his body at ease on a mattress placed next to his famed blue Wagon-R that he swore will be his vehicle for life come what may. October 2017, the Wagon-R went missing from outside the secretariat and was found in a Ghaziabad side-street. Today, there is no trace of the Wagon-R's whereabouts.

There was also the time when Kejriwal climbed a ladder leaning against a lamp-pole to make a statement on the state of power supply in Delhi. Kejriwal's gimmicks are designed to be electrifying. Whether they worked or not wasn't known, but they left a mark on the psyche of the hard-up electorate.

Juxtaposed with AAP freebies,

they found currency among voters; extent. at least, the Delhi voter took Kejriwal's vote-catching gimmicks positively, betting more than once on the man and winning every time much to the disgust of the Bharatiya

So far, in the 10 years since AAP was formed, the BJP hasn't found them, the most famed is the Kejriwthe word 'go', the legend was cultivated that auto-drivers and Kejriwal are bosom buddies. In Delhi, AAP-auto has been a winning combination. Come election time, AAPautos ply all over the city, taking the AAP "poster-boy" to the capital's nooks and crannies.

A nasty side effect was autorickshaw drivers came to believe roads, but the arrival of the Delhi Metro flattened things out to a great

But Kejriwal is not the one to dump a poll-winning formula, not as long as there are states to win. So, the auto-driver continues to be in his armoury. The other day in Ahmedabad, when the people of Gujarat thought Kejriwal can't pull anymore rabbits out his non-exisa "tod" to Kejriwal's gimmicks. Of tent hat, Kejriwal stumped them by accepting a dinner invitation from al auto-driver gimmick. Right from an, you guessed it right, auto-rickshaw driver!

Result: Kejriwal and a couple of other AAP leaders dined at the auto-driver's modest house and the pictures were in every Ahmedabad home the next morning, in time for morning tea. Very few, however, knew that this was a gimmick Kejriwal had perfected in Punjab. The same modus operandi: A meetthey owned Delhi with most of them ing with auto-rickshaw drivers and charging as they saw fit. They still suddenly one of them shouts out a think they are the lords of Delhi's dinner invite and Kejriwal retorts "tonight?" The humble auto-rickshaw driver all but blurts out "Yes

Not long ago, Kejriwal won Punjab with the gimmick. September 12, 2022, it was executed with practiced ease in Ahmedabad. In Punjab, it emerged much later, that the "auto-driver", at whose house Kejriwal had dinner along with Bhagwant Mann, was an AAP functionary, not an auto-driver! Too late! By then, Bhagwant Mann was Chief Minister, and Kejriwal the Super CM".

Now, Gujarat has got a taste of the AAP auto-driver dinner date. "Will Gujarat go the Punjab way?" Also, just so that people remembered AAP and Kejriwal on polling day, Kejriwal made sure they had something extra to remember Kejriwal by on their way to the polling booth – a spat with a pair of Ahmedabad cops on an Ahmedabad road, telling the men in uniform what they can do with their security, and how!

Yup, another Kejriwal-patented digested! gimmick. The Delhi Chief Minis-

ter's "off with your security" gimmick is as old as the Wagon-R he dumped after it served a purpose. Like all good politicians, Kejriwal is a master of "use-and-throw". He has been using and dumping "security" for a decade. Not too long ago, Delhi Deputy Chief Minister Manish Sisodia complained that the Centre was playing with Kejriwal's security. In Ahmedabad, the day before, Kejri-

wal said "off with your security!" Vikram Datanni, the Ahmedabad auto-rickshaw driver, at whose house Kejriwal had dinner, knew Kejriwal had used the gimmick in Punjab. In fact, the dinner-date was stage managed. Dantani's dinner fare was a king's repast! And the dialogue wasn't homemade: "I am your fan. In a video I saw on social media, you went to have dinner at the home of an auto driver in Punjab. So, will you come to my home for dinner?" The rest, like they say, is done and

Other Alternatives to MBBS



ot all NEET aspirants know that through the exam they can take admission into many other courses pursue your dream of becoming a medical professional even without pursuing an MBBS course. There are many other medical courses other than MBBS that are promising and rewarding at the same time, and these fields are growing at a fast pace. By going through the options, you can gauge that other than MBBS which course is best for you. That would also lead in medical other than MBBS with-

After MBBS, the most popular Paramedical Sciences medical course option is BDS. After completing the BDS course, you will be called a registered and qualified doctor. Besides BDS, you may opt for any course under the hood of AYUSH (Ayurveda, Unani, Siddha and Homeopathy) courses. AYUSH practitioners are also qualified doctors. These courses are now managed and

elor of Homeopathic Medicine now and then. Hence, making the and Surgery), BAMS (Bachelor branch one of the most demanding of Ayurvedic Medicine and Sur- in the field of medical sciences. gery), BUMS (Bachelor of Unani Medicine and Surgery) or BNYS (Bachelor of Naturopathy & Yogic Sciences) can also be opted. All these courses are for the same duration as MBBS, followed by a compulsory internship. The animal sciences and can practice above-mentioned courses require as well besides MBBS. You can NEET and one needs to be NEET qualified to take admission in these courses, but the NEET cutoff is not as high as that of the MBBS

There are many other courses other than MBBS you can choose from and you don't need to qualify for NEET for the same. Branches like allied medical sciences, paramedical sciences and likes are some good options aspirants with you to a high-salary career option Physics, Chemistry and Biology subjects in class 12 can opt for.

Paramedical sciences courses tion to manage and handle emergency medical treatment, diagnosis and treatment of various medical conditions and ailments with the help of diagnostic tools, ultrasound, X Rays and tests in cynical labs. As the population and the high number of patients

of the hospitals, shortage of para-Courses such as BHMS (Bach- medics in India is observed every

Veterinary Sciences

Bachelors in Veterinary Sciences (BVSc) is a 5.5-year course in which aspirant learns and gets trained about the veterinary or as a veterinary or animal doctor. Graduates from this course can work as pet care professionals, veterinary pharmacists, and animal behaviour management specialists in military forces.

Job opportunities in veterinary sciences have extended towards the private sector immensely from the government sector over time. Opportunities in animal health and nutrition, animal care product management, animal grooming and various animal farms have been created these days. Hence, it is one of those high-salary career options other than MBBS.

deal with the training and educa- Hospital and Healthcare Manage-

A programme like BSc Nursing, which is a four-year course, is the best example one can follow to pursue a career in the field of Medicine. Rest are the programmes one can pursue after completion of their graduation. Courses such as

as well and offer full-time degree (OPD) and In-patient departments or MBA in Healthcare are some techniques. of the most demanded courses nowadays. Graduates from these courses do not contribute to the treatment but are actively associated with supervising and managing the healthcare process in large medical organisations and hospitals. They usually ensure better coordination and efficiency in communications across various departments in hospitals.

Other Medical Sciences Pro-

BPharm or Bachelors in Pharmacy is a four-year degree course that emphasises in research and development of drugs and medicines for the treatment and cure of various diseases. The pharmaceutical industry is one of the booming industries these days. One can carve out a lucrative career out of it. BPharm graduates can pursue MPharm (Masters in Pharmacy) to have a specialized postgraduate degree. Also, a six-year PharmD course is now offered and is recognised as a professional course.

Biomedical Engineering

Besides these courses, one can also opt for a four-year degree in medical electronics or Biomedical Engineering. The course is based on the concepts of designing tools for biological and medical healthcare purposes for diagnosis and therapy with the implementation

regularised by the Government in the Out Patient Department Masters in Hospital Management and application of engineering

Candidates interested in pursuing the traditional BA, MA, BSc and MSc programmes can opt for Psychology as the major subject in their graduation or in master's. By qualifying, a two-year MPhil in Clinical Psychology can become a qualified Clinical Psychologist as well.

As the demand for health and wellness related is progressing each day, there are plenty of courses other than MBBS and career options after NEET other than MBBS you can choose from. Healthcare being a necessity in the corporate sector, schools and institutes these days, options like lifestyle management, sports management, geriatric care, and child and wellbeing management in schools are some excellent career options. The development of treatment and drugs, research, and new and proven medical techniques to achieve healthcare goals are the most interesting and rewarding challenges for allied healthcare professionals. Hence, aspirants who are not keen or do not qualify for pursuing MBBS have a number of options to choose from, which have been listed in detail. With proper guidance and dedication, a medical professional can

excel in any field. Vijay GarG Retired Principal Educational Columnist Malout

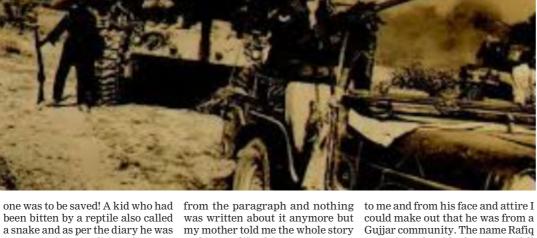
1965: Sector Sialkot as the Indian Army was poised to penetrate but had not done so and it was with three weeks to go!



'This little incident I found in the diary of my Dad. He had written many. In the 49 years of life he had written very few but those incidents can be multiplied and produced in words!' I always search for written notes and have access to many. Needless to mention he was an army officer, incidentally at that time a Captain and we used to stay in one of the forlorn lanes of Talab Tillo, Jammu and we were kids and my sister had not arrived in the world! Two years later she was to be born but that day it was Saturday, just a weekend to revert back to the operational zone by Sunday evening! My Mom knew that her husband was to arrive by

mid afternoon!' He did not!' -'With no communications available till, mid afternoon, my mother, basically a jovial lady, always laughing was grim that day suddenly!As a class four student I did not know why? I did come to know later as to what a little paragraph written in the diary wanted to convey'! When my mother told me the whole story of the paragraph, I was befuddled, in fact nonplussed and my mouthpiece uttered a line, 'then also and now also'!

-'The weekend delay had a reason and that had to be bigger than getting back home to spend happen! the weekend with the family. Some-



in a precarious condition, the paragraph clearly stated that it could be and also a rat snake. The first four

ing on Pathankot-Jammu High-

was written about it anymore but my mother told me the whole story and it goes like this.

'Your Dad was to come on a Russel viper/cobra/ adder/Krait weekend that day. Your Dad never came and I got worried but ultiare deadly, the last one to a lesser mately he did come at four in the evening and when I asked him he 'The parents were waiting for said, 'there is a duty to be done for a vehicle and none were play- the people also as the war is on!' And when he told me about the way because of the situation that whole story my eyes did become was prevailing and it was at that moist. What happened was that he moment when Willy's jeep came was coming home as he promised from one of the two ends and it when he saw a man, worried and was from the road length from desperate trying to stop me as if the

could make out that he was from a Gujjar community. The name Rafiq Hussain and suddenly my eyes fell on a woman with a small boy in her lap and she weeping to hell. Rafiq told me that she was his wife Naseema Hussain! It was here I came to know her son had been bitten by a snake and she was pleading with me to help her son out and help them to carry him to hospital! I knew that was impossible but in her pleas, I felt what would have when her son survived within two happened if my own sister would be days! That is what the Indian Army in her place. So I decided to get him is all about! to MH Satwari and entered there. Pathankot side!' Something was to olive green's were his last hope. I Naseema was my sister! The boy our prime duty! For the Nation told the driver to put his foot on the was admitted. Those were different and the people anything and every-These were a few details I learnt brakes and he did. The man came days, fifty seven years ago. I heard thing!

all this in grim silence and then asked what happened after that!' The next morning was Sunday and your Dad left after having his favorite breakfast, Paratha, aam ka achaar and curd with sugar! I did ask him,' where are you going, 'to check out the little boy and my sister'! It was much after the war when he came back for a long leave she asked him about his experiences of war in which his unit was involved and had done a great job in the Sialkot sector, the area full of water wells which in advances during nights could become death wells as he had told me? He never answered even one of them, But did mention, 'I'm glad that the young boy was saved and my sister did bless me, nothing can happen to men who help others in times of distress!' The Indian Army ever since independence has been doing the same. Even if a lie has to be told to save the poor, it should be done and they are doing it!

Saving the lives of the people is the prime duty of every soldier of the Indian Army and they are doing exactly that not from now but right from the times when Pakistan like a snake kept troubling the people of Jammu and Kashmir! The venom has taken 75 years to cure and we are loving our independence but that day in 1965 a mother was fighting for her son's survival as a reptile had dug its fangs into a child's feet! She too was in a blissful mood

'Saving human's at all costs is

Secularism and **Marganalized Muslims**

SHAKIRAH AMIN

Ancient Secularism

Secularism literally means the separation of religious matters from the spheres of the state. The term "SECULARISM" has been coined by an British agnostic writer George Jacob Holyoake. Holyoake defines secularism in a different way from its usage. His definition is more akin to the modern definition of secularism and humanism. If we take a look on the history of secularism in India, Ashoka was the first great emperor who promulgated that the state would not prosecute, discriminate or follow any particular religion. In this 12th rock edict, Ashoka requested people not only to tolerate all the religious sects but also awake a spirit of brotherhood among the people. In the ancient India, the Santam Dharma (Hinduism) was actually to develop to as a holistic religion by welcoming different people with different beliefs in order to live with peace and harmony.

Besides that, taking the Muslim rulers in view Babar had advised Himayun to shed religious prejudice, protect the religious components of Hindus. After Humayun, in the medieval period Akbar abolished the individual tax that the non-Muslims had to pay for living in an Islamic state referred as Jizya. He was always in the way to completely finish the discrimination and the gaps between the people which emerged due to the religious differences among the people. He wanted Sulh-i-Kul among the mankind of his Kingdom. He even had Hindu ministers and the participants in his debates included theologians who were Buddhists, Janis and Zoroastrians. This proves that in ancient India both Muslim and Hindu rulers were in the support of secularism. As said by the Former Chief Justice of India P B Gajendragadkari that "Secularism is defined as that the state does not owe loyalty to any particular religion as such; it is not irreligious and anti-religious but it gives equal freedom to all freedom"

As everyone among us that how the British converted their trade into territorial colonial rule and the reason how they got empowered was the disunity and non-corporation among the rulers and kingdoms of India. So , in order to segregate them further they applied the DIVIDE and RULE policy which resulted in the formation of various rebellions and revolts which finally compelled Britishers to leave India and in this long run the spirit of secularism was enriched and Partition of Bengal in 1905 was one such example when Britishers wished to imply the DIVIDE and RULE

NOW, looking towards the present secularism of India reveals the truth of presence of pseudo secularism in the state. The demolition of Babri Masiid by Hindu nationalists 0n Ayodhya on 6th-december-1992 is an example of pseudo secularism which resulted in the rise of Hindu-Muslim conflicts as it violates one of the main objective of the secularism that is one religious community cannot dominate another. It also violates the constitutional right under ART.16(1) that there will be no discrimination on the basis of religion. Transforming from the secularism to pseudo secularism, India is going through a drastic change due to which India in future can turn into a non-secular country. Debates on how it was transforming lead to the Hindu-Muslim leader separation . The current attacks on Muslims in different parts of India arises question in every Muslims mind. Why ain't I feeling safe here ? Why am I treated like an outsider ? Why am I being discriminated on the basis of my religion? And besides all this "AIN'T I LIVING IN A SECULAR COUNTRY?" Who is going to answer all these questions? Who is going to return the lives of those innocent people who were killed in the Masjid attacks? And who is respon-

As quoted by Ibrahim Lincoln "Democracy is by the people, of the people, for the people," By means of this definition, if a country implies democracy and secularism then the government of the country has to completely be a secular and a democratic country but the exact opposite of it is being plasticized by the government of India. Stating itself secular and dominating minorities, stating itself democratic are ignoring the development of J/K. Was this the reason why people chose them as their representatives . Here I don't want to point out any particular political party but it has to be a lesson for the whole parliament. The word 'SECULARISM' which was added to the Preamble of Indian Constitution under 42nd amendment act of 1976 highlights the proof of no discrimination on the basis of religion and also declares that India has no official religion.

No doubt, the Constitution framed by Pandit Moti Lal Nehru had the concept of secularism as it was penned in it like "There shall be no state religion nor shall the state endow the beliefs of any religious community or the Gandhi's concept of secularism which signified that brotherhood among the people shouldn't decrease with the distribution of people in different religions. But the opposition of Sharia Law and the day by day abolishment of Islamic Law is directly giving rise to conflicts among Muslims and Hindus. In addition to it, forced conversion to Hinduism is also such a campaign which is a black mark on the name secular India. By doing these acts and violating these rules, they are going against the constitutional and fundamental rights of a community.

Taking the secularism from the Islamic point of view, so Allah(S.W.T) says in the Glorious Quran: La Ikraha Fi Deen

Which means that there is no compulsion in religion. Its Quranic meaning is that "Do not force anyone to become , for Islam is clear and pure and its proofs and Surah Al Baqarah 2:256At present scenario, India is heading towards pseudo secularism which in future can have a devastating effect on the future generation and put also stains on the image of India. India is currently among the countries which are heading towards pseudo secularism. So, in conclusion it can be said that if the government of India won't take action on the current transformation of secularism to pseudo secularism, that time may not be far when India will either be again divided into territories and again under the territorial rule . Or it may be the cause of World War 3 which either will be a cause of Indian annexation or a reason of division of India into territories

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BRIEFLY NEWS

Yuzvendra Chahal meets Abhishek Baneriee

Thile mostly essaying the comic and fun-loving characters on the screen, Abhishek Banerjee has presented a whole new shade of his acting spectacle in 'Paatal Lok' as intense killer Hathoda Tyagi that has left a strong imprint of it on the audience's heart.

As his character from the series went on to create many examples of its success, its popularity is not just limited to the audience as now one of the India's renowned cricketer, Yuzvendra Chahal also came across as a fan of his character.

Abhishek as Hathoda Tyagi is one such character that has left a profound memory in the audience's mind. While the actor has left millions impressed with his character, the example of its popularity was witnessed when Yuzvendra posted a selfie on his Instagram handle with Abhishek while they met during travel.

The cricketer wrote the caption- "FINALLY WITH HATHODA BHAIYA @NOWITSABHI"

While Yuzi posted a picture with the actor, Abhishek also posted it back on his social media while showing a kind gesture. Moreover, it's amazing to see both the gems of their own fields come together and enjoyed the company together.

On the work front, Abhishek will be seen in 'Bhediya', Rana Naidu, 'Nazarandaaz', and many

'Siya' receives audience's appreciation

Tineet Kumar Singh and Pooja Pandey, who are all set for the release of 'Siya', are receiving heartwarming appreciation for addressing a sensitive topic

The entire team of the 'Siya' has been shuttling through cities to promote the film, and has touched a chord with the audience during their promotions.

The team of the movie flew to various cities during the promotional activities like Delhi, Jaipur, Kolkata, Lucknow, Bangalore among others and the love they received was phenomenal and heart warming.

The film narrates a tale of a small town girl who fights against the patriarchy, and a heinous crime like sexual assault and what follows is a fight for

On receiving appreciation galore during city tours, director Manish Mundra said, "It is really endearing to receive so much of love from the audiences. I'm really looking forward to their response once our film releases theatrically and I'm glad to have been blessed with such warm words, support and best wishes for this project.'

"The promotions have been great and we are really hoping for more love to pour in. This movie is extremely close to my heart and the actors have translated my vision exactly how I wished to portray it. The movie will instantly strike a chord with your heart and the support we have received has only made us more confident of our movie,'

'Siya' is the directorial debut of producer Manish Mundra. The movie has been produced by Drishyam Films and also has been shot in real and challenging locations to maintain authenticity. It will hit the theatres on September 16.

Lucky to have super talented Dulquer Salmaan for 'Chup': R Balki

The recently released trailer of filmmaker R Balki's 'Chup' has gained a lot of appreciation from the fans, and the release of the psychological thriller has become the most awaited

Paying an ode to Bollywood legend Guru Dutt, the teaser directly pointed to the criticism that the legendary director received for his masterpiece 'Kaagaz Ke Phool'.

The unconventional director recently opened up on casting Dulger Salmaan for the thriller

"For Chup, I was lucky to have someone super talented, a superstar in one half of the country, who speaks Hindi as if it's his mother tongue and who can be a terrific discovery for the other half of the country. I wanted a relatively fresh face for Hindi Cinema with the acting muscle of a veteran and then I found Dulquer. I narrated the film to him on Zoom during the lockdown, and that was it. We met for 30 minutes or so in Cochin and then directly on the set. I never even had to do a reading or a work

shop with him," expressed Balki in a statement. R Balki's search for novelty came apparent in his reason for casting Dulquer and he is certain to give his audience a never-like-before watch.

Others headlining the power-packed cast of the film are Sunny Deol, Shreya Dhanwanthary, and Pooja Bhatt. The movie is directed by R Balki and Produced by Gauri Shinde, Hope Filmmakers and Pen Studios. The original story is by R Balki, the screenplay and dialogues have been co-written by R Balki, critic-turned-writer Raia Sen and Rishi Virmani. The flick is set to release on September 23

Vicky-Katrina team up with Cleartrip

ollywood's star couple Vicky Kaushal and Katrina Kaif in their first-ever joint collaboration have come together with Cleartrip in its journey towards making people travel more.

'We couldn't be more excited to team up with Cleartrip! In its latest avatar, Cleartrip is a fresh, young and optimistic brand - which really vibed with us and resonated with who we are - not just a couple that loves to travel, but one that wants to take bold steps in our domains. We loved Cleartrip's fresh outlook and plan to revolutionize the travel industry," Vicky-Katrina said in a joint

Speaking on the collaboration, Kunal Dubey, CMO at Cleartrip, said, "This is an exciting period for us with the kick off of the upcoming festive season. And we are thrilled to collaborate with Vicky and Katrina, as they resonate with our brand personality and values. It was also the right time to collaborate, as we recently unveiled our new brand identity. We are all set to celebrate travel and enable people to tick off that dream destination from their list." On the film front, Vicky will be seen next in 'Govinda Mera Naam', Laxman Utekar's untitled next with Sara Ali Khan, 'The

Great Indian Family' and 'Sam Bahadur' While, Katrina has 'Phone Bhoot', and 'Tiger 3'

in her kitty

Shreya Dhanwanthary unveils her look test for 'Chup'

fter piquing the inter- Salmaan. est of the audience with the unique and interesting trailer of her theatrical release 'Chup-The Revenge of An Artist'. Shreya Dhanwanthary takes a trip down the memory lane revisiting moments from the

The talented actress shared some BTS pictures and videos of her look test, first day of the shoot, also giving glimpses into the scenes and first meetings with her co-stars Sunny Deol and Pooja Bhatt.

Having earned her recognition and appreciation with the overnight sensation of 'Scam 1992', Shreya has carved her place as a phenomenal actor. Bringing yet another remarkable story to the audience, Shreya is gearing up for the theatrical release of her upcoming film, which has created a positive chatter amongst movie buffs with the intriguing plot.

The first song from Shreya and Dulquer and Pooja.

Expressing her gratitude towards the overwhelm-

ing response and the "critical appreciation", Shreya thanked everyone through her social media as well as treated with treasured moments from the shoot of the film.

From her look test to having a gala time with the cast, the actress has given a captioned it as, "oh. And this sneak peak into everything that unfolded on the sets.

Starting from the look test, Shreya shared how different looks were tried and tested before locking the 'one' for the film. Post confirming a look, Shreya went through a hair change to fit the character's requirement. Giving a glimpse into an actor's life, she shared that she spent three months in a vanity van, while she shot for the film.

Giving all of us an insight into how the sets of 'Chup' looked like. Shreva shared moments of R Balki watchthe film 'Gaya Gaya' also ing her take with his master received a great response eye at work, to him directfor the chemistry between ing her along with Sunny

Not giving us a breather from her sequential BTS moments. Shreva further uploaded some charismatic BTS images of Sunny and expressed, "Omg. Look at how good looking @iamsunnydeol is"

Sharing a strong bond with her co-actor Pooia Shreya posted an adorable picture with Pooja Bhatt and gorgeous mamacita enters the frame and my life. I mean @poojab1972 #fan4lyf.

The fans couldn't have asked for a better take through her journey.

The trailer of the film has stirred the excitement amongst the fans. 'Chup-The Revenge of an Artist' is said to be the first film of its kind.

Revolving around the concept of movie critics, the film staring Shreya, Dulquer Salmaan, Sunny Deol and Pooja Bhatt will release on September 23.

Apart from this, Shreva has 'Adbhut' alongside Nawazuddin Siddiqui, and 'Mumbai Diaries' season two lined up amongst some unan-



Roy Kapur Films to bring 'Last Film Show' to Indian cinemas

Siddharth Roy Kapur's Roy Kapur Films is all set to bring 'Last Film Show' (Chhello Show), Pan Nalin's poignant ode to celluloid dreams, back home to audiences in

The Gujarati-language coming-of-age drama has captured the hearts of critics and audiences across the world and will now release in theatres in Gujarat and on select screens across the country on October 14. The film is produced by Roy Kapur Films, Jugaad Motion Pictures, Monsoon Films, Chhello Show LLP,

and Marc Duale. Inspired by director Pan Nalin's own memories of falling in love with movies as a child in rural Gujarat, 'Last Film Show' is set at the cusp of the digital revolution and follows a nine-year-old boy ensnared by the magic and science of light and shadow that lies behind celluloid film projection.

is hurtling towards him. It is an authentic, organic, and set around films, food, and

Producer Siddharth Roy



wonderful Last Film Show (Chhello Show), a film that celebrates the magic and wonder of cinema and the theatrical experience."

"There could not be a more apt time for this film to release when cinema-going around the world has been disrupted by a pandemic and audiences need to be reminded anew of the first time they fell in love with the experience of watching a movie in Manoeuvring through a darkened cinema hall. It is both social pressures and a matter of pride that such economic precarity, he pur- a powerful work of art has sues his passion for the "film" come out of India, and we are show" with single-minded sure that audiences in India a recipe book which they devotion, oblivious to the will fall in love with it, just would make available for technological upheaval that as they have all around the their audiences. world," he added.

Pan Nalin shared, "We emotionally charged drama are thrilled to collaborate on this film with a producer I really admire, Siddharth Roy Kapur. Sid has proved Kapur said in a statement: his passion and penchant "We are incredibly excited for producing elevated enterto embark upon this excit-tainment, and with his help, ing association with Pan we are looking forward to Nalin and Dheer Momaya to entertaining Indian spectabring Indian audiences the tors with our labour of love its theatrical run.

Last Film Show (Chhello

"Our film has been receiving a lot of love from spectators across the world, and with Roy Kapur Films' support, we are aiming to give it a good release in my home state of Gujarat and the rest of India. I am also excited that the India release will coincide with its theatrical release in the USA, Italy, and Japan," he added. Producer

Momaya of Jugaad Motion Pictures commented, "Over the past few months, I've had the privilege of observing Indian and international audiences laugh, cry, whistle, and clap in cinema halls while watching the film. The overwhelming response

has further built my confidence that our local film cuts across cultures, languages, and age groups from eight to eighty. The unanimous and mouth-watering demand for Kathiawari delicacies after the screenings is always funny, so much so that our Italian and Japanese distributors have requested

'Last Film Show' had its world premiere as the opening film at Robert DeNiro's Tribeca Film Festival and has won multiple awards across various international film festivals, including the Golden Spike at the 66th Valladolid Film Festival in Spain, where it also enjoyed commercial success during

Trailer of 'Plan A Plan B' out



etflix on Tuesday unveiled the fun filled trailer of Riteish Deshmukh and Tamannaah Bhatia starrer upcoming romantic comedy 'Plan A Plan B'. With marriages, divorces, swipe rights and everything in between, this rom-com is here to give you all the feels.

making of the film, Shashanka Ghosh said, "In solid entertainer. Shashanlife plans get made. Then ka's direction has brought something happens and the a vivacious energy into the best-laid plans go haywire- script and it has been a great and that's exactly how this journey making the film." the writer Rajat Arora, and Plan A Plan B with Riteish, Tamannaah and Poonam Ji the film. This film is a sweet flix!"

romantic comedy that is lighthearted and fun and we hope Netflix audiences will enjoy it."

Speaking about his experience of writing the film, Rajat Arora said, "Plan A Plan B is a quirky romance that will win your hearts. It is the classic story about 'do opposites attract' but is Talking about the depicted in a spirited new way that we hope will be a

unique story came to life. Tamannaah, playing the The script came to me from role of a matchmaker said, "This movie has been a wild the moment I read it, I was ride. Whether it is working instantly excited to work with Netflix, the entire cast, on this theme. Making or being directed by Shashanka sir, Plan A Plan B has been a memorable jourhas been such a fun experincy. It is a dynamic movie ence and their infectious that will appeal to every energy and chemistry has type of audience and I can't translated in every shot of wait for its launch on Net-

Speaking about his experience, Riteish added, "I have always had a soft corner for the comedy genre and Plan A Plan B was yet another memorable experience for me. It is important to work with a team that approaches this genre with a twist and makes it refreshing for the audiences and Plan A Plan B has definitely been one such project for me. We have made this film with a lot of love and we cannot wait for Netflix viewers around the world to enjoy it with us!"

Starring Riteish, Tamannaah, Poonam Dhillon and Kusha Kapila, 'Plan A Plan B' is produced by Rajat Arora (Funk Your Blues Entertainment Pvt Ltd) and Trilok Malhotra and K R Harish (India Stories Media & Entertainment Pvt Ltd) and directed by Shashanka Ghosh. 'Plan A Plan B' is all set to release on Netflix on September 30.

Prime Video unveils thrilling trailer of 'Hush Hush'

rime Video on Tues-Shikhaa Sharma, who also ing Amazon Original, 'Hush Hush', starring Juhi Chawla, Ayesha Jhulka, Soha Ali Khan. Filled with mysteries.

suspense and drama, the 'Hush Hush' trailer gives a glimpse into the life of four friends -- a powerful lobbyist Ishi Sangamitra (Juhi), an ex-investigative jour- me. nalist Saiba Tyagi (Soha), a self-made fashion designer Zaira Shaikh (Shahana Goswami) and a trappedin-society Dolly Dalal (Kritika Kamra), who find themselves hurtling down a rabbit hole of lies, deceit on Hush Hush with a forand secrets after their privileged world turns dark and

Their lives turn upside down when an intelligent cop Geeta (Karishma Tanna) sets out to unravel the mystery that also involves Ishi's childhood friend Meera (Ayesha Jhulka).

The seven-episode series is helmed by acclaimed director Tanuja Chandra, who also double-hats as the Executive producer.

Kopal Naithani serves as director for two episodes and one episode has been directed by Ashish Pandey.

day dropped the serves as an Executive Protrailer of the upcom- ducer and screenplay and additional stories by Ashish Mehta.

Delighted about helming the powerful story of such a diverse cast and crew. Chandra said: "The female genre has been my abiding passion but a female-first cast and crew is something of a dream come true for

"I'm grateful that Abun-

dantia Entertainment and Prime Video have provided us with a platform on which to tell engaging narratives with a distinctly female gaze. I've loved working midable cast and a team deeply committed to creating something unusual but also a show that speaks to the times we live in. And having women as producers and heads of department just made it that much more special."

Speaking about her streaming debut, Juhi said, "I look forward to embarking upon a new journey in the rapidly growing digital space with Prime Video. The platform has revolutionised the art of storytelling with blockbuster origi-



grasped my attention, and I knew in an instance that this is a special project that I'd love to work on.

"I have always been an admirer of the extraordinary work that Abundantia Entertainment produces and it was special to collaborate with Vikram and his wonderful team. I'm delighted to work alongside such phenomenal actors such as Soha, Shahana Kritika, Karishma and Ayesha and I am certain that audiences will resonate with the show and continue to nals that have captivated bestow their love upon the audiences across the counshow and me as I begin this engrossed throughout the to be part of this brilliant streaming from September The gripping story is by try. The plot of Hush Hush new chapter," she added.

Soha said, "Hush Hush deals with a stark set of aspects that women encounter in today's day and age and am delighted to collaborate with Amazon Prime Video and Abundantia Entertainment to bring ble cast & crew of women to alive this stellar project. work alongside makes this I had a wonderful time project even more special. I shooting with Juhi, Sha- can't wait for audiences to

ment brought in a sense they unfold." of excitement and fun that viewers to see. I'm certain that the audiences will be year and I'm super excited

that will interest audiences across the world. Working with this diverse team of actors such as Juhi, Soha. Kritika, Karishma and Avesha was so much more fun than I could imagine and something I will always cherish. Each character in the series is a different kind of woman and will be very relatable to all. I am so pleased to have worked with Tanuja, Abundantia Entertainment and Amazon Prime Video on this series and I'm sure that the public will be intrigued by what's coming their way.'

Kritika commented, "I am delighted to reunite with Prime Video for another extraordinary series with a riveting plot that will engage audiences of all interests. Having an ensemhana. Kritika. Karishma. witness what we have creatand Avesha. Having a ed and I'm sure that thev'll female dominant environ- enjoy the twists & turns as

Karishma said, "Hush will translate on screen for Hush is my second series with Prime Video this series and will relate to it." storyline. Working with 22 on Prime Video.

Hush is a special series and Abundantia Entertainwith a gripping narrative ment and especially with my amazing co-actors was a great experience, it was a lot of fun and learning as well. I'm sure audiences will enjoy this exhilarating tale that unfolds shadowed truths of the surroundings we live in." Ayesha added, "Hush

> Hush is my debut in the digital space, and it truly is the perfect project to embark upon for this new journey. Prime Video and Abundantia Entertainment have created a benchmark with extraordinary storytelling featuring women in the lead and am delighted to collaborate with them for this illustrious project. Having an ensemble female cast & crew has made this experience top notch and I am certain that audiences will love the series and relate to the varied aspects that each character possesses while dealing with relatable circumstances.3

National Award winning writer Juhi Chaturvedi (Gulabo Sitabo, Piku, Sardar Uddham Singh) has penned the dialogues. Produced by Vikram Malhotraled Abundantia Entertainment, 'Hush Hush' will be

Dr Samoon reviews Yuwaah action plan, skill mapping for youths

13: Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon, today chaired a meeting to review Yuwaah action plan and skill mapping of youths of Jammu and Kashmir.

The meeting was attended by Special Secretary, School Education Department; Joint Director Planning SDD; FA SDD; Chief ADAP UNICEF: Education Specialist of UNICEF; Principal, Research and Consulting, Yuwaah Partner and other concerned officers through physical and virtual mode

During threadbare discussion, a power point presentation was given by the representatives of Yuwaah Partner of UNICEF highlighting the functioning and present status of ongoing survey of the scheme

economic classification cation and 24.8 percent of



They apprised of present status of education, employability and engagement of youth (15 to 29 years) which constitute 27.8 percent of Jammu and Kashmir population, more than 12.5 million people. This percentage in J&K is higher than the Indian average of 27.5 percent. percent of young people

of population reveals that 34.47 percent of the population is a part of work force and the youth participation rate is 40.9 percent lower than Indian average of 41.4 percent. Besides, 66.81 percent of young people have been enrolled in Secondary Education, 58.6

young people have been enrolled in higher educa-

Principal Secretary stressed upon the concerned authorities to understand the interest of youths and requirement of present market where the youth will be engaged and provided employment

opportunity in their home

Dr Samoon emphasized upon them to ensure speedy completion of the exercise of survey skill mapping of youths of JKUT so that the government could provide them different platforms as per youth skills. He said that the data source is very important in order to find out the job opportunity in different potential sectors of Jammu and Kashmir.

Dr Samoon said that ag riculture, construction, manufacturing, forest-ry, wholesale and retail trades, repair of motor vehicles and education have broad potential for maximum placement. He said that proper counseling and interaction with youth has crucial role in choosing better skill courses.

DDC Chairperson Kathua reviews progress of District Development Plan works

KATHUA, SEPTEMBER 13: District Development Council Chairperson Kathua, Mahan Singh today reviewed the status of the works approved under District Capex Budget 2022-23, here at a meeting held in the DC office complex.

DDC Vice Chairperson, Raghunandan Singh; Deputy Commissioner, Rahul Pandey; ADDC, Ankur Mahajan; CPO, Uttam Singh; DDC members and concerned Officers were also present.

The DDC Chairperson took sector wise review of works vis a vis status of the ongoing works, technical and administrative approvals, status of tenders, allotment of works etc.

The Chairperson called upon the DDC council members to personally monitor the progress of the works going on in their respective jurisdiction. He also called for timely execution without compromising on the quality of works. The Chairperson urged all the DDC

members and District officers to work as a team and coordinate with each other for successful execution of the District Development Plan under the Capex Budget 2022-23 to fulfill the development aspirations of the people.

The Deputy Commissioner apprised the meeting that the progress of works was being closely monitored by taking weekly reviews. "The officers have been to pace



up the progress of the ongoing works to achieve maximum targets" he added.

The DDC Chairperson also asked for sharing the list of all tendered works with PRIs to enable them to monitor the prog-

During the meeting, many other issues were discussed at length viz. release of 2nd installment under PMAY, fixing responsibility of contractors for delaying the works, rationalization of Staff in Schools, filling up of vacant posts of medical staff etc. The meeting decided to ensure early resolution of the projected issues.

It was also given out in the meeting that a proposal to construct a 50 bedded hospital in Sub Division Bani has been submitted to the Health department to augment existing health infra.

Nasha Mukt Abhiyan **Udhampur Police conducts awareness** programme on in JK Public School

Officer, PSI Pallvi Rajput



BER 13: To sensitise the youth about the harmful effects of drug abuse, District Police Udhampur, in collaboration with District Information Centre organised a youth awareness event under "Nasha Mukt Abhiyan" here in JK Public Higher Secondary School.Senior Superintendent of Police, Dr Vinod Kumar, District Information Officer, Rajinder Kr Digra, DSP Dar, Station House

and other officers/officials of Police and Ayush Department besides Management Committee, staff members and students of the school attended the programme.Addressing the students, SSP Udhampur stressed on the need to sensitise the people about the bad effects of drug addiction, adding that the students have to play a pivotal role to curb this menace which has grabbed the whole world.

He said that the main objective of organizing this awareness programme was to reach out to masses and spread awareness about the impact of drug abuse on the individuals as well as on the society. He spoke in detail on different aspects of narcotics & addiction and other important aspects related to drug abuse. He reiterated that drug abuse has become a major social concern and youth are at a very vulnerable end and can fall in its trap anytime and urged upon the school management and teachers to pay more attention towards children and take proactive steps to prevent them from falling prey to the disaster of drug addiction. The Management Committee of the School appreciated the steps taken by Udhampur Police to curb.

DC Kathua reviews arrangements for Navratra Festival

KATHUA, SEPTEMBER 13: Deputy Commissioner, Kathua Rahul Pandey today convened a meeting of officers of different departments and representatives of religious organisations to review the arrangements being put in place for the celebration of Navratri festival.

At the outset, the Pujaris and members of Mandirs and Shrines committees highlighted the issues related to the arrangements for smooth celebrations of Navratra festival.

During the meeting, issues including road con-nectivity, cleanliness, uninterrupted electricity, regular drinking water supply, security, medical facilities, traffic management, repair of high mast lights, check on the rates and quality of food items and deployment of fire tenders, ambulance etc. were discussed in detail. The Deputy Commis-

sioner directed the engi-

neers of PWD, RDD, Jal

road connectivity, water supply and uninterrupted power supply to the shrines and temples during the Navratra festival. He asked the Police authorities to provide adequate security arrangements. The EOs of Municipalities were directed to maintain cleanliness in and around shrines in Urban areas, while ACD Kathua was directed to ensure cleanliness and sanitation in rural areas of the district. The DC directed the

Traffic authorities to ensure proper management of traffic during Navratras, while the RTO was asked to place proper signboards for the convenience of the devotees. He asked the concerned authorities to keep a check on rates and quality of food items being sold during the festival. The Health Department was directed to keep sufficient provision for medicare for the visitors.

Poshan Maah

NYK Udhampur organises series of awareness events

UDHAMPUR. SEPTEM-BER 13: Nehru Yuva Kendra Udhampur, Ministry of Youth Affairs & Sports, Government of India today organised a series of activities related to the celebration of "Poshan Maah"

The National Youth Volunteers are continuously visiting Anganwadi Centres and making the parents aware about the importance of a balanced diet for better immunity of their children.

To ensure community mobilization and bolster participation, the rural youth clubs are going door to door to celebrate this crucial month. The youth volunteers are

carrying out the activities to spread the message of holistic nutrition throughout the month to ensure a healthier future for women and children. This year the "Rashtriya Poshan Maah" is aimed at converting Jan Andolan into Jan Bhagidari to fulfill the



Prime Minister's vision of a Suposhit Bharat.

In Block Narsoo, NYV Anu Radha visited many prominent locations and pasted Posters to highlight the issues related to malnutrition in women and children. NYV Ansuya Sharma distributed the Iron Folic acid tablets among young girls that are most prone to Iron deficiency in Block Khoon. Similarly, NYC Pooja Devi visited Anganwadi centres in Basantgarh and educated the parents

about the importance of

Vitamins and their source In Ramnagar and Majalta

Blocks, the youth volunteers are organizing poster making and painting competitions to address the issues of malnutrition among adolescents.

Wall writings are being done at prominent locations of Block Chenani to educate the people about the importance of timely vaccination of their children. These activities will continue till 30th September in a mission mode

Power shutdown

Engineer (Distribution) JPD-CL, Jammu has informed that the power supply to Jourian, Troti, Muthi Mara, Bakora, RakhMuthi, PHE, BSF, Border Migrant, Sohal, Shakti Nagar, Patel Nagar, Kailash Nagar, Canal Road, Rajpura, Bakshi Nagar, Shiv Nagar and adjoining areas shall remain affected on Septem ber 14 from 7 am to 12 noon.

Meanwhile, the Superintending Engineer (Distribution) JPDCL O&M Circle Kathua has informed that the power supply to Janglote, PHE and adjoining areas shall remain affected on September 14 and 15 from 7 am to 12 noon.Similarly, the power supply to Amrit Vihar, Rishi Nagar, Patel Nagar, Kalibar, Shiva Nagar and PHE installations shall remain affected on September 14 and 15 from 8 am to 11 am.

Likewise, the power supply to Indira Colony, Krishna Colony, PHE installations of Krishna Colony, Happy Palace and Shaheedi Chowk shall remain affected on September 14 from 10 am to 11.30 am.Similarly, the power supply to Nagri, Airma Morh and adjoining areas shall remain affected on September 14 and 16 from 8 am to 1 pm.

PMAY-U: 2155 houses being constructed in Rajouri district this year

13: Deputy Commissioner Rajouri, Vikas Kundal today inaugurated houses constructed under Pradhan Mantri Awas Yojana-Urban (PMAY-U) in the Rajouri Township and handed the keys to the beneficiaries.

He also chaired a meeting to review this year's targets and progress made in the district under the scheme being implemented by the Municipal Bodies.

While interacting with the beneficiaries during the Grah Pravesh ceremony, the DDC said that PMAY-U ensures a safe and secure dwelling unit to the beneficiary with all basic facilities. "It improves the quality of life, self-esteem, and social status of the beneficiary" he added and congratulated them for owning a house. He also said that the District Administration has taken a slew of measures for effective implementation of the PMAY-U scheme in the district.

Each house has been completed at an amount of the beneficiary under the

to the Government for providing them pucca houses

payment made till date.



According to EO MC Rajouri, 232 houses have been completed in the district, while the rest are at different phases of execution like plinth, wall level, slab level and some are in the verification stage."This year target is to construct 1040 and we are hopeful of achieving the target" he added. The beneficiaries, whose houses have been completed and inaugurated by the DDC, include Mohammad Fayaz, son of Mohammad Din, and Mohammad Aijaz, son of Mohammad Din. They expressed their gratitude

pealed to the Government to continue such initiatives for the welfare of the poor and needy.Later, the Deputy Commissioner chaired a meeting of the concerned officers to review the implementation of the Scheme in all Urban areas of the district. The meeting was attended by ADC Nowshera, Kartar Singh; CPO, Mohammad Khurshid; ACR, Imran Rashid Kataria; EOs and other concerned officers. During the meeting, the

DDC sought a detailed report about the status of geo-tagging, number of

prised the meeting about to date status in this regard. It was informed that against the target of 2155 houses, the work on as many as 402 has been completed in all respects.The DDC asked the concerned officers to work in a mission mode to achieve the set targets to provide early benefit of the scheme to the last beneficiary.He also asked the concerned officers to ensure use of quality material and timely payment of the installments to the benefi-

DDC Rajouri reviews achievements under Animal, Sheep Husbandry & Fisheries sector schemes

RAJOURI, SEPTEMBER sure that the targets under 13: District Development Commissioner Rajouri, Vikas Kundal today reviewed the achievements made in Animal, Sheep Husbandry and Fisheries sectors under different schemes here at a meeting of the concerned officers.CPO, Mohammad Khurshid; DSHO, Dr Safraz Naseem Chowdhury; AD Fisheries, Munesh Sharma; AD Planning, Bansi Lal and other concerned officers attended the meeting.

The DDC sought a detailed report from the concerned officers regarding the physical and financial progress made under different schemes wherein the concerned officers briefed about the same.

Addressing the officers during the meeting, the DDC asked them to put in place dedicated efforts to endifferent schemes are completed within the stipulated time frame. Stressing on the need

for generating awareness among the public about various welfare schemes, he asked them to publicize the schemes being implemented by their departments in the district and ensure that all eligible beneficiaries are covered under the schemes. The DDC asked the con-

cerned officers to take proactive measures to accomplish the targets within set timelines.Meanwhile, threadbare discussion was also held with regards to the measures being taken in the district in order to combat the spread of the Lumpy Skin Disease and asked the concerned officers to take ef-

fective measures to mitigate the disease in the district. **Drug Control Organization** Kulgam organises Awareness programme at Devsar

Farooq Rather

KULGAM, SEPTEMBER 13: As part of 'Nasha Mukt Bharat Abhiyan' the Drug Control Organization Kulgam today organised an awareness camp at Devsar, here.During the programme, the Chemists and Distributors of the area were sensitized about safe dispensing and distribution practices with an aim to follow governing rules/ conditions of licenses and strict adherence to safe dispensing practices with respect to scheduled formulations/ NRx/ habit forming drugs.Also, it was reiterated to install computer billing systems and CCTV cameras for maintaining sale/ purchase records to fight against the menace of drug abuse. Also, it was reiterated to install computer billing systems and CCTV cameras for maintaining sale/ purchase records.

Apprenticeship Mela

Over 1000 aspirants, 40 establishments participate in awareness events held in 7 Nodal ITIs

velopment, UT of J&K, in collaboration the Regional Directorate of Skill Development & Entrepreneurship, J&K, Jammu and Department of Industries participated in the Nation-wide program of "Prime Minister National Apprenticeship Mela" (PM-NAM) organized in all the states and Union Territories of the country the other day by organising awareness events (PMNAM) in 7 District

Nodal ITIs of J&K. Four ITIs of Jammu Division and three ITIs of Kashmir Division, namely Govt. ITI Udhampur, Govt. ITI Ramban, Govt. ITI Doda, Govt. ITI Kishtwar, Govt. ITI Baramulla, Govt. ITI Bandipora and Govt. ITI Kupwara, organised an Awareness Mela in

their respective campuses to educate the participants about the Apprenticeship Scheme. The highlight of the event was the participation of representatives from DDCs, DICs, SDD, RDSDE, Corporations like NHPC and mem bers from local Industry and Establishments. The Principals

intendents, who are also designated as 'Assistant Advisors' Apprenticeship of their Districts, welcomed the participants, followed by detailed presentations by the experts and designated officials/ coordinators on the scope and parameters of the Apprenticeship Scheme.

This event has become a regular feature now, and is scheduled to be conducted in at-least 6 Districts of J&K, on the second Monday of every

dates aspiring to undergo apprenticeship training in near future and 40 establishments most of them duly registered on the portal: www.apprenticeshipindia.gov.in participated in yesterday's event.

The industry members interacted with the candidates and shared with them their experiences and expecta-tions. The delegates and participating members also expressed their satisfaction that such events will bring in great volume of opportunities of employment/ 'rozgaar' to the youth of J&K, who will be getting trained under actual job situations in the industry besides other benefits to both the apprentice and the establishment, as envisioned in

the scheme.tendents, who are

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of their Districts, welcomed the participants, followed by detailed presentations by the experts and designated officials/ coordinators on the scope and parameters of the Apprenticeship Scheme.

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The industry members in teracted with the candidates and shared with them their experiences and expecta-

DEO Kathua discusses procedure for Special Summary Revision with Political representatives

KATHUA, SEPTEMBER 13: Deputy Commissioner Kathua Rahul Pandey, who is also the District Election Officer, today convened a meeting with representatives of political parties at the Conference Hall of DC Office com-

During the meeting, discussions were held on the procedure for upcoming Special Summary Revision and issues concerning updation of electoral

The DEO informed that with the addition of 66-Jasrota as a new constituency, Kathua district now has a total of 6 Assembly constituencies for which 699 Polling Stations have been provi-

The DEO informed the representatives that six special camps shall be organized on 24-25th September 2022, 01-02 Oct-2022 & 15-16th Oct 2022 to facilitate the general public for updation of electoral rolls. "Besides, special door-to-door campaigns will also be organized through respective BLOs" he

The DEO called upon political parties to appoint the Booth Level Agents

(BLA) and furnish the list with the District Election Cell, besides ensuring their presence at their respective polling stations on the day of special camp to assist the BLOs.

The meeting also discussed prescribed forms for the purpose of Special Summary Revision. The DEO further apprised the meet-

ing that the District Election Cell will keep them informed about the updates received from ECI and any queries whatsoever shall be redressed accord-

Among others, Dy. DEO Kathua Abhay Gupta and other officials were also present in the meeting. The DEO informed that with the addition of 66-Jasrota as a new constituency, Kathua district now has a total of 6 Assembly constituencies for which 699 Polling Stations have been provisioned.

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FROM THE FRONT PAGE...

AZAD

way like a river flows ..and it should be put on the people to decide to whom (leader) they want to listen. Don't expect from me that I will speak against any leader or party", he said.He said "don't make people fool and sentimental on the name of Article 370 for the vote bank".

He reiterated his party's priorities -- restoration of statehood to Jammu and Kashmir and security of land and jobs. He said "we have put issues before the people of Jammu and Kashmir for the past 70 years but not fulfilled any".

"We have lost much earlier in sloganeering...Emotions arise, faith of people gained and they pick up guns. One lakh people got killed and more than fifty thousand women became widows and 5-6 lakh children became orphans. Mulsims were killed, Kashmiri Pandits got killed, Hindu of Jammu were killed. Don't give any slogan on the basis of religion", Azad warned.

He said "I had made up my mind in Delhi to ask people to form a party which would have full support of the public and that is why I have put two weeks in Jammu and Kashmir to address public meetings and meet the delegations of people".

He said he met about 450 delegations from all the 43 constituencies of Jammu and Kashmir who supported him. "I think this is the first time in the political history that the people are supporting a person when there is no party made so far. It was like a referendum before floating a party", he added.

CR

examination for the posts of Sub-Inspectors.

LG

in Poonch.The Lt Governor highlighted that in the last two years, the administration has tried diligently to ensure that the benefits of infrastructure and social welfare reach even the remotest villages of this border district.

Last year, a total of 1734 projects were completed in Poonch which exceeded the target set in the district capex. This year, under the district capex budget, Rs 924 crore was allocated to the district for development works and out of 1412 projects taken up this year, 80 percent work will be completed by 31 October, it was informed.

The Lt Governor also paid homage to Padma Shri Mali-a female member of Gujjar Community who saved Poonch in 1971 war on the occasion. As a tribute to Mali's invaluable contribution to the country, Govt Degree College, Mandi will be named after her, he further announced.

"Effective steps shall be taken by the district administration to make young generations aware of her inspiring saga", the Lt Governor added.

The Lt Governor said, Poonch is our pride and several steps are being taken to transform its ecological richness and evolve innovative and ecologically sustainable ways of promoting tourism that will provide greater thrust to other economic activities.

As a significant step towards tapping the immense tourism potential of the district, the project of tourist infrastructure development of Noori Chhamb under PMDP was also inaugurated today.

During his visit to the border district, the Lt Governor launched projects worth Rs. 78.80 Crores for the welfare of tribal communities and observed that several infrastructure projects, including bridge, roads, power sub-stations, smart class rooms, model villages will spearhead the cause of sustainable rural development.

14 Van Dhan Vikas Kendras will create local facilities for value addition to traditional forest products and empower tribal communities. Various other benefits extended to small farmland owners, people living in border villages will infuse a sense of self-confidence, said the Lt Governor. Observing that Tribal community awaited social justice for years, the Lt Governor said under the guidance of Prime Minister Narendra Modi, various schemes have been implemented in Jammu and Kashmir and today every tribal family has been granted their long due constitutional rights.

Under the Prime Minister's Employment Generation Program, (PMEGP), skill development for tribal youth has been started in Poonch and two batches of training have been completed. The Government is bearing the expenses of the Coaching for young boys and girls of the tribal community for the Civil Services, J&K Administrative Service examination, NEET, JEE examination, it was informed. The Lt Governor announced that there will be no shortage of funds for those youths who aspire to become entrepre-

In Poonch last year, as many as 1479 young boys and girls

have been made entrepreneurs and they have also provided employment to more than 3500 people.

"This year also we have set a target to make 1062 youth entrepreneurs. Under the Mumkin program of Mission Youth, 97 vehicles have been distributed among the youth and under Tejaswini Yojana, we are moving towards fulfilling the dream of 300 girls to become entrepreneurs," noted the Lt Governor.

The Lt Governor said the special focus of administration is on development of border villages by ensuring effective implementation of projects under BADP, Samridh Seema Yojana and Aspirational Block. 55 projects of Samridh Seema Yojna and 11 projects of Aspirational Block have been approved and their tendering process is going on, he ob-

Addressing the demands of the public representatives and people of Poonch, the Lt Governor assured that Mendhar, Poonch Mini Secretariat will be completed soon. Power capacity of various areas of Poonch including Chandak, Mendhar, Loran will also be augmented to cater to the needs of the people.

CARANTER

Local sources told news agency Kashmir News Trust that Hafizullah Khan son of Muhammad Yousuf, a resident of Zagoo Khan Mohalla was busy in his work on the rooftop of the Jamia Masjid when he slipped and sustained grievous injuries.

The victim was shifted to Primary Health Centre Watarhal where doctors referred him to SMHS Hospital Srinagar. In Srinagar hospital, the carpenter succumbed to his injustice.

Police in this regard have registered a case under relevant sections of law.

MASHROOMS

ing and subsidy from Agriculture department. The duo set up the unit with the help of the Department of Agriculture in a 20x18 room and have been cultivating the button mushrooms over the last six months. Malik believes that unemployed youth, particularly those living in the rural areas, could easily earn their livelihood by turning to progressive farming.

Similarly in Kupwara a youth who quit his job two years ago to become independent now owns Mushroom farm. Nisar Ahmed Ganie of Bramri Kupwara quit his job after he was encouraged by the agricultural department to pursue Mushroom Cultivation. After his first successful crop, Nisar has setup five units of mushroom cultivation from which he is earning a good income.

POONCH

the underprivileged, tribals, and those living in villages and border areas. People's grievances should be addressed promptly by all the departments, the Lt Governor directed the officials.

The Lt Governor reviewed the status of digitization of land records, Amrit Sarovar, Jal Jeevan Mission, e-services, One District One Product, PM Kisan, Power scenario, Mission Youth, entrepreneurship and employment generation programmes, Block & Thana Diwas. The Lt Governor also assessed the progress made on strengthening the connectivity of border villages.

The Lt Governor directed the officials for special emphasis on the education sector and dedicated efforts for increasing the enrolment in schools. He further stressed on ensuring effective implementation of Youth-oriented schemes and programmes and directed for doubling the efforts for engaging youth in sports-related activities.

The Lt Governor also passed directions to organize Debates, Essay Writing & Painting Competitions on the theme of "Truth and Non-Violence" in educational institutions across the district in commemoration of the birth anniversaries of Mahatma Gandhi and Lal Bahadur Shastri. Stressing on developing agriculture and allied sectors, the Lt Governor called for giving special focus on improving farmers' income and strengthening Farmer Producer Organizations in the district.

While enquiring about the impact of lumpy skin disease in the district, the Lt Governor directed for conducting extensive vaccination campaign.

Sh. Inder Jeet, Deputy Commissioner Poonch gave a detailed power point presentation on the overall developmental scenario in the district.

The district has taken up 1412 works under district capex and 80% projects are expected to be completed by 31st October, it was informed.

Ms. Tazeem Akther, DDC Chairperson Poonch; Dr Arun Kumar Mehta, Chief Secretary; Sh Nitishwar Kumar, Principal Secretary to Lt Governor; Sh Mukesh Singh, ADGP Jammu; Sh Ramesh Kumar, Divisional Commissioner Jammu; Dr Shahid Iqbal Choudhary, Secretary to Government, Tribal Affairs Department and senior officials of District Administration and concerned departments attended the meeting at Dak Bungalow Poonch.

DR JATINDRA

segregate waste at home and dispose responsibly.

ELECTRIC TRAIN

with Katra. When the Katra-Banihal link will be completed, Kashmir will be better linked with the rest of the country. It may be recalled that in 2013, Kashmir got its first train service when it was inaugurated by then Prime Minister Manmohan Singh

COVID

from Kupwara, 01 from Anantnag, 00 from Bandipora, 00 from Ganderbal, 00 from Kulgam and 00 from Shopian in Kashmir division while 13 are from Jammu division that include 10 from Jammu district, 00 from Udhampur, 01 from Rajouri, 00 from Doda, 00 from Kuthua, 01 from Samban, 00 from Kishtwar, 01 from Poonch, 00 from Ramban and 00 from Reasi." said the official.

As per the daily information bulletin 6,793,093 persons in J&K are under observation while 517 persons have been kept under home quarantine besides 326 persons are in isolation.

According to the bulletin, 6,786,906 persons have completed the surveillance period and 560 persons are under home surveillance besides so far results of 26,560,259 samples are available.

"Out of 26,560,259 the number of samples tested negative stands at 26,081,453 while 478,806 have tested positive, among them 326 cases are active, 473,696 have recovered and 4.784 persons have died." it added

FRUIT

suffering losses as labour rate, transportation charges, cost of paper, cardboard and wooden boxes are touching sky but rates are down due to which growers aren't even fetching the amount that they have spent on it in the ongoing year," he said.

Gh Hassan Nengroo, President Dachnipora Fruit Growers Association told KNO that the horticulture industry is going to collapse in Kashmir if the government would not intervene as this industry is facing many challenges.

He said that import of fruit from Iran has lowered the demand of Kashmir apple and the land under horticulture is increasing with each passing year and production is also increasing but with low demand.

He said that the government must again purchase apples from growers through market intervention schemes so that growers can fetch good rates too as per the quality of the fruit.

"The charges of fertilizers, pesticides, labour, package, transport and other things are currently more than what growers are getting despite spending their full year in their orchards," he said.

President of Kashmir Valley Fruit Growers cum Dealers Union, which is an elected apex body of all Fruit Growers Associations in the Valley, Basheer Ahmad Basheer told KNO that the market is down by almost thirty percent and growers are very much worried.

He said that the main challenge is that fruit isn't reaching on time in the market as fruit laden trucks are allowed towards Jammu for just two to three hours on Srinagar-Jammu national highway—(KNO)

DIG

SSP Doda; Raj Kumar ASP (Ops) Doda; Jaswant Singh Dy.SP Hqrs. Doda; Shoket Ali, DAR Doda and Pritam Singh Principal PPS Doda

'India to send human in space in 2024'

New Delhi, Sep 13 (UNI) India will send a human in space in the 'Gaganyaan' in 2024, Earth Sciences Minister Jitendra Singh said and added that trials for the 'Gaganyaan' would start later this year.

He also said India is planning to send a person to the deepest point on the earth.

"India will send a human in space in Gaganyaan in the beginning of 2024. There is also a plan to send a person to the deepest point in the ocean in 2024," Singh said here on Theodox

The minister said the first test is scheduled for later this year. He also said the schedule for 'Gaganyaan' launch was disturbed by Covid-19 pandemic.

"The COVID-19 pandemic took a toll on the training of astronauts in Russia as well as India," said Singh.

The potential crew for the mission have been chosen from the Indian Air Force and have undergone training in Russia. 'Gaganyaan' is an Indian crewed orbital spacecraft intended to be the formative spacecraft of the Indian Human Spaceflight Programme. The spacecraft is being designed to carry three people. "India will send a human in space in Gaganyaan in the beginning of 2024. There is also a plan to send a person to the deepest point in the ocean in 2024,"

Singh said here on Tuesday. The minister said the first test is scheduled for later this year. He also said the schedule for 'Gaganyaan' launch was disturbed by Covid-19 pandemic.

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tronauts in Russia as well as India," said Singh.
The potential crew for the mission have been chosen from
the Indian Air Force and have undergone training in Russia. DC Srinagar reviews Block wise progress, implementation of RDD sector schemes

Plan to set up 32 SWM units and 32 LWM units finalised SBM(G) phase-II

SRINAGAR SEPTEMBER 13:- To review the Block wise progress of various ongoing works of Rural Development sector under annual implementation Plan 2022-23, a meeting was held under the chairmanship of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad at Conference Hall of the DC Office here on Tuesday.

Besides, Additional District Development Commissioner Srinagar, Zahoor Ahmad Mir, the meeting was attended by Chief Planning Officer, Assistant Commissioner Panchayats, Assistant Commissioner Development, Tehsildar Headquarter, Block Development Officers of Srinagar, Khonmoh, Harwan and Qamarwari and other concerned. The Deputy Commissioner took a detailed review about various developmental components under RDD sector being implemented in all 4 Panchayat Blocks of the District including Construction of Community Sanitary Complexes(CSCs), identification of land for construction of Panchayat Ghars and Rural Haat, construction of Solid/ Liquid Waste Management and Faecal/Plastic Waste Management, construction of individual soakage and compos ite pits. He also held threadbare deliberation regarding the Swachata Hi Seva campaign(to be held from September 5 to October 02), location plan under SMBM-G and 14th FC. On the occasion, the DC directed the officers to prioritize implementation of all Government sponsored developmental schemes so that targets are achieved in time with tangible results on the ground. He asked all the BDOs of the District to work with added zeal and put in extra efforts to ensure all works are physically completed in set

The DC also asked the ADDC to monitor the implementation of all works under the RDD sector and hold periodical review meetings to ensure timely completion of all the works with judicious utilization of funds and quality of works

The DC directed the BDOs adhere to set timelines set for each work by meticulously utilizing the working season. The DC also directed the concerned Revenue authorities to transfer suitable land to Panchayaqt Blocks for construction of Panchayat Ghars and solid waste management, besides for construction of Rural Haat and Panchayat Bhawan of the District within a couple of days.

Similarly, the DC also asked them to submit DPR for construction of Panchayat Bhawan at Khonmoh Block so that technical feasibility and other works are completed for timely start of physical work on the project.

Earlier, The DC was given first-hand appraisal of the targets fixed and achievements made so far. The Assistant Commissioner Panchayat gave a brief PowerPoint presentation about the Block wise progress of ongoing developmental works of various schemes of the RDD sector and the work plan under different schemes.

It was given out that 25 Community Sanitary Complex (CSC), 32 Solid Waste Management, 32 Liquid Waste Management and one each Plastic Waste Management and Faecal Sludge Management (FSM) will come up in Srinagar under SBM (G) Phase-II for the year 2022-23.

Under IHHL Under SBM G-II 2022-23 of District, out of total 446 works targeted 410have been Geotagged and 395 have been physically/financially completed in Harwan, Khonmoh, Qamarwari and Srinagar Panchayat Blocks of the District

Regarding Plastic Free Panchayats, the DC directed for

DC Bandipora conducts extensive tour of Saderkoot Village

BANDIPORA, SEPTEMBER 13: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Tuesday conducted an extensive tour of Saderkoot village of the district to take feedback from the public and to inspect various ongoing works of JJM and other developmental works.

On the occasion, the DC interacted with PRIs and the general public and took feedback from them besides redressing several public grievances on the spot.

He also inspected ongoing work of Bore well and direct-

time.
The DC also visited the proposed site for New Scheme under Jal Jeevan Mission and directed the concerned to start

ed the concerned to complete the work within stipulated

the work immediately.

He also inspected the ongoing work of a road meant for connecting the upper reaches of the village and directed the executing agencies and concerned department to maintain the quality of work and speed up the pace of work in order to complete the work within the set timeline.

Dr. Owais assured the public that all works shall be executed as per submitted plan to meet the demands of the public.

He impressed upon all the officers to work in a coordinated manner to meet the desired targets by taking PRIs & general public of the areas on board right from the step of planning.

The DC was accompanied by Ex. Engineer Jal Shakti Department, Concerned Range officer Forest Department, other field functionaries and PRIs.

DDC Kulgam convenes meeting for smooth transportation of fruits, vegetables from District

Farooq Rather



KULGAM, SEPTEMBER 13: The District Development Commissioner (DDC) Kulgam, Dr. Bilal Mohi-ud-Din Bhat today chaired a meeting of officers of Civil, Police, paramilitary and Army at Mini-Secretariat here to discuss and finalize arrangements to ensure smooth transportation of fruits and vegetables to outside Valley.

During the meeting, the DDC took a detailed review of security arrangements put in place across the district in this regard to ensure smooth movement of fruit and vegetable laden trucks.

The DDC directed the concerned officers to strictly enforce traffic diversion plans especially during the peak fruit season. He impressed upon the officers to sensitize officials at checking points for better regulation and management of traffic for smooth passage of fruit trucks.

He also asked them to maintain a proper time schedule for inbound and outbound traffic besides regular monitoring of the critical points.

Highlighting the need for effective coordination, Dr Bilal impressed upon the officers to form a team of officials at various checkpoints in the district for identification of fruit trucks and their proper passage.

The meeting was attended by A-SP, ACR, commanding officer CRPF 18th BTn, ARTO, DySP traffic Kulgam/Qazigund, Tehsildar Hq, Area Marketing Officer Kulgam and other officers.

Anjuman Jama Masjid expresses condolence with Banday family

Srinagar, Sep 13: Anjuman Auqaf Jama Masjid Srinagar has expressed grief over the demise of the wife of Khawaja Ghulam Mohiuddin Banday, the Mutawali and Sajadah Nisheen of Asaar-e-Sharif Dargah Hazrabal Srinagar.

The Anjuman on behalf of the organisation and its incarcerated Chairman Mirwaiz-e-Kashmir Dr Moulvi Muhammad Umar Farooq expressed condolence and solidarity with the Banday family, especially Khawaja Ghulam Mohiuddin Banday Sahib, and paid tribute to the deceased, terming her a pious lady

The Anjuman expressed deep regret that Mirwaiz-e-Kashmir, despite being a close neighbour and having very close religious and social relations with the Banday family, could not attended the funeral prayers of the deceased and personally express condolence with the bereaved family, due to his house arrest which is condemnable

Meanwhile, the Anjuman expressed condolences with the bereaved members of the Banday family including Muhammad Ashraf Banday, Javed Jeelani and Amanullah Banday and prayed to Almighty Allah to grant Jannat-ul-Firdous to the departed soul and forbearance to the bereaved family members to bear the irreparable loss.

INDIAN ARMY ORGANISES AWARENESS LECTURE ON "BETI BACHAO BETI PADHAO"

M S Nazki



MendhàrBalnoi Battalion under the aegis of Krishnaghati Brigade organised two Lectures cum Workshops on 'Beti Bachao Beti Padhao' Campaign and 'Women Empowerment' on 13 Sep 2022. The programme was attended by School Girls and associated teachers from Govt Higher Secondary School, Mankote and Sagra. In addition, few village elders and parents were also in attendance for the event. Lectures were conducted with an aim to educate the students, parents and local ladies about the importance of education in a girl's life and her role towards nation building, prevention of gender based sex selective elimination, ensuring survival and protection of girl child, providing opportunities for participation of girl child and opportunities of women in various walks of life for becoming self reliant and improve their lives and guide them to shape their future through various career opportunities.

Lectures in this regards were taken by Army Personnels and Teachers of Govt Higher Secondary School, Mankote and Sagra. Various Govt Schemes and initiatives taken by Indian Army were discussed during the course of event. Mr Suresh Kumar, Mr Zahoor Ahmad and Ms Zohra Khatoon, Teachers of various schools were invited to share their views on the above campaigns. An overwhelming response was displayed by the local students and other attendees and everyone extended their appreciation for the efforts put in by the Army. The successful conduct of lecture cum workshop on 'Beti Bachao, Beti Padhao' and 'Women Empowerment' campaigns has once again demonstrated the initiatives being taken by the Indian Army towards the betterment of societal values and future generations.

Gala events organised across Kathua schools during Teachers' Day Celebration week



KATHUA, SEPTEMBER 13: The Teachers' Day celebration week solely dedicated to the teaching community witnessed gala events in the schools of district Kathua.

The event concluded with Singing and dance competitions organized at school and zonal levels and felicitation of the recognized teachers.

The mega event started on the eve of Teachers' Day cel-

The mega event started on the eve of Teachers' Day celebrated on the birth anniversary of Dr. Sarvpalli Radhakrishnan, the first Vice-President of India and the second President of India, who was also a great scholar, teacher, and renowned philosopher.

To mark the Teachers' Day, a week-long celebration was started in schools, colleges, and educational institutions across district Kathua.

On day one, a special assembly was organized in the institutions, which was followed by prayers and offerings of floral tributes in remembrance of the great visionary Dr. Radhakrishnan. The students and teachers spoke on the life and teachings of Dr. Radhakrishnan as well as other great teachers. The activities of the second-day celebrations were dedicated to the achievements and contributions of great teachers and the role of a modern-day teacher as envisioned in the National Education Policy-NEP2020. Many events highlighting the significance of a teacher and honoring their work towards society were organized in the institutions of the district.

The schools in the district organized Symposiums on the Role and Achievements of Teachers in society. On the third day of the celebrations, students participated in essay writing competitions, poster-making competitions, drawing competitions, debate competitions, and role-playing at the school level. The students and teachers also participated together in fun activities.

Many zonal level representatives such as Block Level Officers, Sarpanches, ward members from different zones of the district visited the schools of their zone and interacted with the staff and students and assured to support the education system and the students in any way possible.

On the fourth day, inspirational films were screened for the school children in the schools, while plays and cultural events on the same theme were organized in the schools lacking the provisions of the screening, which were thoroughly enjoyed by the young children.

Some schools also organized volleyball matches with mixed teams of teachers and students. Special functions for retired teachers were also recognized in some schools. Chief Education Officer Kathua, P.L. Thapa congratulated and thanked the teachers and students for making the celebration a grand success. He said that since the role and contribution of a teacher in building a successful society are immeasurable, 'we as students have a moral duty to make their efforts worthwhile and make them proud by

achieving the best in our lives.

Amit Shah-vs-Arvind Kejriwal, "Dream" Contest In Gujarat: "Don't Trust Those Who Promise...

campaign today saw a fight over dreams — who sells them, should people buy them, and whose will never be fulfilled. Union Home Minister Amit Shah dealt the first blow, saying, "Those doing the business of dreams will not succeed in Gujarat," at which AAP boss Arvind Kejriwal jibed back: "Yes, he is absolutely right. Do not, at all, trust those who said they'll give your 15 lakh each by bringing back black money.'

Mr Shah was speaking from Delhi via video call to inaugurate some projects in his Lok Sabha constituency, Gandhinagar. He said the BJP will not only retain power in his home state in the polls due in December, but will get "a thumping majority

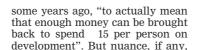
When Delhi Chief Minister Ke jriwal was asked about in Ahmedabad, he said, "I agree that people should not trust those who sell false dreams... Instead, trust those who have already made electricity free in Delhi and Punjab, and will make it free in Gujarat too.

Delhi Chief Minister Arvind Keiri wal has been campaigning in Gujarat aggressively over the past few weeks, making frequent visits.

The back-and-forth is the latest in a larger debate over subsidies or "freebies" that the BJP opposes. The AAP, as well as several other parties, see welfare schemes as essential to "people-friendly" gover-

Amit Shah claimed Gujarat is on the BJP's side: "I know the peo-

recognise people for their work. And those who actually work are with the BJP." The party has ruled





Gujarat continually since before the turn of the century, and was a launch pad for PM Narendra Modi, who was chief minister for 12 years. "Our victory is a foregone conclusion," a confident Amit Shah said. Mr Keiriwal stuck to sarcasm.

"The BJP is dreaming. I am surprised that Amit Shah is speaking against his own party. He is saying 'don't trust dream sellers'."

"So, whoever comes and says they will deposit 15 lakh in your bank account, do not trust them at all,' he said, referring to Narendra Modi's pre-2014 poll promise.

That promise was a "jumla" (figure of speech), Amit Shah had said was lost and the word "jumla" stuck — ammunition that rival parties continue to use.

For the AAP, Gujarat is its next big project after starting 2022 on a winning note in Punjab, where it formed its second state government after Delhi just six months ago. It had tried to make a dent in Gujarat in 2017, too, but failed miserably. It had performed well below expectations in Punjab then. This time, it'll hope to carry the Punjab momentum into Gujarat.

Mr Kejriwal has been leading the AAP campaign with a series of jibes and some camera-friendly events. such as dinner at an auto-rickshaw

dinner — reminder of a similar stop in his Punjab campaign — made headlines as the police, citing security reasons, told him not to travel by auto. He went ahead nonetheless, and later attributed the police move to "BJP's fears about AAP's success". When Delhi Chief Minister Kejriwal was asked about in Ahmedabad, he said, "I agree that people should not trust those who sell false dreams... Instead, trust those who have already made electricity free in Delhi and Punjab, and will make it free in Gujarat

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Amit Shah claimed Gujarat is on the BJP's side: "I know the people of Gujarat well enough; they recognise people for their work. And those who actually work are with the BJP." The party has ruled Gujarat continually since before the turn of the century, and was a launch pad for PM Narendra Modi, who was chief minister for 12 years. "Our victory is a foregone conclusion," a confident Amit Shah said. Mr Kejriwal stuck to sarcasm, "The BJP is dreaming. I am surprised that Amit Shah is speaking.

India To Host Over 200 G20 **Meetings During Presidency**

Presidency of the G20 for one year from December 1, 2022, to November 30, 2023, and during its Presidency, it is expected to host over 200 G20 meetings across the country.

The G20 Leaders' Summit at the level of Heads of State/Government is scheduled to be held on September 9 and 10, 2023 in New Delhi, read the Ministry of External Affairs press release. The G20, or Group of Twenty, is an intergovernmental forum of the world's major developed and developing economies. It comprises 19 countries - Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, Republic of Korea, Mexico, Russia, Saudi Arabia, South Africa, Turkey, UK, USA - and the European Union (EU). Collectively, the G20 accounts for 85 per cent of global GDP, 75 per cent of international trade and twothirds of the world population, making it the premier forum for international economic cooperation.

India is currently part of the G20 Troika (current, previous and incoming G20 Presidencies) comprising Indonesia, Italy and India.

During its Presidency, India, Indonesia and Brazil would form the troika. This would be the first time when the troika would consist of three developing countries and emerging economies, providing them with a greater voice, added the release.

The G20 currently comprises - Finance Track, with 8 workstreams (Global Macroeconomic Policies, Infrastructure Financing, International Financial Architecture, Sustainable Finance, Financial Inclusion, Health Finance, International Taxation, Financial Sector Reforms);



Sherpa Track, with 12 workstreams (Anti-corruption, Agriculture, Culture, Development, Digital Economy, Employment, Environment and Climate, Education, Energy Transition, Health, Trade and Investment, Tourism); 10 Engagement Groups of private sector/civil society/independent bodies (Business 20, Civil 20, Labour 20, Parliament 20, Science 20, Supreme Audit Institutions 20, Think 20, Urban 20, Women 20 and Youth 20). In addition to G20 Members, there has been a tradition of the G20 Presidency inviting some Guest countries and International Organizations (IOs) to its G20 meetings and summits. Accordingly, in addition to regular International Organizations (UN, IMF, World Bank, WHO, WTO, ILO, FSB and OECD) and Chairs of

Regional Organizations (AU, AU-DA-NEPAD and ASEAN), India, as G20 President, will be inviting Bangladesh, Egypt, Mauritius, Netherlands, Nigeria, Oman, Singapore. Spain and UAE as Guest countries, as well as ISA (International Solar Alliance), CDRI (Coalition for Disaster Resilient Infrastructure) and ADB (Asian Development Bank) as Guest IOs, read the release.

34 Drugs, Including **Anti-Cancer Medication, Added To National Essential Medicines List**

New Delhi: Thirty-four drugs, including some anti-infectives such as Ivermectin, Mupirocin and Nicotine Replacement Therapy, have been added to the National List of Essential Medicines taking the total drugs under it to 384.

Several antibiotics, vaccines and anti-cancer drugs will become more affordable by their addition to the list.

However, 26 drugs such as Ranitidine, Sucralfate, white petrolatum, Atenolol and Methyldopa have been deleted from the revised list.

The deletion has been done based on the parameters of cost effectiveness and availability of better drugs. Union Health Minister Mansukh Mandaviya, who released the list today, tweeted, "Released the National List of Essential Medicines 2022. It comprises 384 drugs across 27 categories. Several antibiotics, vaccines, anti-cancer drugs and many other important drugs will become more affordable & reduce patients' outof-pocket expenditure." Endocrine medicines and contraceptives Fludrocortisone, Ormeloxifene, Insulin Glargine and Teneliglitin have been added to the list. Montelukast, which acts on the respiratory track, and ophthalmological drug Latanoprost figure in the list. Cardiovas cular medicines Dabigatran and Tenecteplase also find place in the list besides medicines used in palliative care."Antinfectives such as Ivermectine, Meropenem, Cefuroxime, Amikacin, Bedaquiline, Delamanid, Itraconazole ABC Dolutegravir have been added to the NLM," Dr YK Gupta, Vice Chairman of the Standing National Committee on Medicines, said. The drugs in NLEM are included in scheduled category and their price is regulated by the National Pharmaceutical Pricing Authority, Dr Gupta said.

China-Russia Bond Tightens As Moscow Sees Battlefield Losses In Ukraine

Beijing: Russia may be enduring big battlefield losses in Ukraine and punishing Western sanctions, but China is standing firm in its support of President Vladimir Putin and a "no limits' friendship.

Chinese leader Xi Jinping is set to meet Putin during a regional summit in Uzbekistan this week, in a public show of unity that flies in the face of United States-led campaign to isolate Russia over its war in Ukraine. While Beijing has not ex-

plicitly endorsed Moscow's invasion, it has steadily built economic and strategic ties with Russia over the six months of the war, and President Xi has assured his counterpart of his support of Russian "sovereignty and security". Analysts say that as China-US relations plummet, Beijing believes it needs to nurture the bond with its giant northern neighbour."Regardless of whether Russia wins (in Ukraine), China will pursue a close alignment with Russia, which is decided by the current state of US-China relations more than anything else," Yun Sun, director of the China Program at the Washington-based Stimson Center, told AFP.As the world's second-largest nuclear power, "Russia is not a geopolitical power that can be eliminated", Sun said.

On Monday senior diplomat Yang Jiechi told Rus-

China sees Russia as an important partner in muscling international institutions away from Washington's sphere of dominance.

sian ambassador to China Andrey Denisov that Xi and Putin could work together to "promote the development of the international order in a more just and rational direction"

And in terms of trade, China has ramped up its purchases of oil from Russia in recent months, with Russia becoming China's top oil provider for three months in a row from May to July, helping to offset Moscow's losses.China-US relations have been fraught for years, with a trade war showing no signs of easing while Wash ington accuses Beijing of human rights abuses.

In August, ties hit a dramat ic new low when US House Speaker Nancy Pelosi visited self-ruled Taiwan, enrag ing Beijing which views the island as part of its territory.The Chinese government responded with massive military drills and missile launches around Taiwan, and cancelled cooperation with the US in multiple areas including key climate

Russia, Myanmar, Belarus Not **Invited For Queen's Funeral: Report**

London: Britain has not invited representatives from Russia, Belarus and Myanmar to attend Queen Elizabeth's state funeral due to be held next Monday, a Whitehall source said on Tuesday.

Britain, along with its Western allies, has sought to isolate Russia and its ally Belarus on the world stage with economic sanctions and other measures in response to Moscow's invasion of Ukraine.

Myanmar and its military have also been the subject of British sanctions as London steps up support for the Southeast Asian country's Rohingya commu-

About 500 foreign dignitaries are expected to attend Queen Elizabeth's funeral in London, with invites having been sent to the heads of state of most countries with which Britain has diplomatic relations, the BBC said.

A host of world leaders from US President Joe Biden and First Lady Jill Biden, to the prime ministers of Canada, Aus-



tralia and New Zealand have all confirmed attendance for the event, likely to be one of Britain's largest diplomatic gatherings in years. At around 10:30 am a bearer party will transfer the coffin from the catafalque, a raised platform in Westminster Hall, to a gun carriage which will be waiting outside the north door of Westminster Hall.

BJP Protest In Kolkata, Car Set On Fire, Cops Use Tear **Gas, Water Cannons**

Sourav Dutta, Kolkata:

Kolkata: Several BJP leaders in West Bengal, including Leader of the Opposition Suvendu Adhikari, were detained by the police today when they were marching to state secretariat 'Nabanna' in Kolkata, as part of a huge protest over alleged corruption by the ruling Trinamool Congress government.

Suvendu Adhikari, BJP MP Locket Chatterjee and other party leaders, including Rahul Sinha, were stopped by the police as they approached the Second Hooghly Bridge near the secretariat, and taken away in a prison van.The police used tear gas and water cannons to disperse the protesters near the Howrah bridge as they clashed with security officials. A police car was also set on fire. Several BJP workers were detained by the police following the clashes.Party workers were taken into preventive custody in Ranigani as well.Hundreds of BJP supporters from across West Bengal arrived in Kolkata



and neighbouring Howrah this morning to take part in the 'Nabanna Abhijan' or march to secretariat.While being dragged away by the police, Mr Adhikari said Chief Minister Mamata Banerjee has "turned West Bengal into North Korea". "Chief Minister Mamata does not have the support of her people and so she is enforcing dictatorship, similar to North Korea, in Bengal. The police will have to pay for what it is doing. The BJP is coming," he said.Mr Adhikari was leading the march from the Santragachi area, while BJP national vice-president Dilip Ghosh was leading the protest from north Kolkata.

"The TMC government is scared of a public uprising. Even if they try to stop our protest march, we will resist peacefully. The state administration will be responsible for any untoward development," Mr Ghosh had said earlier today.Rahul Sinha accused the Mamata Banerjee government of trying to forcibly stop the "democratic protest" by his party.He alleged that the BJP supporters were prevented from boarding a special train from Alipurduar to Sealdah last evening to take part in the protest march. "They were also lathicharged by the state police," he alleged.

Putin seeks to calm Azerbaijan and Armenia after 49 killed in clashes

Russian President Vladimir Putin on Tuesday sought to end fighting between Armenia and Azerbaijan after border clashes killed at least 49 Armenian soldiers and raised fears of another fully-fledged war in the former Soviet Union.

Russia, the United States and France called for restraint after the most deadly fighting since Armenia and Azerbaijan waged a six-week war over the disputed enclave of Nagorno-Karabakh in

Armenia said several towns near the border with Azerbaijan, including Jermuk, Goris and Kapan, were shelled in the early hours of Tuesday. Yerevan said it had responded to what it called a "largescale provocation" by the Azerbai-

Baku said it was attacked by Armenia. Reuters was unable to immediately verify battlefield accounts from either side.

"It is difficult to overestimate the role of the Russian Federation, the role of Putin personally," Kremlin spokesman Dmitry Peskov told re-

"The president is naturally is making every effort to help deescalate tensions at the border,"

Peskov said. Russia, which in February sent troops into Ukraine in the biggest European land invasion since World War II, is the main power broker in the Caucasus and an ally of

Armenia through the Russian-led Collective Security Treaty Organization (CSTO), which convened on Tuesday to discuss the situation.

cause it did not want to negotiate over the status of Nagorno-Karabakh, an enclave which is inside Azerbaijan but mainly populated



Russia, which operates a military base in Armenia, sent thousands of peacekeepers to the region in 2020 as part of a deal to end a war during which Azerbaijan made significant territorial gains in and around Nagorno-Karabakh.

Turkey backs Azerbaijan politically and militarily.

Border fighting Armenian Prime Minister Nikol Pashinyan accused Azerbaijan of attacking Armenian towns beby ethnic Armenians He said the intensity of hostilities had decreased but attacks from

Azerbaijan continued. Azerbaijan, which accused Armenia of carrying out intelligence activity along the border and moving weapons, said its military positions came under attack by Armenia. It said it sustained losses but did not disclose the number of

Azerbaijani media reported that

a ceasefire agreement had been broken almost immediately after being enforced early on Tuesday. Call for calmBoth Russia and the United States, at loggerheads over the Ukraine war, called on Baku and Yerevan to observe restraint. "As we have long made clear, there can be no military solution

to the conflict," US Secretary of State Antony Blinken said in a statement. "We urge an end to any military hostilities immediately. The Russian foreign ministry said in a statement that the conflict between Armenia and Azerbaijan "should be resolved exclusively through political and diplomatic means

The defence ministers of Armenia and Russia spoke on Tuesday morning and agreed to take steps to stabilise the situation on the

Turkish Foreign Minister Mevlut Cavusoglu talked to his Azeri counterpart Jeyhun Bayramov and called for Armenia to "cease its provocations'

Charles Michel, president of the European Council, also urged Pashinyan to prevent further escalation. Michel met with Pashinyan and Azerbaijaini President Ilham Aliyev last month in Brussels for talks on the normalisation of ties between the countries, humanitarian issues and the prospect of a peace treaty over Nagorno-Kara-

Ukraine claims retaking more ground as Russia strikes back

KRAMATORSK: Ukrainian forces said on Monday their counter-offensive lightning took back yet more ground in the past 24 hours, as Russia responded with strikes on some of the recaptured areas.

The territorial shifts marked one of Russia's biggest reversals since its troops were turned back from Kyiv in the earliest days of the nearly seven months of fighting, yet Moscow signalled it was no closer to agreeing a negotiated peace. The retreat of Russian troops in recent days has drawn weeping and relieved locals into bomb-cratered streets, including on Sunday in the strategic but heavily damaged town of Izyum."It's not enough to say I'm happy. I just don't have enough words to express myself," said Yuriy Kurochka, 64. Yet by Monday Moscow had announced air, rocket and artillery attacks on reclaimed areas in the Kharkiv region, a day

after Kyiv said Russian strikes on electricity infrastructure caused power failures.

The retaliatory fire came as Ukraine said forces had retaken more than 20 additional settlements, claiming "Russian troops are hastily abandoning their positions and fleeing".

Kyiv had already announced the recapture of Izyum in the country's east, while Ukraine said 3,000 square kilometers of its territory (1,158 square miles) had been prised from Russian control since September's start.

"Ukraine has turned the tide in its favour, but the current counter-offensive will not end the war," US think tank Institute for the Study of War tweeted.Ukraine also said on Monday its forces recaptured 500 square kilometres (193 square miles) in the southern Kherson region which were in addition to the huge gains in the east at the weekend.

All Men Cycling Ralley held at Showkat Ali Stadium Baramulla



1.Men's Cycling Rally was flagged off from Showkat Ali Stadium, Baramulla on 13 Sep 2022. The second edition of this annual event was conducted under the ageis of Dagger Division in collaboration with Jammu & Kashmir Cycle Association (JKCA), which has given the opportunity to all the participants to experience the blend of adventure and sportsmanship. The event witnessed participation from each section of the society and participants from various part of the country. It marks a watershed moment in the history of cycling in Kashmir to organise such an event.

2.In this adventurous event, a total of 357 adventure enthusiast cycliststook part in the event out of which 33 riders were from outside J & K . It marked the participation from major cities of India to include Amritsar, Chandi garh, Delhi, Pune and Bangalore, making a glorious mark in the history of cycling races. The participants cycled all the way from Baramulla to Kaman Post, Uri covering a dis tance of 75 Kms in the arduous terrain of Jammu & Kash mir commemorating the 75 years of Indian Independence. 3. The Race had three categories to include MTB, Road and Over 40 category. All the categories witnessed tough competition in which riders competed against each other to prove their mettle. The flag off ceremony was held at Showkat Ali Stadium where Maj Gen Ajay Chandpuria VSM flagged off the riders to make a mark in their respective categories. Other prominent personalities present during the event included Sh Bhaskar Billa , IPS DIG (NKR), Sh Mohammad Rayees Bhat, SSP Baramulla who both participated in the event. Sh Tauseef Raina, Chairman Municipal Corporation was also present during the event. The closing ceremony held at Kaman Post evoked exuberant response from the participants, parents, guardians and locals alike.

4. The Rally also saw zeal inparticipation from the kids youngest boy-wonder to participate in the event was of 6 years and 2 months and fastest to complete the Race was Master Dawa from Ladakh. The event culminated with prize distribution ceremony by Maj Gen Ajay Chandpuria, VSM, GOC, 19 ${\rm Inf}\,{\rm Div}$ who appreciated their sportsman spirit & fervour of participation and motivated them for their bright and colourful future. He thanked the partici pants for making the event a grand success and promised that Indian Army will continue to organise such events in future as well. This remarkable event symbolizes as an spe cial achievement in making the roots stronger between Indian Army & the people of Kashmir. The cyclists vowed to return again next year in bigger numbersto further deepen the bond forged with Indian Army.

England seal memorable season with South Africa series victory

LONDON: England thrashed South Africa by nine wickets in the third and deciding Test at the Oval on Monday, completing a 2-1 series win in just over two days of action. The home side, who resumed on 97-0, needed just 5.3 more overs to reach a victory target of 130. Zak Crawley was 69 not out and Ollie Pope unbeaten on 11. England have now won six of their seven Tests under their new leadership pairing of captain Ben Stokes and coach Brendon McCullum, having managed just one victory in their previous 17 matches when former skipper Joe Root was in charge."I'm delighted," said Stokes. "It's been a great series for us as a team."It has been one of those series where we haven't had many individual standout performances, but different

1st Corporate Cup -2022 Organised by BCF in collaboration With District Administration Baramulla

CEO-XI Baramulla Bundle-Out Municipal Council Baramulla For 76,To Qualify For 3rd Round With 126 Run Win

Zeeshan Pervaiz

Baramulla:-Chief Education Officer Baramulla Ghulam Mohammed Lone (National Awardee) expressed their delight and Congratulated the CEO-XI Baramulla team for its Comprehensive win over Municipal Council Baramulla in the Ist Corporate Cup Baramulla played at Jehlum Stadium Baramulla.CEO-XI Baramulla thumped Municipal Council Baramulla by 126 runs in their second match of Ist Corporate Cup Organised by Baramulla Cricket Forum In Colloboration With District Administration Baramulla on Tuesday, September 13,to confirm their place for 3rd round.Batting first CEO-XI post a decent total of 202/1 runs on the board in alloted 18 overs. Khursheed Ahmad top-Scored with a Splendid Century with 106 runs off 57 balls While Fayaz Ahmad added quick fire 51 runs off



23 balls and a handy knock of 40 runs off 28 balls by Jehangir Bakshi.In reply Municipal Council Baramulla crumbled under pressure, folding up just for 76 runs in 14 overs. On the bowling front, Jehangir Bakshi, Manmohan Raina and Khursheed Ahmad ran through Muncipal Council

without trouble. Jehangir Bakshi took 4 wickets while Manmohan Raina took 3 and Khursheed Ahmad took 2 wickets for CEO-XI. Khursheed Ahmad was adjuged player of the match for his brilliant all-round show. Bakshi took 4 wickets while Manmohan Raina took 3.

First Indoor Rowing Championship held at Ganderbal

DC vows to upgrade sports infrastructure in the district to provide better facilities to sports loving youth

GANDERBAL, SEPTEM-BER 13: In a first, Indoor Rowing Championship was today held in district Ganderbal at Indoor Stadium Sehpora which was presided over by the Deputy Commissioner (DC) Ganderbal, Shyambir.

The championship was organized by J&K Rowing & Sculling Association District Ganderbal in collaboration with District Administration Gander-

Around 200 boys and girls of all categories (Senior, Junior and Sub-junior) of the district participated in the championship.

Speaking on the occasion, the DC said that the District Administration is committed to nourish the



talent of youth and in this regard all steps will be taken to upgrade sports infrastructure in the district so that better sports facilities are available for the sports loving youth of the dis-

trict.He also announced that the transformer will be installed at Indoor stadium Sehpora as demanded by the local youth. Indoor Rowing is a rel-

atively new sport per-

formed on a rowing machine (ergo), that has traditionally been used to simulate the action of watercraft rowing for the purpose of exercise or rowing training.

National medalist and National Coach in water sports, Bilquees informed that the championship is aimed to boost the water sports in the district besides the winners at district level would participate in the National championship scheduled to be held in Chandigarh in the month of November

Later, a felicitation ceremony was also held during which prizes were distributed among winners in all

Grand Warriors Academy won six medals In the UT Pencak Silat Cup-2022



Srinagar 13 Sep 2022Grand Warriors Academy of Martial Arts won six medals in various categories at the 3-Days J&K UT Pencak Silat Cup 2022 championship, which attracted more than 900 athletes from various clubs and districts in Jammu and Kashmir.

3-Days J&K UT Pencak Silat Cup 2022 was held at Indoor Sports Hall Polo ground, Srinagar. The event was organized by Pencak Silat Association of J&K in collaboration with J&K sports council under the banner of "My Youth My Pride".

In the event, the 6-member team of Grand Warriors from Srinagar led by the team Coach Adil Hussain Khan, won 6 medals in different weight categories.

Grand Warriors coach Adil Hussain said, "I frequently heard about a few upsetting events involving young girls and even elderly women, which is the main motivation behind this martial arts school. Whether it was eve teasing or stalking, these occurrences inspired me to start a martial arts school where women could learn how to protect themselves from bullies.

I'm grateful to Mr. Rouf, the academy's president, for providing us the space to teach martial arts in L. P. School, he added.

The Grand Warriors who won medals in the 3-Days J&K UT Pencak Silat Cup 2022 include, Shahid Hilal who bagged the gold medal, Muntaha and Rizwan took the Silver medal, while as Peer Naveed, Khushboo and Mohadis won the bronze medal. Grand Warriors coach Adil Hussain said, "I frequently heard about a few upsetting events involving young girls and even elderly women, which is the main motivation behind this martial arts school. Whether it was eve teasing or stalking, these occurrences inspired me to start a martial arts school where women could learn how to protect themselves from

Pan India Moto Ride

Contingent of 75 bikers warmly welcomed by Director YSS, Other Officers

Srinagar Sep 13: J&K is one among the 75 iconic locations of the pan-India Bike Ride which was flagged off by Union Home Minister Sh. Amit Shah at Major Dhyan Chand National Stadium in New Delhi on 9th of the current month. The Fit India Freedom Moto Ride Bikers are riding a distance of more than 18,000 kilometers. Ten women from India along with the four international riders of different occupations are taking part in this event.

The Fit India Freedom Moto Riders on entering the Union Territory of Jammu & Kashmir were received verv warmly by Director Youth Services & Sports Subash C Chhibber, JD (Kashmir) Bashir Ahmed, JD (Jammu) Atul Kumar, Deputy Director (Central) Jatinder Mishra, District

Youth Services & Sports Officers and field officials at enrooted districts i.e. Pathankot Samba, Jammu, Udhampur, Ramban, Anantnag, Pulwama, Srinagar and Gan-

Different and very unique efforts were put in by the field officials of YSS which included REKs, PETs, PEMS, Lecturers etc to welcome and see-off the contingent at different entry and exit points. The riders were garlanded and offered water, refreshment, snacks etc at different spots by the officials of the Department.

The contingent after staving at Srinagar for Monday night was flagged-off from the banks of famous Dal Lake by the District Development Commissioner Srinagar towards Ganderbal during wee hours on

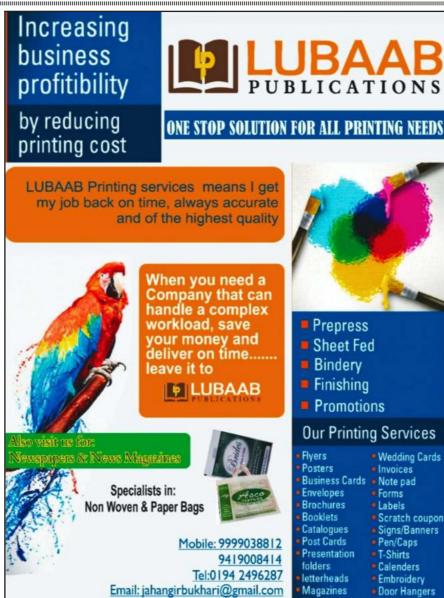


BEST PVE HOSPITAL IN THE VALLEY

Tuesday. The bikers have expressed their utmost joy over the great hospitality and rosy welcome they received from the UT Government and have appreciated the efforts of the Department of Youth Services & Sports J&K in this regard. District Youth Services & Sports Offices across J&K received a tremendous support from the concerned District Administrations at all the enrooted destinations in organizing the programmes related to the ride. Different and very unique efforts were put in by the field officials of YSS which included REKS, PETS, PEMS, Lecturers etc to welcome and see-off the contingent at different entry and exit points. The riders were garlanded and offered water, refreshment, snacks etc at different spot.

> 1 SHARP SIGHT





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