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HEADLINES TODAY

NEWS IN BRIEF

Militant killed in Shopian

Srinagar, Sep 12 (UNI) Security forces shot dead an unidentified militant in an ongoing gun battle in Shopian district of Jammu and Kashmir, police said on Monday.

Advocate found hanging in Budgam

Srinagar, Sep 12 (UNI) A 40-year-old advocate was found hanging from a tree in an orchard in Jammu and Kashmir's Budgam district on Monday, officials said.

Car falls into gorge, 2 die in Doda

Doda Sep 12 Two persons died on Monday when a car they were traveling in met with an accident and plunged into a deep gorge in Doda district of Jammu and Kashmir.

COVID: J&K reports 22 fresh cases, no death

Srinagar, Sep 12: Jammu and Kashmir Monday reported 22 fresh cases of Covid-19, taking the number of active cases to 352 while no more death was reported in the UT in last 24 hours and death toll stands at 4,784.

Siblings Injured In Budgam Bear Attack

Budgam, Sep 12, : Two brothers were injured after a bear attacked them in the Sutharan Khag forest area of Central Kashmir's Budgam district.

Who Told Azad To Restore Article 370: Soz

Srinagar, Sep 12, : Senior Congress leader Prof. Saifuddin Soz Monday said that Ghulam Nabi Azad has unfortunately misunderstood his own position.

Full Support from Local Population made Peace and Order Possible in J&K : DGP Dilbagh Singh

HT News Network Srinagar, Sep 12 (UNI) Director General of Police J&K Dilbagh Singh on Monday said that the Police are getting full support and cooperation from the people in maintaining peace and order.

He appreciated and expressed his gratitude to the people of the area for providing their support and also a piece of adjacent land for



constructing a police building. He said that the Police officials posted in these areas are for people's security so that society at large is comfortable.

appreciated and a mutual respect among the personnel of police/forces & the people is apparent, he added.

He said J&K Police personnel come from the same society and work for the betterment of his own society. He complimented Police & forces for showing patience and restraint during tough times while maintaining peace & order.

CONTINUED ON PAGE 10

Italian technology for two bridges among 16 coming up on J&K rail link

HT News Network

Mumbai/Srinagar, Sep 12: A network of 16 big and small bridges, including two with Italian technology -- with a total length of 2.3 kms -- are coming up at a quick pace on the upcoming Udhampur-Srinagar-Baramulla Rail Link (USBRL), officials here on Monday.



implementing them have reached the site. "Additionally, a tie-down mechanism is being used on Bridge 30 which is facing the Chenab Valley, to counter the high wind velocity that will hit the structure and ensure its safety," Sagar said.

CONTINUED ON PAGE 10

Hyderpora encounter: Supreme Court dismisses father's plea for handing over son's body

HT News Network

New Delhi, Sep 12 : The Supreme Court on Monday dismissed a request of father to surrender the body of his son who was killed in the Hyderpora incident in Kashmir in November last year.

Plea Seeking To Exhume Son's Body Killed In Hyderpora The bench said



that it is in accordance with the views of the father however the court is not able to decide on the basis of sentiments.

peal brought by Mohammad Latief Magrey. The supreme court ordered the state government to follow through with the directions of the high court in relation with the compensation for the family members and to allow them to pray in the cemetery.

CONTINUED ON PAGE 10

Amarnath Cloudburst fallout: Digital Contour Mapping of Amarnath Cave, adjacent areas to be completed by end of Sep: SASB

HT News Network

Srinagar, Sep 12: The much-needed Digital Contour Mapping (DCM) is all set to be completed by the end of this month (September) with officials claiming that 50 percent of the project has been completed so far.

of the annual pilgrimage and the inclement weather conditions. The decision to conduct Digital Contour Mapping (DCM) of Amarnath Cave and its adjoining areas, announced by Lieutenant Governor, Manoj Sinha was taken to prevent the human losses due to natural calamities.

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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.

CONTINUED ON PAGE 10

Schools moving court can't fix fee themselves: FFRC

HT News Network

Srinagar, Sep 12 (UNI) The Jammu and Kashmir Fee Fixation and Regulation Committee (FFRC) on Monday said private schools, who have moved courts over fee regulation order and have now fixed the fee structure themselves, is illegal and void ab-initio.

the High Court of Jammu and Kashmir & Ladakh, and mandate of the law, such schools have fixed the fee structure themselves. This act of such school managements is per se illegal and void ab-initio, as fee structure has been fixed in breach of the mandate of the judgements of the Hon'ble Supreme Court and High Court and the statute occupying the field.

and legal importance arises when Hon'ble Court stays the fee regulation order of FFRC, can a school be permitted to charge and collect the fee which it has fixed itself and which in view of the mandate of the judgements of the Hon'ble Supreme Court and High Court and statute, is impermissible?

CONTINUED ON PAGE 10

Bear, cub tranquilized in Srinagar

HT News Network

Srinagar, Sep 12 (UNI) Wildlife Department experts on Monday tranquilized and captured a bear and her cub who had ventured into residential area of Rajbagh in Srinagar after a 21-hour-long operation, officials said.

Sunday injuring a private school guard identified as Fayaz Ahmad at nearby Lal Mandi area and causing panic among the residents.

capture the bear and her cub. They scanned through the areas of Rajbagh, Jawahar Nagar and Lal Mandi on Sunday.

CONTINUED ON PAGE 10

Frequency of depression on rise in J&K like rest parts of world:- Dr Sushil Razdan

HT News Network

Srinagar, Sep 12: Like rest parts of the world, the frequency of depression in Jammu and Kashmir are on the rise and there are many reasons behind it, Dr Sushil Razdan said on Monday.

Ramzan Hospital OT shut, surgeries suspended over alleged medical negligence

Srinagar, Sep 12: Authorities sealed operation theatre (OT) and banned surgical procedures at Ramzaan Hospital in Srinagar's Gogji Bagh area after alleged medical negligence cases at the facility.

died due to medical negligence, the OT at the hospital has been sealed while all surgical procedures have been suspended till probe is completed.

CONTINUED ON PAGE 10

Gear up ahead of assembly elections: Azad to leaders Deputations from South Kashmir call on former J&K chief minister

Srinagar, Sep 12 Several deputations from South Kashmir called on former Chief Minister Ghulam Nabi Azad and extended their support and also apprised him of various problems.



CONTINUED ON PAGE 10

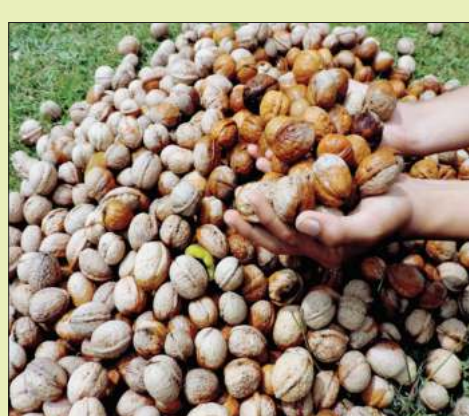
KASHMIR WALNUT Production on Decline: Growers Seek Government Support

By Qiesar Baba

Srinagar, Sep 12 (UNI) Walnut production in Kashmir Valley has considerably decreased this year due to climate change, claim growers.

year scuttled the production to a great extent. Danish complained that the growers are not getting good prices for the Walnuts in the market due to non availability of a Dry Fruit Zone or Mandi in Kashmir Valley.

He said that the growers after packing the Walnuts in boxes send them to Jammu Mandi where a kilogram is sold for just Rs 200 and the buyers export the same product for Rs 600-700.



ers of the valley. He urged the government to set up a dry fruit zone or Mandi in Kashmir Valley similar to the Fruit Mandi or Saffron so that Walnut and Almond growers could get the best price of their production.

CONTINUED ON PAGE 10

MP, Justice (Retd.) Hasnain Masoodi visits Kulgam; chairs DISHA meeting

Farooq Rather

KULGAM, SEPTEMBER 12: The Member Parliament (MP) Anantnag Lok Sabha constituency, Justice (Retd.) Hasnain Masoodi today visited Kulgam and chaired the District Development Coordination and Monitoring Committee (DISHA) meeting at Rest house Chawalgam, here.

The meeting reviewed in detail the progress of various centrally Sponsored Schemes (CSSs) in the district and was attended by DDC Chairperson, Mohammad Afzal Parrey; ADDC, A-SP, JD-Planning, ACR, SDM Noorabad, DPO ICDS, SE Hydraulics, Ex. Er's of R&B, PMGSY, Flood Control and PDD besides, CAHO, CAO, CHO, DSWO, ALC, AD-Handloom & Handicrafts, CMO, CEO and other sectoral and district officers of line departments. During the meeting, the MP reviewed the implementation and progress recorded under MGN-REGA, PMAY, NRLM, NHM, Ayushman Bharat/

JK Sehat Scheme, JSY, JSSK PMGSY, SBM, JJM, RDSS, PMKSY, ICDS and various other schemes. He also took department



wise extensive review of Horticulture, Agriculture, Animal and Sheep Husbandry departments. The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat through a powerpoint presentation highlighted the achievements, special initiatives and best practices of the District Administration under different

schemes. He briefed the chair that under District Plan 2022-23, out of 2535 identified works, 2382 works stands

keeping a good pace and both the important bridges will be completed soon. The MP laid stress on the officers to ensure proper and smooth implementation of all the schemes and that the benefits of these schemes percolate to people. He also sought vacant positions in health, education, besides reviewing enrollment status and drop-outs rates. Masoodi asked all the officers to pay regular visits and organize camps in all the remote and far-flung areas so that the people can avail maximum benefits of the schemes meant for the welfare of the people. He also took department wise extensive review of Horticulture, Agriculture, Animal and Sheep Husbandry departments. The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat through a powerpoint presentation highlighted the achievements, special initiatives and best practices of the District Administration under different schemes.

He shared that under 14thFC, 6616 works were approved and 6292 works stands completed this time. He also apprised that 1466 PMAY-G huts were also completed. It was also given out that under PMMVY, an amount of 1.53 crore was disbursed among 3901 pregnant women during the years 2021-22, 2022-23. The DC also informed that the district has rejuvenated and developed 235 Amrit Sarovars and is the top performing district in UT. The DC also apprised the chair that work on two major bridges Chamba-gund and Aadigen Bridge is going on smoothly by

accorded and 1937 works are also allotted while 366 works stand completed. He added that the rest of the work will be completed within a set timeframe. The DC also informed the chair that district Kulgam is top performing district in timely payments.

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Aziz Hajini Infused a new life to Kashmiri language and literature: Speakers

Litterateurs, academia, bureaucrats remember Hajini on his 1st death anniversary

Srinagar Sep 12: The famous literary figure, author of more than two dozen books, poet, critic and former secretary of Jammu & Kashmir Academy of Art, Culture and Languages Dr. Aziz Hajini was fondly remembered by scores of literary stalwarts, academicians and senior bureaucrats in a function which was organized in connection with his first death anniversary at Tagore Hall here.

Four books which includes a special Aziz Ha-

was presided over by Professor Zaman Azudrah

initiatives of the literary organization which are being taken to preserve, promote and propagate the Kashmiri language and its literature.



While recalling how his father was concerned about the cause of Kashmiri language till his last breaths, Late Hajini's son Azhar Hajini thanked all the participants for their gracious presence in the programme and offered an unconditional support to all the Kashmir based literary bodies which are working for the promotion and propagation of Kashmiri language.

The event started at 10:30 am with the recitation of Holly Quranic verses by Qari Muhammad Shafi. Bilal Ahmed presented a Naat e Rasool (SAW) written by the deceased poet. A Fateh Khwani was also offered for late Dr. Hajini.

while Deputy Commissioner Srinagar Aijaz Asad was the chief guest. President AMK J&K Muhammad Amin Bhat, ADC Bandipora Wasim Raja, former secretary J&K Academy of Art, Culture and Languages Zafar Iqbal Minhas, former Station Director AIR Srinagar and famous Urdu poet Rukhsana Jabeen and Media Secretary of HAS and son of Late Aziz Hajini Azhar Hajini were also present in the presidium of the pre-lunch session.

Dr. Riyaz ul Hassan, Rashid Nizami and Shabnam Tilgami conducted proceedings of different sessions. In the post-lunch and last session of the program, a Literary Forum was organized by Sahitya Akademi New Delhi which was presided over by Prof. Iqbal Nazki while as Gulam Nabi Atesh, Dr. Riyaz ul Hasan and Shehbaz Hakabari also participated. Others who were present in the event include Shafi Pandit (Rtd. IAS), Kifayat Rizvi (Rtd. IAS), Mohamud Younis (KAS), Assistant Director Sports Kashmir University Tauseef Ahmed, Prof. Nasir Mirza, Prof. Aijaz ul Haq, Prof. Manzoor Ahmed Rather, Prof. Neelofar Nehvi, Bashir Ahmed Bashir, Dr. Sameena, Dr. Asifa Bhat, Dr. Tariq Ahmed Gani, President private schools Association and hundreds of poets, scholars, Journalists, students of Late Aziz Hajini and people from different walks of life.

Public Notice

I have applied for registration of my residential house located at village Daradpora under Home Stay/Paying Guest House Scheme to facilitate Tourist Trade vide order no 89-Jk (TSM) of Department of Tourism Jk. If anybody has any objection in this regard he/she may file his/her objection in Department of Tourism or Assistant Director Tourism office Gulmarg within a period of 7 days from the date of publication of this notice after that no objection shall be entertained

Ranjit singh
S/o charan singh
R/o Daradpora Tehsil pattan
Distt ...Baramulla

Public Notice

All Affiliated District Units of Jammu Kashmir Tennis Ball Cricket Association are directed to depute their 6 best players from both men and women category's (3 Boys & 3 Girls) having born after 20/09/2003 and to report in Cricket Kit at Gindun Stadium Rajbagh Srinagar on 15th to 16th September 2022 at 10:00 am sharp for participation in the selection trails for selecting the J & K UT Junior teams for 30th Junior National Tennis Ball Cricket Championship scheduled to be held at Haridwar India from 21st to 24th September, 2022. The deputed players should carry with them Xerox copy of DOB alongwith Physical fitness certificate from a Physician/Doctor & 8 passport size photographs. The participants should have their personal Tennis Cricket bat with them. The trails shall start at 10:30 am sharp. The late comers shall not be allowed to participate in the selection trails.

Sd/
JKTBCA

Public Notice

I Abdul Hamid wani am hoder of J & K bank kreoeri under account no 0132040100014517 where my name has been inadvertently recorded as Abdul Hamid wani and my parentage has been recorded as Gh Ahmad wani in which name are incorrect whereas my actual name Hamidullah wani and my parentage Gh Ahmad wani resident of Frastahar Kreoeri in this regard I am applying for Correction of my name. If any body has objection he/she may contact with J&k band kreoeri

Hamidullah wani
Gh Ahmad wani
R/O Frastahar Kreoeri

Government of Jammu & Kashmir OFFICE OF THE DIVISIONAL FOREST OFFICER BANDIPORA FOREST DIVISION CHITTERNAR.

e- NIT NO: - 11 OF 2022-23 DATED: -10-09-2022

For and on behalf of the Hon'ble Governor of Jammu & Kashmir State, e-tenders are invited from approved and eligible contractors registered with J&K State Govt./Central Govt. Organizations for the following works: -

S.N O	NAME OF WORK	ADV. COST (Rs. In Lacs)	EARNEST MONEY (Rs.)	CLASS OF CONTRACTOR	Cost of Tender Document (Rs)	TIME OF COMPLETION	Receiving/Opening Committee.
1	Construction of Range Office Building at Dudwan Ajas Bandipora. Bandipora Forest Division Chiternar	33.97	67940.00	"A&B"	Rs. 1100/=	120 Calendar days.	Tender Opening Committee

The e-NIT Consisting of qualifying information, eligibility criteria, specifications, bills of quantities, (B.O.Q) set of Terms & Conditions of contract and other details can be seen/downloaded from the Website: -www.jktenders.gov.in.

Position of Funds: Budgeted.
Position of AA/TS: Accorded.

Publishing Date: -	10-09-2022
Download Start Date:	10-09-2022 from 06:00 PM
Bid submission Start Date:	10-09-2022 from 06:00 PM
Bid submission End Date:	27-09-2022 Up to 04.00 PM
Date of Opening of Technical Bid Online.	28-09-2022 at 10:00 AM in the office of the Conservator of Forests Srinagar Circle at Shiek-bagh Srinagar.
Date of Opening of Financial Bid Online:	To be opened (Online) after Technical Evaluation is Completed. Date will be notified separately.

- The bids shall be deposited in electronic format on the website: - <https://jktenders.gov.in>
- The date for opening of Technical & Financial bids online shall be opened as per time schedule mentioned above.
- Bids uploaded must accompany Govt. Treasury Receipt (cost of tender document) in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and Bid Security Deposit in the shape of EMD for requisite amount and pledged to Divisional Forest Officer Bandipora Forest Division Chiternar.
- The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.
- The bidders have to submit their Technical & Financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical/hard form. Bids will be opened online as per time schedule mentioned above.
- Bidders must ensure to upload scanned copies of all necessary documents i.e. Bid security (EMD), Valid Registration Card issued by PWD/CPWD/Forest Dept. duly renewed for the current year 2022-23, PAN, Valid GST Registration, Govt. Treasury receipt (Cost of Tender Document).
- The successful bidder has to produce Valid Labour Registration Certificate issued by Labour Department after issuance of award of contract.
- As per rule 171 of GFR-2017, Performance Security shall have to be deposited by successful bidder to the order of 3% of the value of contract and if there are compelling circumstances, performance security in excess of three percent may also be demanded.
- The Department will not be responsible for any delay in online submission of the bid due to any reason (technical or otherwise).
- The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Information regarding publishing the NIT, in any of the newspaper under circulation.
- The Tender Accepting Authority reserves the right to reject any or all the tenders without assigning any reason thereof.
- All other terms and conditions shall remain same as per PWD form 25 (double leaf) and as per the Detailed Tender document.

DIPK-9822/22

Dated: - 10-09-2022.

Sd/-
Divisional Forest Officer,
Bandipora Forest Division,
Chiternar.

Police holds meeting with retired police officers in Budgam



In order to review the welfare measures and to redress the grievances of retired police personnel, police in Budgam held a meeting with Police Retired Officers Association (Non-Gazetted) at District Police Lines Budgam. The meeting was chaired by SSP Budgam Shri Tahir Saleem Khan-JKPS along with DySP Hqs Budgam Shri Naem Wani-JKPS and DySP DAR DPL Budgam Shri Owaise Rashid-JKPS. During the meeting more than 100 retired Police officers of the district participated. The participants were welcomed by SSP Budgam who assured them that police is always at their disposal and to address their grievances. He also stated that they are still part of Police organization and can approach any Police officer or Police unit at any time.

During the meeting, the retired officers raised various issues and also proposed some initiatives for the betterment of post service life. SSP Budgam assured them that their genuine issues and problems would be taken up at an appropriate level for their early redressal. The meeting concluded with the vote of thanks and with the assurance that such meetings will be held on regular basis in future to redress the grievances of the retirees.

TAD establishes 100-bedded Hostel for PG girl students at Jammu

Srinagar, Sept 12 (KNS): Days after alleged medical negligence case came to fore at Ramzan hospital in Gojji Bagh locality of central Kashmir's srinagar city, the health officials on Monday have sealed operation hospital's operation theatre and suspended the surgeries as well.

A top health official while confirming the development to the Kashmir News Service (KNS), said that operation theatre section was sealed by the special team of health officials in response to a medical negligence at the hospital. He said that the CMO srinagar has also constituted a committee to probe the matter and check facts about the said medical negligence. The committee has been further asked to file its report within seven days and if anyone is found guilty, strict action will be taken against him, he said. On last Friday, the family members of a pregnant woman.

HDFC Bank issues India's first Electronic Bank Guarantee

Srinagar, Sep 12, KNT: HDFC Bank became the first bank to issue an Electronic Bank Guarantee (e-BG) in partnership with National E-Governance Services Limited (NeSL). The paper-based, time-consuming process has been eliminated with the new electronic bank guarantees that can be processed, stamped, verified, and delivered instantly with enhanced security. This is a transformational change, and the Bank will migrate to eBG to benefit all its customers. Paper-based bank guarantees take 3-5 days to complete the process of physical pick up from the bank, courier to the beneficiary, stamp it, and re-verify it. Bhavesh Zaveri, Group Head - Operations, HDFC Bank said on this occasion, "Digitization is an important enabler for our vision, to be recognized as a Bank which offers a distinctive customer experience. We remain committed to designing products that make digital banking simple, contextual, and highly secure. Digitization of issuance of BG is a transformational step towards increasing the ease of doing business for MSMEs who are major applicants for bank guarantees. HDFC Bank will migrate to eBG platform completely in order to expedite the issuance of BGs for our customers." Debajyoti Ray Chaudhuri, MD & CEO of NeSL said, "An Electronic Bank Guarantee or eBG eliminates the physical documentation usually associated with a bank guarantee, and the eBG becomes available in a digital form to the beneficiary. It was a pleasure to be associated with HDFC Bank in implementing eBG and we are extremely happy that HDFC Bank became the first bank to issue such an eBG using the NeSL paperless eStamping DDE platform."

دارالعلوم رحیمیہ بانڈی پورہ کشمیر

صدقہ جاریہ میں حصہ لینے کا سنہرا موقع دوبارہ میسر
زمین کی خریداری یا مدرسہ البنات کی تعمیر میں حصہ لے سکتے ہیں

دارالعلوم رحیمیہ بانڈی پورہ نے بچیوں کی دینی تعلیم و تربیت کے لئے جو مدرسہ شروع کیا ہے، اس میں تعمیر کا کام جاری ہے۔ ایک کمرہ بنانے کی لاگت تقریباً پانچ لاکھ روپے ہے اور ایک بچی کی چھک حصہ تعمیر کرنے کا خرچہ مبلغ پالیس ہزار روپے ہے۔ جو حضرات اپنے لئے یا اپنے والدین یا دیگر مروتین کے لئے اس تعمیر میں بطور صدقہ جاریہ حصہ لینا چاہیں وہ اب مدرسہ البنات کے لئے انکے مستقل کھل چیک درج ذیل اکاؤنٹ میں اپنی رقم جمع کر سکتے ہیں:

کرنٹ اکاؤنٹ نمبر: 0727010100000200
اسی طرح سے زمین کے ایک کمرے کی قیمت تقریباً ایک لاکھ ہزار روپے ہے۔ نصف مرلہ بچیوں ہزار روپے (55000) اور چوتھائی مرلہ ساڑھے تین ہزار روپے (27500) میں خرید کر اس کو اپنے لئے یا اپنے والدین کے لئے صدقہ جاریہ بنا سکتے ہیں۔ اس مقصد کے لئے پچھلے سے موجود صدقہ جاریہ کے نام سے دارالعلوم رحیمیہ کے کرنٹ اکاؤنٹ کے بے بنک بانڈی پورہ شمیرہ 0061010100001532 میں اپنی رقم جمع کر سکتے ہیں۔ نوٹ: خواہشمند حضرات بصورت مجلس ریت، باجوڑی، لوہا، سینٹ بھی دے سکتے ہیں مگر اس کے لئے مقدار ساڑھ اور قسم کی تفصیل یہاں سے معلوم کریں۔ مدرسہ البنات میں تعلیم حاصل کرنے والی بچیوں کے لئے دیگرقوم (صدقہ، ذکوہ، خیرات وغیرہ) پچھلے سے جاری کرنٹ اکاؤنٹ نمبر 0727010100000084 میں جمع فرمائیں۔

محمد رفعت اللہ مسرت ساسی
ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر
فون نمبر: 9419900002

Chairman DDC Budgam reviews functioning of RDD at Rathsun

BUDGAM, SEPTEMBER 12: The Chairman District Development Council (DDC) Budgam, Nazir Ahmad Khan today reviewed the functioning of the Rural Development Department at Block Rathsun. A detailed review of the functioning of the Rural Development Department was taken to know the progress of various works being undertaken under PRI, BDC and DDC grants. Block Development Officer Rathsun, Hilal Arfat gave a detailed presentation about the status of various works particularly SBM—Gramin, construction of Compost Pits and Amrit Sarvorar. The DDC Chairman impressed upon all the officials to work in close coordination to achieve the required targets. He further added that all officials should improve

their performances and ensure the viable implementation of all schemes on ground. ADDC Budgam Akramullah Tak, BDC Rathsun Farooq A Ganie, BDO Rathsun Hilal Arfat and all employees of RDD Block Rathsun were also present. A detailed review of the functioning of the Rural Development Department was taken to know the progress of various works being undertaken under PRI, BDC and DDC grants. Block Development Officer Rathsun, Hilal Arfat gave a detailed presentation about the status of various works particularly SBM—Gramin, construction of Compost Pits and Amrit Sarvorar. The DDC Chairman impressed upon all the officials to work in close coordination to achieve the required targets.

Dulloo reviews measures for controlling Lumpy Skin Disease in J&K

SRINAGAR, SEPTEMBER 12: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo today chaired a meeting to review the measures taken for controlling the spread of Lumpy Skin Disease (LSD) across Jammu and Kashmir. Director Animal Husbandry Jammu/Kashmir, representatives of SKUAST Jammu/Kashmir, Chief Animal Husbandry officers of all districts and other concerned officials attended the meeting in person and through video conferencing. At the outset, the meeting discussed the recommendations of Department Of Animal Husbandry and Dairying, Government of India wherein the States and UTs were asked to go

for mass vaccination and to ramp up testing. Several power point presentations were delivered wherein the status and controlling measures like vaccination, use of medicines, procurement of vaccines and sampling collections for testing were discussed in detail. The meeting received feedback, inputs and recommendations from the Task Force teams, experts and scientists alike in order to contain the spread of the disease. On the occasion, Dulloo enquired about the status of the action taken with respect to vaccination, ban on movement of animals, fogging, rapid response teams, public awareness besides, sampling & testing, disposal of dead animals etc.

He called upon the concerned to implement all the guidelines of Government of India in letter and spirit to contain the disease. He impressed upon the officers to focus on vaccination of animals and migratory cattle in Behaks. Besides, Dulloo also enquired about the availability of medicines while directing both the directors to ensure availability of required medicines in all the affected areas so that the spread can be tackled timely and effectively. He directed the concerned

to run awareness campaign and door to door inspections and visits by field staff to make farmers aware about the LSD. Earlier, during the meeting, it was informed that till date 33690 animals have been affected with LSD, out of which 22800

have recovered. It was also informed that 133450 doses have been administered to the cattle across J&K. He impressed upon the officers to focus on vaccination of animals and migratory cattle in Behaks. Besides, Dulloo also enquired about the availability of medicines while directing both the directors to ensure availability of required medicines in all the affected areas so that the spread can be tackled timely and effectively. He directed the concerned to run awareness campaign and door to door inspections and visits by field staff to make farmers aware about the LSD. Earlier, during the meeting, it was informed that till date 33690 animals have been affected with LSD, out of which 22800



Dulloo reviews progress under CAPEX, CSSs, NABARD & Deliverables in Horticulture Sector of J&K

SRINAGAR, SEPTEMBER 12: Additional Chief Secretary

and financial progress made by the Departments under Capex

culture, Panning & Marketing, Director Finance APD, Director

expenditure of the Horticulture Department and other allied activities in Jammu and Kashmir Union Territory.

The meeting also discussed the major targets of the financial year 2022-23 which include development of nurseries, support under development of high density plantation nurseries scheme, establishment of walnut nurseries, establishment of plant protection, soil laboratories, post harvest management centres besides procurement of machinery and equipments etc.

While expressing his displeasure over the slow progress in the implementation of different schemes in the Horticulture Sector, Dulloo impressed upon the concerned to gear up themselves and focus on spending the released funds so that projects would be finished at the earliest.

While reviewing the progress made on the deliverables for the year 2022-23 in the Horticulture Sector, Dulloo asked the officers to put in their best efforts to achieve the targets under the head in set timelines.

Mumkin: 06 CVs distributed among youth at Shopian Mumkin proving impactful by providing livelihood opportunities to unemployed: DC Shopian

SHOPIAN, SEPTEMBER 12: To facilitate unemployed youth towards undertaking livelihood in the transport sector, six commercial vehicles (CVs) were today distributed among unemployed youth of the district under Mumkin scheme at Mini-Secretariat, here.

The Deputy Commissioner (DC) Shopian, Sachin Kumar Vaishya presided over the distribution function, organised by District Employment and Counselling Centre (DE&CC) Shopian.

On the occasion, the DC handed over keys to the beneficiaries in presence of Assistant Director, DE&CC Shopian, Hafsa Qayoom and other officers, officials, civil society members and beneficiaries. Under Mission Youth, Government is providing ample opportunities for livelihood development in the transport sector to un-



employed youth of Jammu and Kashmir. AD, DE&CC on the occasion desired that more and more youth should avail benefits under the scheme in which small commercial vehicles are provided to the unemployed youth at subsidised rates.

The Mumkin scheme aims to move towards creation of a better socio-economic ecosystem by providing self-employment opportunities and elimination of poverty among the youth.

Vaishya urged the

beneficiaries to work with full dedication and enthusiasm which shall eventually go a long way in their socio-economic upliftment and said that the Mumkin is proving impactful by providing livelihood benefits to the unemployed.

He also urged the unemployed youth of Shopian to get themselves registered with the Department to avail the benefits under various Employment generation schemes meant for the upliftment of the youth.

DEO Pulwama holds meeting with representatives of various Political Parties on SSRERs

PULWAMA, SEPTEMBER 12: The District Election Officer (DEO) Pulwama, Baseer Ul Haq Choudhary today convened a meeting with representatives of various Political Parties of the district for Special Summary Revision of Electoral Rolls (SSRERs).

During the meeting, the DEO asked the representatives of Political parties to appoint Booth Level Agents, Polling Station wise for all the polling stations of the district so that the summary revision of electoral rolls be completed well in time.

The representatives from Political Parties were also informed that the process will commence from 15-09-2022. It was impressed upon Political Parties to ask Booth Level Agents to coordinate with BLOs so that purification and updation of electoral roll be made as per given timeline. The meeting was also attended by Dy-DEO Zahoor Ahmad Bhat and other officers from Election office Pulwama.

DC Pulwama visits digitization centres in the District

PULWAMA, SEPTEMBER 12: The Deputy Commissioner (DC) Pulwama, Baseer ul Haq Choudhary today inspected Jamabandi Digitization Centres in the district.

During inspection, the DC said that digitization is imperative for streamlining the revenue records and making them easily accessible to the public through online based platforms. He said that digitization of revenue records is a revolutionary step in good governance initiatives.

He reviewed the progress on implementation of the Land Records Modernization Programme. ACR Pulwama, Ajaz Ahmad Shah informed in detail the digitization programmes including safe custody of revenue documents, data entry, digitization of maps, Jamabandi and updation with latest mutation records.

While interacting with the officers, the DC said that the comprehensive digitization would ensure better land record management that will enhance the district's overall land record maintenance forever.

The DC inspected various sections of the Land Records Office and enquired about computerization and directed for its proper maintenance.

On Jamabandi, the DC said that it is a challenging task and directed for keeping it properly up to date and well maintained and stressed upon officers and staff to complete the process of digitization of records in fixed timelines.

Among others, the DC was accompanied by Assistant Commissioner, Revenue, Ajaz Ahmad Shah, Tehsildar Pulwama and other revenue officials. Among others, the DC was accompanied by Assistant Commissioner, Revenue, Ajaz Ahmad Shah, Tehsildar Pulwama.

District Admin Kulgam hosts Aharbal festival

Festival witnesses multifarious activities; stalls established to showcase local handicraft, cuisine & culture

Farooq Rather

KULGAM, SEPTEMBER 12: To promote Aharbal tourist destination meticulously, the District Administration Kulgam and Tourism Department in collaboration with Aharbal Development Authority, Rural Development, DYSSO, Forest, Education, Handicraft & Handloom and other Departments today organised a mega festival at the famed tourist destination of Aharbal, here.

During the festival, multifarious activities and events were carried out which include Heritage walk with Fossil talk, bicycle rally, trekking expedition etc. These events were flagged-

off by the District Development Chairperson, Mohd Afzal Parray and Deputy Commissioner (DC) Kulgam, Dr. Bial Mohi-Ud-Din Bhat.

The festival witnessed huge hustle and bustle with visitors and tourists seen making purchases at the stalls set up by various departments, SHG members and Artisans associated with handicraft and handloom besides locals. The stall holders had put their attractions on display to woo the customers during the mela.

Speaking on the occasion, the Deputy Commissioner said that the event has been organised to promote Aharbal in a big way which possesses huge adventure tour-



ism potential with beautiful and attractive scenic and adventure tourist sites. He added that Aharbal

and areas in proximity remained abuzz this season and recorded an influx of 1.60 lac tourists, visitors in

the last 08 months.

Dr Bilal stated that to provide a wide range of experience to tourists, emphasis is being laid to promote Adventure and pilgrimage tourism to attract more and more tourists especially adventure loving people to these tourist destinations.

Further, he added that near about 1000 homestays are being developed in already declared tourist villages which will give a push to rural economy besides giving tourists an exquisite experience of witnessing local lifestyle, cuisine and culture.

DDC Vice Chairperson Shazia Jan, DDC members, Mohd Abas, Jameela Chowdhary, Ruby Jan, Gh Mohi ud Din and other PRI.

DC Bandipora reviews developmental scenario of Dardpora, Arin

BANDIPORA, SEPTEMBER 12: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed today chaired a meeting of officers to review the developmental scenario of Arin-Dardpora of Bandipora District. Reviewing the various developmental issues of the Arin-Dardpora area, the DC said that the area has huge potential to be developed as a tourist spot. He said the area is suitable for adventure tourism including trekking to Alpine meadows and lakes besides also for pilgrimage tourism as the area has some holy sites. He said that the Administration believes in equitable development and always works on policies to provide the same opportunities to the people living in urban as well as rural areas. Dr. Owais asked officers to tap the potential of the area to develop tourism infrastructure and other sectors for boosting the developmental needs of the area. He also emphasized on facilitating hassle free travel of tourists to the areas from a security point of view.



He said tourism promotion in the area will also develop employment opportunities for the local youth.

While reviewing the status of various developmental works, the DC directed the concerned to work in coordination with PRIs for smooth execution of all projects.

The meeting was attended by Commanding Officer, 14 RR; Joint Director Planning, Imtiaz Ahma; DFO Bandipora, Tehsildar Bandipora, DySP HQ Bandipora and other concerned officers.

DC Bandipora reviews implementation of beneficiary-oriented Schemes

BANDIPORA, SEPTEMBER 12: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Monday chaired a meeting of officers at mini secretariat here to review the progress in implementation of the various beneficiary oriented Schemes. The DC reviewed department wise performance and achievement of various schemes and the services provided by various departments.

On the occasion, the DC was apprised about the achievements made so far under various self employment schemes, agriculture credit and other beneficiary oriented schemes.

He stressed upon the concerned departments to work for overall development of the district and welfare of the target population with more dedication and sincerity to achieve 100 percent saturation under all schemes. Dr. Owais stressed on the proactive role of various departments for hand holding of youth under Government sponsored schemes for eradication of unemployment and hassle free facilities for generating new income units. The DC stressed on conducting IEC activities for mass awareness to educate the public about the employment generation and social security schemes in the district so that maximum people are benefited. Dr. Owais urged youth to come forward

in order to harness the benefits of various youth oriented schemes.

The meeting was attended by DPO ICDS Mohd Ashraf Hakak, Joint Director Planning Imtiaz Ahmad, CAHO, Functional Manager DIC Bandipora and other concerned officers. The DC reviewed department wise performance and achievement of various schemes and the services provided by various departments.

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Comm Secretary Revenue visits Kupwara district Reviews progress, performance of Revenue department at Kupwara

KUPWARA, SEPTEMBER 12: Commissioner Secretary, Revenue, Vijay Kumar Biduri today visited Kupwara district and reviewed the progress and performance of revenue department at an officers meeting held at D.C Office Kupwara.

Deputy Commissioner Kupwara, Doifode Sagar Dattatray was present in the meeting, besides, ADDC Kupwara, Altaf Ahmad Khan; ADC Kupwara, Ghulam Nabi Bhat; ADC Handwara, Nazir Ahmad Mir; ACR Kupwara, SDM Karnah, Tehsildars and other concerned officers attended the meeting.

The Commissioner Secretary took a detailed review of the Digitization of Land Records, DILRMP, status of Kahcharai land, eviction of state land, status of girdawaries, status of custodian land, Waqaf Council properties, Public Service Guarantee Act, status of court cases, , SVAMITVA, PM Kissan and received feedback from the officers.

The Commissioner Secretary appreciated the work of Deputy Commissioner Kupwara and his team of revenue officers including Patwaris for registering good progress of digitization of the land record. He said Revenue department always remains connected with the people at ground level and asked officers to utilize their power and resolve the issues of the public. He said God has given us power to serve the public so do the best use of this position. He said from far flung areas do visit to the Tehsil Office and advised officers to attend the public in a friendly manner.

The Commissioner Secretary also reviewed the staff strength position and facilities being provided to the Revenue Officers including accommodation and conveyance.

Deputy Commissioner Kupwara briefed the Commissioner Secretary regarding the performance of the Revenue department in the

district. He asked the revenue officers that they are mirrors of Deputy



Commissioner at ground and advised them to attend their offices in a responsible manner. He said government is facilitating the department and it is our duty to ensure more delivery at ground level.

Regarding removal of encroachment on state land, the Commissioner Secretary directed the officers to erect a board notifying the state land and capture a picture regularly. Give good publicity of the encroached land so that public can know. He directed for removal of encroachments on major portions especially areas coming under Roshni Act. Deputy Commissioner Kupwara, Doifode Sagar Dattatray was present in the meeting, besides, ADDC Kupwara, Altaf Ahmad Khan; ADC Kupwara, Ghulam Nabi Bhat; ADC Handwara, Nazir Ahmad Mir; ACR Kupwara, SDM Karnah, Tehsildars and other concerned officers attended the meeting.

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Director Agriculture Kashmir visits Qamarwari zone of the District

SRINAGAR, SEPTEMBER 12: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today visited different areas of Qamarwari zone of district Srinagar to review different initiatives by the department in the area.

During the visit, the Director also interacted with the agri-entrepreneurs of the area and discussed different schemes with the local commercial farmers.

Talking to the farmers, the Director said that there is huge potential for vegetable cultivation in the area. He asked the farmers to go for diversification in terms of selection of different vegetables, exotic and high value vegetables which can fetch

more returns to the farmers and entrepreneurs and farmers



ers and result in socio-economic transformation of the community.

Modern Agriculture is tasked with providing more quality food to a growing population in a sustainable manner, while maintaining healthy margins, therefore educated and well aware agri-entrepreneurs and farmers

could play an important role in this movement, said the Director.

Iqbal said that the department has already introduced and implemented a number of initiatives viz-a-viz marketing of farmers' produce.

Later, the Director reviewed the implementation

of PM-KISSAN in the area and asked the concerned officers to ensure that every single farm operating family is connected with the said scheme and the benefits reach every farmer well in time.

Earlier, Agriculture Extension Officer Qamarwari, Dr. Fayaz Illahi gave a detailed description of various initiatives by the department in the area. He also briefed the Director about the status of implementation of different centrally sponsored schemes in the area.

The Director was accompanied by Sub Divisional Agriculture Officer Srinagar and other senior officers of the department during the visit.

DEO Kupwara reviews Special Summary Revision 2022 Directs for maximum enrollment of new voters

KUPWARA, SEPTEMBER 12: District Election Officer (DEO), Kupwara, Doifode Sagar Dattatray today convened a meeting of Election Registration Officers (EROs), Assistant Election Registration Officers (AEROs) and representatives of different political parties of district Kupwara to review the Special Summary Revision 2022.

Addressing the meeting, the DEO urged upon the officers to work in tandem and focus on maximum registration of the new voters. He asked them to provide at least 2 training sessions to Booth Level Officers so that they can gain requisite knowledge the electoral process.

The DEO urged upon the representatives of political parties to appoint Booth Level Agents (BLAs) at each Polling Booth so that 100% registration of new



voters could be assured. The DEO also reviewed the progress of Systematic Voter Education & Electoral Programme (SVEEP) campaigns and directed the concerned to ensure campaigns in collaboration with District Nodal Officer for SVEEP. He also directed to ensure Assured Minimum Facilities like availability of water supply, electricity, connectivity and ramps.

The DEO also took stock of operationalization of GARUDA app by BLOs, Aadhaar linkage with EPIC, 100% photo coverage of electoral roll, filing of claims and objections, draft publication of photo electoral roll at ERO and AERO Offices, besides BLO level. ADDC Kupwara, Altaf Ahmad Khan; ADC Handwara, Dy. DEO, Mehraj-u-din Wani, ACR Kupwara, ACP, Tehsildars and other

concerned attended the meeting. The DEO also reviewed the progress of Systematic Voter Education & Electoral Programme (SVEEP) campaigns and directed the concerned to ensure campaigns in collaboration with District Nodal Officer for SVEEP. He also directed to ensure Assured Minimum Facilities like availability of water supply, electricity, connectivity.

GDC Khansahib organises Anti-drug awareness rally

BUDGAM, SEPTEMBER 12: The NSS Unit of Govt. Degree College (GDC) Khansahib and Red Ribbon Club in collaboration with the Department of Physical Education organised an 'Anti-drug Awareness Rally', here.

Hundreds of students, including NSS volunteers, took part in the rally that started from the college campus and culminated at main market Khansahib. The rally was led by Director Physical Education

Shahnawaz Alam, NSS Programme Officer Dr. Sajad Ahmad Padder and Convener - Red Ribbon Club Dr. Shabir Ahmad Ganie while other faculty members provided their full support and cooperation. Addressing the rally at main market Khansahib, organisers highlighted the socio-economic and cultural ramifications of drug addiction; urged the students and community members present there to desist from this menace.

At the end, Dr. Bashir Ahmad Gangeen thanked the organisers, Police administration and other faculty members for making the programme a success. The NSS Unit of Govt. Degree College (GDC) Khansahib and Red Ribbon Club in collaboration with the Department of Physical Education organised an 'Anti-drug Awareness Rally', here. Hundreds of students, including NSS volunteers, took part in the rally that

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Police organises anti-drug awareness programme in Budgam

Police in Budgam organised an anti-drug awareness programme under the banner "prevention of drug addiction" at Government Boys Higher Secondary School Beerwah Budgam.

The programme was organised by Police with the motive of generating awareness among vulnerable age group about ill

effects of drug addiction and to seek cooperation of the society in eradicating the social evils prevailing in the society particularly menace of drugs. The programme was hosted by In-charge Drug De-addiction and Stress Management Centre DPL Budgam Ms Insha Hassan.

Principal Government Boys Higher Secondary

School Beerwah, school staff members and 390 students of the school attended the programme. Principal of the GBHSS Beerwah highlighted the role of parents and said that parents have a greater responsibility in social development of a child as they act as the first teachers and guides of their wards. On the occasion, Ms In-

sha Hassan highlighted the role of school management in identification of substance abusers and their role in remedial measures thereof. Thrust was also given to the psychological and social aspects of addiction. Detailed deliberations on various aspects of drug addiction and preventive measures especially in youth.

CUK VC highlights importance of business ethics in modern clinical practices

Ganderbal, Sept 12: Central University of Kashmir (CUK) Vice Chancellor, Prof. Farooq Ahmad Shah Monday highlighted



the important role of transparent and fair clinical trials in ensuring better and affordable access to effective treatments for the people across the world.

"The industry, government, policy makers, regulators, hospitals, doctors, ethics committees, etc. should work in tandem to develop the clinical research ecosystem," he said, while inaugurating the one-day conference on "Clinical Investigators- Good Clinical Practices (GCP)" organised by the Department of Biotechnology, Central University of Kashmir & the Indian Pharmacological Society. Prof. Farooq stressed upon the importance of business ethics in modern clinical practices and hoped that the Conference would be a great success for encouraging healthy clinical practices among researchers, clinicians and pharmacologists.

Dean, School of Life Sciences, Prof. M Yousuf, Dean School of Media Studies, Prof. Shahid Rasool, Dean, School of Physical and Chemical Sciences, Prof. Wali M Shah, Controller of Examinations, Prof. Farooq A Mir, Prof. M.I. Geer, from University of Kashmir; Prof. M. Ashraf Ganaie, from SKIMS, Soura, Head, Deptt of Biotechnology Dr. Abid

Hamid, Prof. Azra Kamili, faculty members, research scholars, senior functionaries and students were also present on the occasion.

Speaking on the occasion, Prof. M. Ashraf Ganaie reiterated the significance of the Hippocratic oath taken by the medical practitioners in maintaining good clinical practices while approving drugs for clinical use. Prof. Ganaie asked the practising medicos not to bow before the corporates and uphold the morality and ethics while prescribing any drug to the patients. Prof. Ganaie said the conferences like these will equip the professionals in the field of medicine to face the future challenges.

Registrar, Prof. M Afzal Zargar, in his telephonic address, appreciated the organisers for holding the conference and hoped that it would immensely benefit students, researchers, faculty and clinicians.

Addressing the gathering, Prof. Muhammad Ishaq Geer enlightened the audience about the historical background of pharmacology both in the national as well as the international context highlighting the role of Mr. Ram Nath Chopra, the father of Indian Pharmacology. He also stressed on the need of development of super specialization and precision medicine in pharmacological sciences in the modern era.

Dean, School of Life Sciences, Prof. M Yousuf, in his address, said, the Conference theme is very pertinent and there is a great role of Clinical Investigators in the present age. He said the Good Clinical Practice is an international ethical and scientific quality standard for the design, conduct, performance, monitoring, auditing, analysis and reporting of clinical trials. Dr. Abid Hamid Dar, said, the objective of the conference is to highlight

SKUAST-K team visited blast hit rice fields in District Kupwara.

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

DR.AB QAYOOM

Kupwara, Sep.12: A team of scientists from SKUAST-K visited various villages of Kupwara where infestation of Paddy blast was reported. The team comprised of Prof. Parmeet Singh Chief Scientist Agronomy from Directorate of Extension, Dr. Kaisar Malik (Head KVK Kupwara) along with other scientific staff of KVK. After interaction with the farmers it was observed that the paddy crop in the visited area especially in villages of Milyal and Kachama of tehsil Kralpora was heavily infested with more than one type of blast like leaf blast, neck blast and panicle blast and more than 200 kanals of land is affected. The crop in the area is at harvesting stage so it was not

advisable to recommend any fungicidal



spray at this

time. The farmers reported that they have been using the same variety of rice over the years. The experts are of the opinion that normally the farmers should have replaced seed after every four years but continuously using the same variety over decades has led to the breakdown of the resistance against the blast. However, during on spot awareness programme Head KVK Kupwara assured the farmers that in the next Kharif season new and fresh seed of suitable variety will be made available under OFT and FLD programmes. At last farmers thanked the university authorities for timely action and short awareness programme.

Directorate of Extension organized farmer scientist Interface on Lumpy Skin Disease and other animal related diseases.

DR.AB QAYOOM

Srinagar, Sep.12: One day interface meet between Scientists of SKUAST-K and farmers of the valley was organized by Directorate of Extension, SKUAST-K on Monday. The Programme was participated by Scientists of Directorate of Extension and about 50 farmers from length and breadth of the valley. Director Extension Prof. Dil Mohammad Makhdoomi chaired the event. At the outset of the event Prof Purnotam Singh formally welcomed the farmers and elaborated the attendees about the importance of the event. Farmers interacted with the scientists and raised various issues/problems farmers come across

in agriculture and allied sectors. presentation and deliberated on



Director Extension, Prof. Dil Mohammad Makhdoomi, who himself happens to be renowned Veterinary Scientist delivered a PowerPoint

way and means to combat and manage Lumpy Skin disease, an important issue the UT as well as country is facing. In this important talk

Prof. Makhdoomi elaborated the symptomatology of the viral diseases and stressed that recommended management strategies like quarantine infected animals, sanitation of animals and animal shed, vaccination of uninfected animals and other treatment measures as recommended by SKUAST Kashmir should be religiously followed to curtail the spread of infection. Later on an interactive session was held in which various questions, myths, apprehensions and concerns raised by the attending farmers were addressed very humbly by the worthy Director Extension to the best satisfaction of the farmers. Finally the event was concluded with formal vote of thanks.

CAN METFORMIN ACTUALLY HELP YOU LOSE WEIGHT?



PARUL DUBE

The first course of treatment for type 2 diabetes is metformin. It is one of the most frequently administered medications to treat diabetes and obesity. Beyond its anti-hyperglycemic effects, researchers think metformin is relatively safe to use and provides substantial results. But the medication is only available by prescription, so you must see your doctor and check if it's right. While metformin may have various side effects, one of the most prevalent ones that everyone is curious to know is whether it induces weight loss. Surprisingly, the answer is yes!

It might sound like a good idea to consider taking a medication usually prescribed for type 2 diabetes to lose some extra pounds. However, the answer to the metformin weight loss claims is not that simple. Regarding weight loss and metformin, doctors are not supportive of its use solely for this reason, meaning that metformin treatment is for weight loss alone. Whether you have diabetes or not, a combination of diet and exercise remains the healthiest, most consistent route for weight loss.

What is Metformin, and How Does it Work?

To manage high blood sugar, doctors often prescribe metformin combined with a healthy diet and exercise routine. It is a member of the biguanide drug family. Metformin lowers the amount of glucose the liver releases and improves insulin efficiency, reducing blood sugar levels. It is suitable for someone with type 2 diabetes or prediabetes and higher body weight. However, you cannot use it to treat type 1 diabetes. (wherein the body produces little or no insulin and thus has difficulty controlling blood sugar).

Researchers have also discovered a high correlation between taking metformin and weight loss, even though it is not strictly considered a weight-loss medicine. Some studies have demonstrated the advantages of metformin treatment for weight loss in overweight

and obese patients. But does it work, and is it a good option for you? The short answer is taking the drug without practising other healthy habits may not lead to weight loss.

Note

Weight loss is an interesting side effect while taking metformin. It could provide a means to lose weight while controlling high sugar levels in type 2 diabetes. These outcomes have made metformin a desirable research subject for conditions linked to overweight and obesity. Talk to your doctor if you're curious whether metformin could be a suitable addition to your weight-loss journey.

Can Metformin Help Me Lose Weight?

According to research, after using metformin for a year, the average weight loss ranges from 1.8 kg to 3 kg. So some people can lose weight, but this drug is not a quick fix.

The following reasons could explain the "metformin weight loss" claims.

Improves Blood Glucose Control

As discussed earlier, metformin aids in regulating blood glucose levels. As a result, the quantity of glucose your liver produces and the amount you absorb from food reduces. Metformin also improves how your body reacts to insulin, a hormone that naturally regulates blood sugar levels. Weight frequently decreases when insulin sensitivity improves. Therefore, it allows the body to control and maintain weight better.

Reduction of Appetite

Metformin's ability to reduce appetite is the main factor in weight loss. Reduced hunger is a typical side effect of this medication, brought on by increasing the body's sensitivity to insulin and leptin hormone. Leptin tells your body when to stop eating, so increased sensitivity to this hormone makes you feel less hungry. Over time, even a little reduction in daily caloric intake might result in a significant amount of weight

loss that is evident. Little, subtle alterations can have a considerable impact; perhaps this is why metformin causes weight loss.

Making Healthy Lifestyle Changes

If you are also making dietary modifications and increasing physical activity simultaneously, you may lose weight while taking metformin. Such lifestyle adjustments might contribute to long-term weight loss. But suppose you are taking metformin but do not adopt other healthy habits. In that case, metformin alone may not be sufficient to lose weight. If you've just started a metformin prescription, the following can aid in speeding up your weight loss:

Engaging in regular exercise for at least 30 minutes a day

Reducing the added sugar and refined carbohydrates in your diet Metformin is not a stand-alone therapy for weight reduction due to its inconsistent weight loss effects. That said, measuring how well metformin works depends on your consistency. For example, there's a good chance you will return to your original weight if you stop taking metformin. But people who exercise tend to lose the most weight because metformin increases the calories burned during exercise.

Note

Although it is not a certified weight loss drug, metformin may lead to modest weight reductions. While some think this medication decreases hunger, others say it alters how the body regulates blood sugar. In addition to metformin and other drugs for type 2 diabetes or prediabetes, doctors frequently advise patients to make certain dietary and lifestyle adjustments. Regardless of these aspects, those wishing to lose weight while taking metformin should also maintain a nutrient-rich, calorie-controlled diet and exercise regularly.

How to Use

Here is some information regarding metformin usage in case you want to include it in your daily routine. But, most importantly, before making any decisions or modifying

your lifestyle, talk to your doctor about using metformin.

Dosage

The oral forms of metformin include liquid, tablet, and extended-release (long-acting) tablets. The liquid is often consumed once or twice daily with meals; dosages range from 5 to 9.5 ml. Two or three times a day, the standard tablet is typically taken with meals. The extended-release tablet is often taken with dinner once a day. For extended-release metformin, doses should not exceed 2,500 mg daily for adults and typically range between 500 mg and 1000 mg.

Take metformin exactly as prescribed, both in terms of dosage and frequency. Please do not take more or less of it than your doctor has advised because the amount required may differ from person to person. We recommend you carefully follow the instructions on your prescription label and ask your doctor or pharmacist to clarify any information you are unsure of. For example, your physician might prescribe you a low dose of metformin and then gradually increase it. Keep a close eye on your weight so your doctor can determine how effectively metformin works.

Adverse Side Effects

Metformin might result in side effects, just like any other medication. Therefore, use it with caution. If a person takes metformin and encounters any adverse symptoms, they should seek medical attention immediately. Typical adverse effects include:

- Weakness
- Difficulty in Breathing
- Stomach Pain
- Nausea or Vomiting
- Irregular Heartbeat
- Dizziness

If you suffer from kidney illness, let your doctor know. Most likely, your doctor will advise against taking metformin. Moreover, if you have dental surgery or any serious medical operation, please tell the doctor that you are taking metformin. Consultation is necessary even if you want to have any x-ray technique involving dye injection.

It is true, mainly if you currently or previously consumed substantial amounts of alcohol, have liver illness, or have experienced heart failure. Before the procedure, you might need to stop taking metformin and wait 48 hours before starting it again.

Precautions and Safety Tips

If you have an allergy to metformin, any of the substances in metformin liquid, tablets, or any other medication, let your doctor and pharmacist know before taking metformin. For a list of the ingredients, consult your pharmacist or the manufacturer's patient information.

For your doctor and pharmacist to be sure that metformin won't conflict with your other prescription and over-the-counter drugs, vitamins, nutritional supplements, and herbal items, it's crucial to let them know what else you're taking. Diabetes and obesity are not cured by metformin, although you can manage them. Therefore, without consulting your doctor, do not discontinue taking metformin.

Take the missed dose as soon as you remember it. Then, if the next dose is due, skip the missed one and continue with your regular dosing plan. Do not take a second one to make up for a missing dose.

Make sure to abide by all the dietary and exercise advice given to you by your physician or nutritionist. Eating a balanced diet is necessary for weight loss.

Conclusion

When you consider all factors, metformin can result in a small amount of weight loss in people who take it regularly. However, the average weight loss per year isn't very significant. Because of this, metformin is not a weight-loss treatment or magic diet pill but a prescription therapy that aids in improving blood sugar control in those with insulin resistance. However, suppose you have diabetes or are overweight and want to lose weight healthily. In that case, you can work with your doctor to develop a diet plan and exercise routine and start taking metformin.

COURTESY: HEALTHIFYME

BRIEFLY NEWS

Is your mattress giving you breathing problems? Find out

Some people opt for the spring version; others prefer cotton or foam-based – in either case, mattresses are often associated with back-related issues. However,



they are rarely or never associated with breathing problems or asthma. But now, experts have established a shocking link between mattresses and the risk of respiratory disorders. Turns out, using a mattress for longer than 10 years could be a mistake – harbouring several dust mites and bacteria which can lead to respiratory problems like asthma, bronchitis, allergies or headaches, and eczema

For people already dealing with respiratory problems, a clean sleep environment free from dust and mites could aggravate the state. Ideally, one must replace the mattress every five to seven years. This, however, can vary on the mattress type and how it is used.

How to mitigate the risk of dust and mites in the mattress?

Doctors recommend regular vacuum cleaning of a mattress to prevent dust accumulation. Asthma patients are most prone to developing health problems due to the mattress. This is because mites and dust are the key triggers of respiratory problems.

Asthma is a condition characterised by swollen breathing tubes that carry air in and out of the lungs. It forces the tubes to narrow down temporarily if exposed to triggers.

Some of the key triggers of asthma are:

- Exercise
 - Infections
 - Allergies to animal fur, pollen, or dust mites
 - Cold or flu
- When looking for the symptoms of asthma, watch out for the following:
- Breathlessness
 - Cough
 - Tightness in the chest
 - Whistling sound while breezing known as wheezing

National Chocolate Milkshake Day: Know the benefits of drinking this beverage

National Chocolate Milkshake Day is celebrated every year on September 12 to celebrate one of the most cherished beverages, Chocolate Milkshake.



Though it is not a very healthy beverage, one can still resort to this milkshake on cheat days.

Chocolate milkshake has some nutritional elements present in it such as vitamins and minerals. Made with milk or ice cream, this milkshake has the nutritional properties of both milk and chocolate. This milkshake is usually made using milk chocolate but for a healthy alternative, you could use dark chocolate instead of milk chocolates. Also, keeping a check on the sugar levels can also help to make the drink healthier. Here, take a look at the benefits of drinking chocolate milkshakes.

New Delhi: National Chocolate Milkshake Day is celebrated every year on September 12 to celebrate one of the most cherished beverages, Chocolate Milkshake. Though it is not a very healthy beverage, one can still resort to this milkshake on cheat days.

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Weight Loss with Bananas: Are They Effective?

PARUL DUBE

Bananas are one of the most common fruits, omnipresent in every household, and a global staple. This yellow fruit has several health advantages and is used in various cuisines because it has a sweet and creamy texture. However, do you know that it can help you shed some extra kilos? While trying to lose weight, eating one or two bananas will keep you active and completely healthy.

When it comes to bananas, they are often stereotyped as a weight-gaining fruit. However, contrary to popular belief, the mighty fruit tends to melt some fat. There is a widespread misconception that bananas are undesirable for weight loss due to their high carbohydrate content. Well, first of all, there is no proof that eating bananas cause weight gain or loss. Additionally, none of the food causes weight gain or loss. It all comes down to having a calorie deficit to lose weight and a calorie surplus to gain weight.

Compared to other fruits like berries, bananas provide more energy (calories) per serving, which has given them a bad reputation for being detrimental to weight loss. However, because bananas are high in fibre, they help us feel fuller for extended periods. They also decrease our appetite, which may make us consume fewer calories over time.

Are Bananas Good for Weight Loss?

It is crucial to understand that one fruit cannot get classified as either a weight gainer or a weight reducer. If you wish to reduce weight, you must balance what you eat throughout the day and how active you are. Furthermore, no studies are conclusive on the impact of bananas on weight. They neither make you slim nor fat. On the contrary, you feel fuller for longer because of the fibre, which aids in weight loss. In addition, their creaminess and richness may help to reduce cravings for sugary, unhealthy treats.

Bananas will not cause you to gain weight if you keep your calorie intake under control. While bananas do not directly affect weight loss, they include qualities that can assist in weight management, such as high fibre content. In addition, satiety may help with weight loss by limiting the desire to consume too much.

When incorporated into your weight loss journey, Bananas assist in healthy weight loss. Moreover, there are various ways to serve bananas, such as banana chips, desserts, and shakes, cookies, fritters, etc. It is crucial to understand that correct food preparation is essential if the goal is to reduce weight. Banana as a whole fruit is the best for consumption. However, if you're using bananas to make snacks, ensure you use healthy ingredients or alternatives. Moderation is the key to all healthy



Note

Bananas are not detrimental to weight loss. On the contrary, taking them in moderation (1-2 medium size bananas per day) may assist in weight loss. However, overeating banana-based chips, cookies, and desserts, too frequently, can make you gain weight at a faster pace.

How to Use Bananas for Weight Loss?

Suppose you are one of those who deliberately shut out the bananas in

your diet because of popular myths that they lead to weight gain. In that case, you miss out on countless critical nutrients in this single fruit piece.

Here are some ways to include or use bananas for weight loss.

Banana Breakfast

Breakfast is the most important meal of the day, and skipping it is linked to increased weight gain. It is because it kick-starts one's metabolism. Hence it would help if you were thinking about what you want to consume. Bananas help to start your day on a healthy note due to their rich fibre content, making you feel full quickly for a prolonged time. In addition, it means you won't be binge-snacking before lunchtime, organically reducing the calorie intake.

Perfect Pre/Post-Workout Energy Meal

An intensive workout leaves you tired. Therefore, you will require an excellent meal to boost your energy without compromising your weight loss diet plan. In such a situation, eating bananas will be the best way to gain a quick energy boost so that you can motor throughout your workouts without feeling exhausted. In addition, it will replenish your energy and electrolytes and prevent muscle cramps and aches as it's rich in potassium.

A Healthy Alternative for Snack Cravings

Bananas are not only filled with nutrients but also make your day better, even without candies and chocolates. Due to their sweet nature, bananas are often considered a choice to curb sweet cravings and aid in dealing with hunger pangs. In addition, having bananas instead of unhealthy and high-calorie snacks like chips will make you feel satiated in fewer calories.

Note

Eating bananas for breakfast helps to get rid of excess weight. A glass of warm water with a banana for breakfast improves digestion and reduces the feeling of hunger. The metabolism gets boosted when bananas and warm water are combined. This breakfast is popular among the Japanese for weight loss. When you get bored of consuming bananas every day, you may replace them with other fruits.

Summary

Bananas are one such fruit that certainly should be present on your plate. Besides the delicious taste, bananas are packed with several essential nutrients, ensuring to keep up an individual's fit and healthy mode. The balance of what you eat throughout the day and how active you are, impact your weight loss in the long term. When you have it in controlled portions, the nutritious and healthy bananas will help you lose extra kilos and improve your overall health and quality of life.

HEADLINES TODAY

EDITORIAL

India falls on human development index but there are some positive takeaways as well

India's human development is not keeping pace with progress. It now stands at the 132nd spot in the list of 191 countries. The dip can be mostly attributed to its life expectancy going down in the Corona period. The drop in the Human Development Index from 0.645 points in 2019 to 0.633 in 2021 is due to the life expectancy falling from 69.7 to 67.2 years. India has thus slipped a notch in the United Nation's Human Development Index (HDI) 2021-22. HDI is measured on three parameters — a long and healthy life, access to education and a decent standard of living. All these parameters basically define human development of the people of a country or region. Primarily, four indicators are used to calculate it — life expectancy at birth, average schooling years, expected years of schooling and the per capita Gross National Income (GNI). India's expected schooling years stand at 11.9, while the average years of schooling are 6.7. The Gross National Income per capita level is \$6,590. Though the report doesn't paint a rosy picture of India or make it feel better, the consolation comes from the fact that it isn't discouraging for most countries, too. India's decline is in fact in keeping with the global trend.

But there is indeed a silver lining for India. Compared to 2019, the impact of inequality on human development is lower. HDI figures for India indicate that the gender inequality in India is decreasing faster than the world average. It may be a positive fallout effect of India's investments in inclusive growth policies, thrust on social protection and dedicated efforts like 'beti bachao beti padhao' for gender parity. The United Nations report showed that 90% of countries have registered a reduction in their HDI value in 2020 or 2021. HDI is an important indicator as unlike other indicators it gives a clear idea of the growth of people's wellbeing, their access to health education and income levels. These declined in 2020 and 2021, setting the clock back by five years. The HDI's negative slope can be attributed to the fall in life expectancy, which fell from 72.8 years in 2019 to 71.4 years in 2021 globally. The countries which had worst showing were from Latin America, the Caribbean, Sub-Saharan Africa and South Asia. India's human development index value, however, exceeded other south Asian countries which are still reeling under the impact of COVID-19.

How is the world's fifth largest economy doing?

AJIT RANADE

Measured in dollar terms, the size of the Indian economy surpassed that of the United Kingdom, as per data from the last quarter of 2021. The calculation uses the current exchange rates between the rupee and British pound respectively, and the U.S. dollar. The GDP data is as per the International Monetary Fund. This makes India now the fifth largest economy in the world, behind the United States, China, Japan and Germany. As per the same data, India's GDP is 3.2 trillion dollars, now behind 4.2 trillion dollars of Germany. If it grows at 7 percent per annum, and the German economy stands still, then India will overtake Germany in four years. At 5.5 percent growth it will take five years.

There is a catch however, even if you assume that the German economy will be at zero growth. That catch is exchange rates. If the rupee dollar rate depreciates faster than the euro dollar exchange rate (since Germany's currency is the euro), then it becomes harder to overtake Germany quickly. The gains of the GDP growth gap are partly undone by a depreciating currency. If India's currency gets stronger vis-à-vis the dollar, then of course its economy measured in dollars will grow

faster. However, a strong currency may not be in India's favour, since that may hurt our exports.

If the international comparisons are too sensitive to exchange rates, the World Bank has devised another method, called purchasing power parity. It adjusts exchange rates to reflect the "true" purchasing power of the respective currencies. Thus 80 rupees to the dollar, makes the rupee look too weak. Actually, one dollar in India gets you much more than one dollar in America.

After applying this correction factor, India's GDP becomes the third largest in the world, and has been so for at least for five years. And China's economy in PPP terms is already bigger than America. And due to their fast growth rates, and huge population sizes, the two Asian giants will dominate the twenty first century's economic picture. This has been well known, and there is a demographic inevitability to it. No wonder the world's investors are looking at these two large consumer economies (never mind the emerging tech cold war between the West and China).

Hence whether India is ranked fifth or third, and how soon will it attain the magical 5 trillion dollars size is not very interesting, because it will certainly get there. For the past forty



years (except for the pandemic years) the average growth rate of India's economy in real terms is 7 percent, and there has never been a year of contraction (i.e. negative GDP growth) since 1980. Such is the strength of India's growth process.

The pertinent question to ask is how is this economy doing? This means looking at the short term, and examining prospects for output expansion, job creation, inflation control, and fiscal and trade deficit sustainability. When asked about the economy, we can consult data numbers that are trotted out, some daily like the stock market updates, some monthly like the imports and exports or industrial produc-

tion index, some quarterly, like the GDP and some annually. Last week the National Statistics Office reported that India's GDP during the April to June quarter was 36.85 lakh crore.

This is the real GDP, stripping out the effect of inflation. This number is 13.5 percent higher than the real GDP for April to June quarter of last year. This high growth rate seemed to call for celebratory chest thumping. However, we need to see this data in its proper perspective. Last year we suffered from a devastating second wave of Covid, which had spread to rural areas, and caused great hardship and large-scale deaths. There were lockdowns and

constraints, so business was down. Hence on that low base, 13.5 percent looks good and was in fact expected to be above 15 percent by professional forecasters.

If you want to remove the effect of the last two pandemic affected years, you need to compare the GDP data of April to June during 2019. That was 35.67 lakh crore, which means that in three years quarterly GDP has inched up only by 3.3 percent i.e., less than 1.1 percent per year. This is worrisome. Much of this slender growth has been fueled by fiscal expansion, which was of course necessary. Another way of analysing the current data is to look at momentum, i.e., how is GDP accelerating from quarter to quarter? Here too the data does not look promising.

As per a Barclays report, the quarter-on-quarter growth from January-March to April-June was a contraction of 3.3, i.e. negative growth. Of course, some of this could be due to seasonal effects. But the Jan-March quarter had seen a sequential expansion over the previous quarter which has festive spending like Diwali and Christmas. As if by confirmation, the International Monetary Fund and other analysts like Crisil have revised their growth forecasts downward for India, which will of course remain the fastest growing large

economy in the world. This is in sharp contrast to the recession in both America and Europe, and slowdown in China. India's fate is affected by what is happening globally.

The Reserve Bank of India too is concerned that India is entering a phase of high inflation coupled with weakening economy. Their forecast is for a 4 percent growth in the last quarter of this fiscal year. And the rate tightening tight monetary policy is a further growth dampener, but unavoidable in light of inflation. The stock markets too are reflecting the sentiment and bracing themselves for some correction.

So, the assessment for the fifth largest economy is that this is a slowing phase, as growth drivers need to pick up along with investment sentiment. There are some hopeful signs such as consistently high GST collection (four months above 1.4 lakh crore), and double-digit growth in the industrial production index for May and June. Even bank credit growth as per the data this August is the highest in 11 years and keeping pace ahead of bank deposits. That includes housing and retail loans too. There is thus, as always, a case for cautious optimism in the medium term.

(Dr. Ajit Ranade is a noted economist)

A tough prescription for pharma

JAGDISH RATTANANI

It is not a secret that the pharmaceutical sector, for all that it has achieved in India, has created rather than solved a sales & marketing problem by normalising the practice of offering "incentives" to doctors in return for prescriptions that help increase sales. Ask around in the industry and it is not difficult to discover that at the root of most marketing efforts is a rather well-perfected system of gratification to doctors and surgeons and associated entities in return for prescribing the drug brands, medical devices or treatment regimens that are pushed by health care companies.

This is an ugly game in which almost no one in the chain that produces, delivers and prescribes drugs or devices comes out clean. A small set of players from the medical fraternity has stood up but it has proven difficult to stop a system that is now well-entrenched. Multinationals are known to play the game as much as Indian companies though the level of sophistication and design of reward systems for doctors in return for helping to grow a particular brand may vary. The system is no longer seen as inappropriate at a minimum though it actually is far worse — a vile and corrupt practice for which the ordinary Indian patient

inevitably pays a steep price.

The way it works has been described in a writ petition filed in the Supreme Court by the Federation of Medical and Sales Representatives Associations of India (FMRAI) and others. The petition says upfront in its first para: "There are abundant examples that show how corruption in the pharmaceutical sector endangers positive health outcomes. Whether it is a pharma company directly bribing a doctor for prescribing its medicines irrationally and/or irrespective of a health need or providing an indirect advantage to a health care professional for the same reasons, it is the patient's health that is put at risk ... violations of this kind ... are progressively becoming more pervasive."

The issue has hit the headlines as a division bench of Justices D Y Chandrachud and A S Bopanna took up the petition and granted time to the government to file its position on the petition's prayer that a voluntary code regulating conduct of pharma companies on promotions and freebies be given statutory teeth. The hearing earlier this month brought up the remarkable growth of Dolo, a paracetamol brand with a 650 mg dosage rather than the more commonly used 500 mg tablets. Sales of Dolo 650 rocketed during the Covid-



19 pandemic. The manufacturer's website is full of laudatory media reports on the brand, one of which is headlined: "Dolo turned into a hit with the right dose of perception and prescription". Another one says: "How Micro Labs struck gold with Dolo-650 during Covid-19." The company has denied that it pushed its prescriptions or changed dosage to evade price control.

At the core of the petition and the larger debate that is now emerging is whether businesses have done enough to self-regulate under the "Uniform Code for Pharmaceutical Marketing Practices (UCPMP)", which dates to Jan. 2015, and seeks to curb unethical practices by the pharma players. The code governs the conduct of medical representatives, ad promotions, samples, gifts, hospitality, travel vouchers or cash offered by pharma companies to health care professionals or their families. None of this is enforceable by law though.

It is interesting that the government appears to have backtracked from its earlier view that the code must be made enforceable. In a reply in Parliament in 2020, the government offered a rather revealing view — it said there was no provision in the department to deal with complaints on unethical practices, and that these would be handled by an ethical committee in the pharma associations!

Recommended voluntary steps have so far done little to curb malpractice. That the Supreme Court had to be moved on a burning health issue so soon after a pandemic that wrought havoc across India is an indicator of just how much government policy can align with corporate power and work to the detriment of ordinary citizens.

The pharma sector is noted for the high growth it has delivered. The market size of the sector in India is in the region of USD 50 billion. Its power and reach

stem from not just how much it has grown in India but also globally. Exports grew by almost USD 10 billion in the eight years ending 2021-22, according to official statistics. As a result, the sector is well received by the government, which announced an incentive scheme in March to strengthen pharma with an outlay of Rs.500 crores over the next three years.

It is also true that the government has been able to keep prices of key medicines and devices under control. The way medical stents were recently brought under the price control regime in the face of intense resistance by global manufacturers and Indian distributors was a remarkable example of the government standing up to powerful lobbies and special interest groups.

Yet, malpractices in marketing continue to work against the interests of patients, unfairly, even criminally, enriching pharma sector players and medical practitioners. This cannot help make the sector more professional or competitive globally. These ways of growing, accepted as they are as regular and routine, can only pull down the standing of India and open more questions on whether Indian companies can truly work to global standards in a sector that has inevitably been far more regulated than any other. A corrupt practice

normalised and condoned by an entire nation is a signal to do more of the same. It is not an invitation to raise standards or to innovate or to build new strategies to grow the market.

The sector and the nation already face the more complex problem of fixed dose combinations (single dosages that are a cocktail of two or more approved active pharmaceutical ingredients) and a plethora of brand names — many of which sell combinations not required or not recommended or those banned in global markets. The situation may be already out of control here, at least in terms of branded generics. In 2021, the Competition Commission of India reported that "there were 47,478 brands associated with 2,871 formulations in the pharmaceuticals market in India during August 2019-July 2020, implying the presence of 17 brands on an average for every formulation."

Pushing for a strong law that stops companies from giving and doctors from taking incentives for prescriptions and sending the guilty to prison will turn out to be the best medicine for a sector that holds the promise of a bright future but is mired in some dark practices that it cannot be proud of.

(The writer is a journalist and faculty member at SPJIMR. Views are personal)

A story on the fall of cricket

VIDYADHAR

A recently released book about alleged corruption in the Mumbai Cricket Association or MCA is titled 'Bouncer'. The title is appropriate in terms of cricket terminology but it might as well have been called bombshell considering the storm it has created in the governing circles of cricket. This is not unexpected as the MCA is the richest State board in India and the epicentre of Indian cricket. The MCA is a permanent member of the Board of Control for Cricket in India and houses the headquarters of the BCCI in the Cricket Centre within the famous Wankhede Stadium in South Mumbai where international test matches have been played since 1975. The BCCI, as everyone knows, is the richest governing body of cricket in the world and a part of the "big three" of international cricket along with 'Cricket Australia' and the 'England and Wales Cricket Board'.

Ravi Mandrekar, the author of the book (Full name: 'Bouncer - The Story of David and Goliath in MCA'), is a former office bearer of the MCA, an insider in the game and is President of the Hindu Gymkhana Club. The Club which is one of the founder members of the Bombay Cricket Association, the body now known as the MCA.

The MCA was established in 1930 and is the governing body for cricket in the city and the extended suburbs. The MCA is run

by a managing committee which is elected every two years by the general body consisting of 350 member-clubs. The MCA owes its rich cricket heritage to the quadrangular and pentagonal tournaments played in Bombay with star cricketers of the country participating in them. Bombay was considered the nursery of Indian Cricket and has given the country nearly 70 test cricketers. The MCA has dominated the Ranji Trophy, the most noted domestic first-class cricket championship conducted by the BCCI since 1934-35, winning 41 out of 87 times the tournament has been played. The MCA also has a record 15 victories in a row (from 1958-59 to 1972-73), reflecting the golden period of cricket in Mumbai. Now, Mumbai's Ranji trophy team struggles at the initial stages and has lost to teams from Chhatisgarh and Puduchery. There appears to have been an all-round fall.

The book is full of citations, graphs, charts and many specifics. For example, he gives a two-page chart about the distribution of complimentary passes for the India-West Indies match of 2019 in Mumbai. Mandrekar gives a break-up of different stands in the stadium, including the Gavaskar Stand, the Vijay Merchant Stand, the Grand Stand and MCA Stand. And the passes given to numerous categories of people ranging from government officers, police, politicians, income tax, MMRDA, the city planning authority,

prohibition and excise, customs, politicians and players. He has also pointed out the corruption involved in the distribution of such passes and tickets in some cases. He has also alleged discrepancies, among others, about the number of tickets printed and the number shown to auditors in some other cases.

The book was released in Mumbai recently by Jai Narayan Patel, a former Chief Justice of the Calcutta High Court, at the Bombay Gymkhana and is printed by Granthali, a noted publishing house devoted to public causes.

Mandrekar is a cricketer himself with a rich socio-political family background. His father was a lawyer brought up in the socialist tradition of the Rashtra Seva Dal and his mother hailed from the family of Ramkrishna Bhandarkar, a major social reformer, scholar and rationalist. He says he has often seen elite members standing with a glass of beer in hand talking against corruption but not standing up to bullies and not insisting on accountability from authorities.

The book points us of the problems of corruption in sport, with cricket now a money spinner and tournaments like the IPL bringing in huge sums for the BCCI. The message appears to be simple and has been talked about often: cricket has become a business, sans any professionalism. Corrupt elements have infiltrated the game; there is a fiefdom

for politicians and their families.

This is not how it used to be. Mumbai cricket was formerly run by middle-class, genuine cricket lovers, those dedicated to the sport. M.V.Chandgadkar, an able administrator of the game, was a professor of English at Mumbai's noted R A Podar College of Commerce and Economics, and wrote a history of the first fifty years of MCA. He was a secretary of the BCCI.

When Pepsi was entering the market in India in 1990, it organised international cricket matches at Wankhede stadium for two days and the management agreed to rent out the stadium for Rs.50,000. It was only after protests from members like Mandrekar that the amount was raised several times.

Books like these need to be written about every cricket association in the country and about associations of other sports. We have a lot of glamour writing in sports, and especially on cricket. It is time to take a hard look at what is not sport. Sports writing can and should be a serious work. Dave Zirin, the author of a People's History of Sports in the U.S. and one of the best sports writers, is also an eminent scholar and now has a project to write a biography of Howard Zinn, the renowned American historian. Sports, after all, is about people and character and excellence, and it needs some careful study and scrutiny.

(The writer is a senior journalist)

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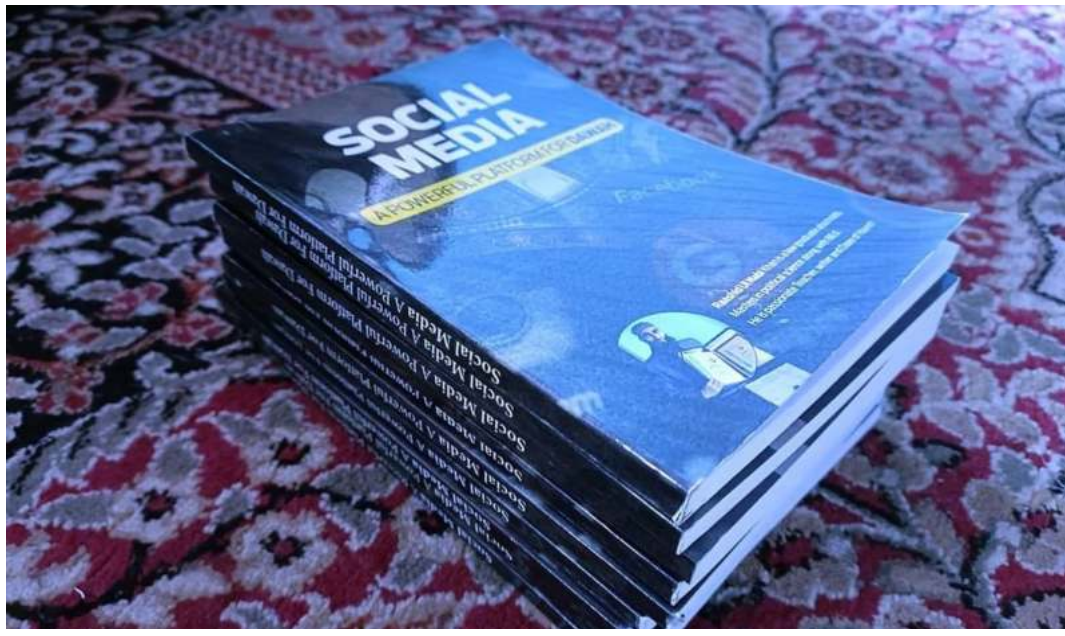
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BOOK REVIEW OF SOCIAL MEDIA-A POWERFUL PLATFORM FOR DAWAH



SYED MOHSIN ATTIQ

Dawah is a universal and noble mission of our religion. Much has been debated and discussed about it. Thousands of books have been written on this important subject. But the book written by Raashid Ul Nabi Khan titled, "SOCIAL MEDIA-A POWERFUL PLATFORM FOR DAWAH" is a credible and significant milestone in this direction. The author has diligently and efficiently thrown light on social media as far as Dawah is concerned. This



book will go a long way in scripting a new chapter in redefining the role of Social media in this fragile society. Our young generation will definitely get inspired in charting a new course of their lives. This book has the potential to infuse a new lease of life in Dawah organisations. Dawah organisations have found a new icon in the name of Raashid Ul Nabi Khan sahib. The coherence and sequence of various chapters is really heart touching. The author has invested his blood and sweat in writing this book. Last but not the least the author is at the forefront in his noble mission of Dawah. This book is just the tip of the iceberg. Raashid Ul Nabi Khan is manifesting highest ideals of intellectual brilliance and scholarship. I wish him all the best.

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Life and Death



JASWINDER PAL SHARMA

Life and Death are the one thread and the same line viewed from different sides. A person who lives fully is prepared to die at any time !!

Death is something no one can escape from. It follows life as surely as night follows day, winter follows autumn or old age follows youth. People make preparations so that they won't suffer when winter comes. They prepare so they won't have to suffer in their old age. Yet how few people prepare for the even greater certainty of death!

Modern society has turned its gaze away from this most fundamental issue. For most people, death is something to be feared, to be dreaded, or it is seen as just the absence of life – blankness and void. Death has even come to be considered somehow "unnatural."

What is Death?

What is death and what becomes of us after we die? We can try to ignore these questions. Many people do. But if we ignore death, I believe that we are condemned to live a shallow existence, to live "hand to mouth" spiritually. We may assure ourselves that we will somehow deal with death "when the time comes." Some people keep busily engaged in a constant stream of tasks. In order to avoid thinking about the fundamental issues of life and death. But in such a state of mind, the joys we feel will ultimately be fragile, shadowed by the inescapable presence of death. It is my firm belief that facing the issue of death can help bring real stability, peace and depth to our lives.

What, then, is death? Is it just extinction, a lapse into nothingness? Or is it the doorway to new life, a transformation rather than an ending? Is life nothing more than a fleeting phase of activity preceded and followed by stillness and nonexistence? Or does it have a deeper continuity, persisting beyond death in some form or other?

The Buddhist View

Buddhism views the idea that our lives end with death as a serious delusion. It sees everything in the universe, everything that happens, as part of a vast living web of interconnection. The vibrant energy we call life which flows throughout the universe has no beginning and no end. Life is a continuous, dynamic process of change. Why then should human life be the one exception? Why should our existence be an arbitrary, one-shot deal, disconnected from the universal rhythms of life? We now know that stars and galaxies are born, live out their natural span, and die. What applies to the vast realities of the universe applies equally to the miniature realms of our bodies. From a purely physical perspective, our bodies are composed of the same materials and chemical compounds as the distant galaxies. In this sense, we are quite literally children of the stars. The human body consists of some 60 trillion individual cells, and life is the vital force that harmonizes the infinitely complex functioning of this mind-boggling number of individual cells. Each moment, untold numbers of cells are dying and being replaced by the birth of new cells. At this level, daily we experience the cycles of birth and death.

Death is Necessary

On a very practical level, death is necessary. If people lived forever, they would eventually start to long for death. Without death, we would face a whole new array of problems—from overpopulation to people having to live forever in aged bodies. Death makes room for renewal and regeneration.

Death should, therefore, be appreciated, like life, as a blessing. Buddhism views death as a period of rest, like sleep, by which life regains energy and prepares for new cycles of living. Thus there is no reason to fear death, to hate or seek to banish it from our minds.

Death does not discriminate; it strips us everything. Fame, wealth and power are all useless in the unadorned reality of the final moments of life. When the time comes, we will have only ourselves to rely on. This is a solemn confrontation that we must face armed only with our raw humanity, the actual record of what we have done, how we have chosen to live our lives, asking, "Have I lived true to myself? What have I contributed to the world? What are my satisfactions or regrets."

To die well, one must have lived well. For those who have lived true to their convictions, who have worked to bring happiness to others, death can come as a comforting rest, like the well-earned sleep that follows a day of enjoyable exertion.

Don't Be Afraid, Enjoy your Present

An awareness of death enables us to live each day—each moment-filled with an appreciation for the unique opportunity we have to create something of our time on Earth. I believe that in order to enjoy true happiness, we should live each moment as if it were our last. Today will never return. We may speak of the past or the future, but the only reality we have is that of this present instant. And confronting the reality of death actually enables us to bring unlimited creativity, courage and joy into each instant of our lives.

Jaswinder Pal Sharma District Education Media Coordinator Sri Muktsar Sahib Punjab 98763-19104

Should NEET UG repeat a year or not?



VIJAY GARG

The results for NEET 2022 exams are out. Of the 18.72 lakh students who registered for the exam around 1.5 lakh will get a MBBS, BDS and AYUSH seats. That means roughly only 1 in 12 aspirants will be able to realise their dream of becoming a doctor via NEET. To majority of others, it has left the perplexing question of whether to drop a year and take another attempt at NEET, which is often referred to as repeat or to look for other available options. The article here presents facts, arguments and data that will help such students take more sound and informed decision and choose one of the binary options available to them. The article also discusses various other available career options for such students impact of NEET on medical admissions in Tamil Nadu suggests that repeater students have fared well over the

last five NEET exams. But that should not be the sole reason for you as a student to take any decision. The decision should be more subjective and relevant to you on an individual basis. There are cases when not repeating could be the better choice. Let us discuss a few of them: When not repeating is the better choice

The decision of not repeating can be the more relevant one to students due to various reasons. There are a few situations discussed below where this would be the better choice to make

You gave your best in the exam yet scored very low marks. It is important to understand that not everyone is meant to do everything. We all have peculiar minds and particular qualities and skill sets. It is very much possible that a student's aptitude might not be aligned to the specific demands of NEET. In such situations, it is advisable that you should move forward and evaluate other options available.

It may be the case that the decision of preparing and appearing in NEET was not yours but due to family or peer pressure. If that is the case then it is better you don't take a drop. It's better to move on and choose something which is your calling and not derived from any

external influence.

The NEET examination is very demanding and requires total commitment and demands a lot of hard work to qualify. It could very well be the case that you gave your best and now you don't have the desire or will to sustain for another year. Then you should not repeat and better off choosing some other course or even consider changing your subject.

There are various options available for students that can be pursued and doesn't involve NEET result. A few of them are as follows

Getting admission under management or NRI quota: There are few MBBS seats reserved in many colleges and can be availed by meeting some criteria and requirements specific to the college. You are advised to do some research and check if you fulfil them

Doing MBBS from abroad: There are many countries that provide MBBS course. While some require you to take tests there are others where getting admission is comparatively easier. A few of these countries are US, UK, Germany, China, Poland, Australia amongst others

Pursuing other science and medical related course: There are many good courses that a student can choose as a career. A few of them

are BSc Psychology, BSc Nursing, Bsc Biotechnology, B.Pharma etc. A comprehensive list of such courses can be obtained by doing some research. Student can opt out for any of these as per his/her likings.

Changing stream: It may very well be the case that you may come to the realisation that you have interest in other subjects like commerce, arts, humanities or languages. This option is still available to you and should be chosen without hesitation and can offer much satisfying and rewarding career

When repeating for NEET is more relevant

We have previously discussed various options that do not require NEET result. However they are more often than not quite expensive or involve moving to a distant country. There are also options where you decide to move out of medical profession altogether. But all said and done for some students giving up on their desire and ambition of becoming a doctor is not easy. A few situations when taking another attempt at the exam could be the more suitable choice. We discuss them here

If you have missed qualification by very few marks then it is better you take another attempt. The fact that you have another year where

you don't have to take board exam and can solely focus on the NEET exam should help you qualify in the next attempt. The odds of qualifying in multiple attempt as presented earlier are in your favour.

There was lack of guidance and so you were not able to acquire knowledge and skills required for NEET. In such situations its better you take another attempt. But it is advisable that you consider joining a good NEET classes where you can get proper guidance

It is possible that some other non-academic reason might have caused your poor result in the exam. It could be poor health, some family misfortune, examination errors or some other external factors. In such situation it is better that you take another attempt at the exam

There is another situation often observed among NEET aspirants. Many students are not able to perform well in one of the three subjects either Physics chemistry or biology and that drags their result. It could be a good idea to take a drop and focus on this subject as it provides you enough time to improve and possibly qualify in the next attempt

Vijay Garg is a Retired Principal Educational Columnist Malout Punjab

Global recognition of Swachh Bharat mission

Commitment to Safe Sanitation in Fighting Against Pollution and Disease

PROFESSOR (DR) P. L. KAUL

Swachh Bharat Mission (SBM) or Clean India Mission has become success story not only in our country, but in the whole World and everyone is talking about this movement, says Prime Minister Narendra Modi in his monthly radio talk, 'Mann Ki Batt'. Cleanliness /sanitation is a right which any citizen needs to exercise and SBM is all set to give this right back to citizen. Ghandhiji said, 'so long as you do not take the broom and bucket in your hands, you cannot make your city/town clean. The problem of open defecation was long recognised as a sanitation concern in India and abroad. However, it is first time that Prime Minister Narendra Modiji's Govt initiated such a concerted efforts to eliminate this problem of open defecation. Mahatma Ghandhi, the father of Nation gave the mantra "Cleanliness is Godliness" and our Prime Ministe Narendra Modi ji inspired by Ghandhiji, launched the Swachh Bharat Mission on October 2, 2014, on the occasion of Ghandhiji's birth anniversary at Raj Ghat, New Delhi to achieve universal sanitation so as to improve the quality of life. The Prime Minister set an ambitious goal of eliminating open defecation by the 150th birthday of Mahatma Ghandi on 2nd October, 2019, and this has been made possible mainly due to massive people's movement or "Jan Andolan" supported by Govt, NGOs, public/private agencies, educational institutes, social activists led by the Hon'ble Prime Minister himself. While launching the Country's biggest ever Cleanliness drive, he asserted that, SBM is beyond politics and inspired by patriotism and said this task is not the responsibility only of safai karmacharis or the Govt, but of all the 125 crore Indians. The SBM will be written in golden letters in the history of the Nation. From independence till 2014, the maximum no of toilets and public sanitations

complexes were constructed under the governance of Prime Minister Modiji in the last 8years, due to mass movement.

Swachh Bharat mission is claimed to be the World's largest behaviour change campaign ever attempted in the sector of sanitation. The mission has two components, SBM (Gramin) which is implemented under the ministry of Drinking water and Sanitation and the other SBM (Urban) which is implemented by the ministry of Housing and Urban Affairs. The mission aims to provide sanitation facilities including toilets to every rural family and to improve /promote solid waste management, creating awareness and bringing about behavioural changes in people towards adopting healthy and sanitation practices and providing safe drinking water. Phase 1 of the mission lasted till 2019 and phase II(2020 -2025) is being implemented and focuses on sustaining gains of the first phase and improving solid and liquid waste management (SLWM). The Govt has underlined three pronged strategy to make SBM successful. 1) Using social messaging, education, and communication to trigger behavioural changes. 2) Providing subsidies to vulnerable groups to help them construct latrines. 3) Taking broom to sweep the streets, cleaning up the garbage, focussing on sanitation and maintaining hygienic environment.

Keeping up with the momentum of SBM, Prime minister launched the second phase of SBM—urban2.0and Atal mission Rejuvenation and urban transformation (AMRUT), on oct1, 2021. The goal of SBM U2.0 is to make all the cities garbage free and water secure. Making urban local bodies as ODF+, and those with a population of less than 1 lakh as ODF++, thereby achieving vision of safe sanitation. The mission will focus on source segregation of solid waste, utilising principles of 3 R (Reduce, Reuse, and Recycle.), reduction in single

use Plastic waste and, bio remediation of dumpsites. New sewerage treatment plants added and, new tap water connections provided (12.7crore) under AMRUT. The out lay of SBM U.2.0 is Rs 1.41lakh Crore. The impact of success of SBM on development, health and sanitation sector has yielded good results, which is evident from some reports and surveys (WHO, UNICEF). Unsafe sanitation was responsible for almost 200 million cases of diarrhoea every year, before the launch of SBM in 2014. These have steadily decreased over the years, with universal use of safe sanitation facilities. In the last 5 years (2014–2019), India has reached its target of eliminating open defecation and has improved the coverage of toilets in rural India from 39% in 2014 to 100% in 2019-20). SBM has changed the behaviour of hundreds of millions of people with respect to toilets access and usage. World is amazed that toilets have been provided to more than 600million people in 60 months (5years) and constructing more than 110 million toilets at a projected cost of 1.96 lakh crore. 36 Indian states / UT, 699 districts and 5.99lakh (5, 99,000) villages were declared open defecation free (ODF) by 2019. and in urban areas, 66.9 lakhs individual house hold toilets and 6.42 lakh community and public toilets have been constructed. Making SBM a mass moment across the country Prime Minister, gave a mantra of "Na gandgi Kareng, Na karme denge."The mission has resulted in an annual profit of Rs 50,000 per house hold in rural India mainly from savings associated with health issues and from sanitation access time savings. Number of people defecating in open dropped from 550 million to around 150 million within 4 years of campaign. Detol school hygiene programmes in some states have reported 54% increase in the practice of hand washing and reduced diarrhoeal cases by 14%. Number of schools with separate toilets for

girls rose from 37% to 91%. Many ODF villages has seen a reduction in the number of deaths due to diseases like diarrhoea, malaria and improvement in child health and nutrition. Further sanitation coverage has led to reduction in incidence of sexual assault against women, besides improved environment, reduced water pollution, increase in property value in having a toilet and personal dignity. Social benefits included physical safety, privacy, comfort and status. Rewarding benefits in the long run would be on tourism, clean technology and foreign direct investment (FDI). Going by example of Singapore which under took similar cleanliness drive from 1977 to 1987, it helped Singapore to attract FDI, which transformed it from developing to developed nation. We are sure that SBM will do similar wonders for India. Lauding India's programme towards becoming ODF country, Prime Minister has said, that had programme like SBM been launched 70 years before India would have become a disease free country buy now. Moving towards an ODF status, is the country's biggest achievement in the health sector. ODF India means Healthier India.

The Global Recognition of SBM can be seen in the fact that Ministry of drinking water and sanitation under an able Leader ship of Prime Minister Narendra Modiji organised World's biggest ever Convention on sanitation from 29th sep to 2nd Oct, 2018, in New Delhi to mark the Mahatma Ghandhi's 150th birth anniversary. The event culminated with the signing of Delhi Declaration' by the Prime minister and the United Nations Secretary General ,delegates and participating ministers of sanitation, reaffirming their commitment to eradicating open defecation and providing access to safe sanitation for all. Recognising Prime Minister Modji's commitment for his initiatives towards cleaner and greener World, including his unprecedent-

ed pledge to eliminate all single use plastic in India by 2022, United Nations has bestowed him with 'Champions of the Earth Award' 2018, considered to be the highest Environmental Honour, which is a matter of great pride for every Indian. The title is also shared by Emmanuel Macron President of France. Gates Foundation Award to Prime Minister is seen as a big boost to Swachh Bharat Mission. Prime Minister Narendra Modi received the 2019 Goal keeper Award for Swachh Bharat Mission from Bill and Melinda Gates Foundation in New York and said that the SBM can serve as a model for other countries around the World. The Prime Minister dedicated this award to 130 crore Indians for transforming SBM into a mass movement.

"SBM plays a vital role in the betterment of our country for brighter and cleaner tomorrow". As responsible citizen, you and I and particularly youth, need to do our duties to lend support to this noble mission. This "Jan Andolan" has to be an ongoing process by every one of us to achieve our goal of beautiful and prosperous India. A huge shift and understanding has been observed in Indian people after the launch of SBM on October 2nd, 2014. More and more people are coming forward in cleanliness drive to achieve "Clean India Vision". Special lectures are being conducted in schools, colleges, activities like group meetings and discussion, workshops, campaigns to educate the people about healthy hobbits of sanitation. we need dedicated champions and workers, Community involvement and power of togetherness to strengthen Modiji's mission of Swachh Bharat.Let us all take a pledge to defeat the " Monster of Filth" prevailing in the society with the weapon of cleanliness.

The Author is Senior BJP Leader and State Convenor Swachh Bharat mission, UT, J&K And an Eminent Academician and Social and Rights activist.

PUMA's new campaign features Kareena & 'PropahLady Squad'

Sports Brand PUMA India has successfully carried out a photoshoot by bringing together 10 women consumers to pose along with brand ambassador Kareena Kapoor Khan, as part of its new Autumn-Winter campaign.

The 10 chosen women were selected as winners from PUMA's #PropahLady Contest organised earlier this year. In March, PUMA had invited women across the country to participate in a first-of-its-kind complimentary professional photoshoot at its stores.

The #PropahLady photoshoot was a resounding success. More than 1200 women from across tiers took part in the initiative, creating content and garnering thousands of views and impressions.

The 10 winners of this user



generated content campaign now feature in the brand's AW22 campaign with Kareena in a fun avatar in PUMA gear.

Commenting on the same,

Kareena said, "Shooting for PUMA campaigns is always super fun and crazy. But the #PropahLady Photoshoot Campaign is my most favourite because it features a collection of amazing, stunning women from all walks of life, together in a single frame. It was quite an experience meeting and connecting with all the winners, while also creating some amazing content with them. I can't wait to share this with everyone as the campaign goes live across PUMA channels."

Shreya Sachdev, Head of Marketing at PUMA India, said, "It has always been PUMA's endeavor to not only create amazing athleisure, footwear and accessories for our women consumers but also con-

stantly and deeply engage with them. Our shoppers wear our products the best and what better way to showcase our new Autumn-Winter 2022 collection by featuring them in the campaign." Shreya added, "Women must see themselves represented every time they go to a store, or online to shop and PUMA is here to support them and change the game, one campaign at a time."

Laxmi Kathuria, a winner of the #PropahLady Photoshoot Campaign, said, "PUMA has been my go-to sports brand in India. So, when they first announced this exciting initiative, I went straight into the store. Right from selecting the outfit, the photoshoot, to being able to see myself on the PUMA website as a model - it had been an incredible experience. And now shooting with Kareena Kapoor Khan is a dream come true! I want to thank PUMA for sharing this opportunity with regular women like us to break free, create memorable moments with Kareena and feel like an Indian cine-star."

PUMA has always stood strong in support of women redefining constructs and created opportunities to celebrate their stories.

Energy of 'Honey Ke Sang' infectious: Jonita Gandhi

Jonita Gandhi, Amit Mishra, and Akshay The One are all set to kick-start the festive season with their latest song 'Honey Ke Sang' in association with Sony Music.

The zesty song is the grand finale of Jamroom - an original music series curated by Pritam that brings together India's most celebrated singers with promising music composers and lyricists from Jam8.

Sharing her experience on the launch of the party number, Jonita said, "The energy of the song is infectious! It has always been a pleasure to work with Pritam and his talented team. Amit,

Akshay and I had a blast shooting the performance video.

The hookline beat of 'Honey Ke Sang' is so addictive that I started tapping my feet moments into listening to it for the first time. We hope that it makes you too groove to its tunes!"

Penned by Shloke Lal and Akshay The One, the up-tempo, playful track will definitely be the anthem for the upcoming wedding season.

With its lively melody and catchy lyrics, 'Honey Ke Sang' will have you put on your dancing shoes for a night full of dance and celebration.



'Brahmastra' mints Rs 225 cr in 3 days

Ranbir Kapoor and Alia Bhatt starrer 'Brahmastra Part One: Shiva' continues to bring unprecedented joy and happiness to the film industry, theatre owners and audiences, with a roaring box office collection of Rs 225 crore in three days globally.

The big screen entertainer is seeing houseful theatres across the country and worldwide, igniting massive celebrations and bringing in the much-needed respite for the Hindi Film Industry.

Audiences have wholeheartedly embraced the VFX spectacle, with theatre owners adding round-the-clock shows even post-midnight to accommodate the massive demand.

A complete family entertainer with action, romance, drama and grand VFX for all age groups and a rich showcase of our culture, the Ayan Mukerji 10-year visionary journey has resulted in a new era for Indian cinema, one filled with immense pride.

The director in a statement said: "I am extremely indebted to all the audi-

ences in India and International, who have showered their love and support to 'Brahmastra'.

"Their positive energy and their faith in me and my team, has made our Brahmastra journey truly exciting, emotional and magical!"

"The opening weekend response has made me very grateful for all the blessings given to me, and I hope the audiences continue to embrace the film for the weeks to come!"

The filmmaker also took to the social media and wrote a long note, saying, "Brahmastra has gotten off to a great start with audiences over its first weekend! The feeling is only of Gratitude, and more Gratitude - for our Audiences!"

"The Acceptance from Audiences - is the only reward we work for at the movies. The Future of the Brahmastra Trilogy, and the Astraverse, eventually lies in the hands of our Audience, and this weekend we have received back from them... Light - for the years of work that went into this Venture!"

"I feel proud that we managed to create a great energy at the cinemas over the last 3 days, with people coming out and sitting together jointly - to watch a very new kind of movie for our Cinema, one which takes Technology to the next level, and does it while retaining the soul of Indian culture and spirituality."

"We were also the #1 Movie at the Global Box-Office this weekend, another source of pride, excitement and progress, for us! Putting out good energy for the next few weeks of Brahmastra's Journey at the Cinemas... and also for the Love of Movies doing well in general, the most popular art form of our times, one that entertains and should unite us," the post further read.

Produced by Star Studios and Dharma Productions, the magnum opus is currently in theatres in 2D, 3D and Imax 3D in Hindi, Tamil, Telugu, Malayalam, and Kannada with an ensemble cast also including Amitabh Bachchan, Nagarjuna Akkineni, and Mouni Roy.



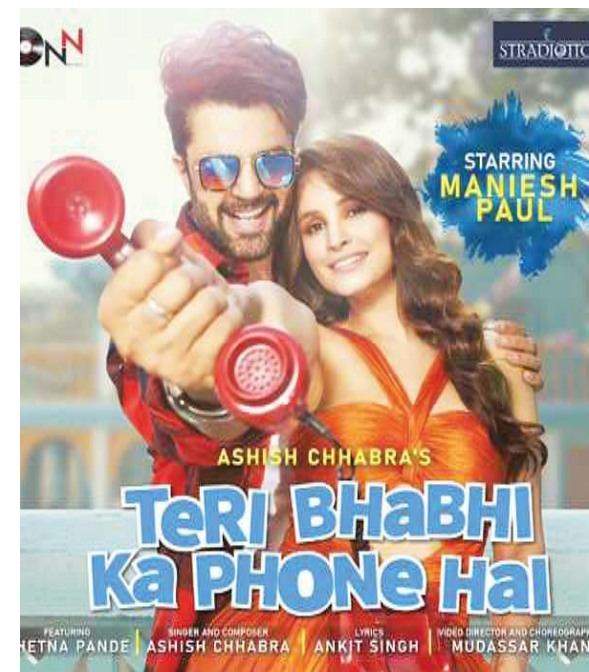
Maniesh Paul's 'Teri Bhabhi Ka Phone Hai' to release on Sep 15

Maniesh Paul on Monday announced that his music video 'Teri Bhabhi Ka Phone Hai' will release on September 15.

Earlier, Maniesh dropped the teaser of the song giving a glimpse into the vibrant, colourful and fun music video. The electrifying beats add a street-style madness to the music video, enhanced by the entertainment dose of Maniesh's electrifying energy.

Offering total masala entertainer vibe, Maniesh unveiled the motion poster of his song on social media saying, "Get ready to dance your heart out 'Teri Bhabhi Ka Phone Hai' releasing on 15th Sep #Staytuned".

Talking about the song, Maniesh said, "I get excited with any project that promises entertainment. 'Teri Bhabhi Ka Phone Hai' is a total masala entertainer with music, dance, comedy and fun, which ticks all the boxes for me. I know Mudassar since a long time



due to Dabangg tour, and we always wanted to collaborate together for something like this. I'm glad we finally united for this song and I am

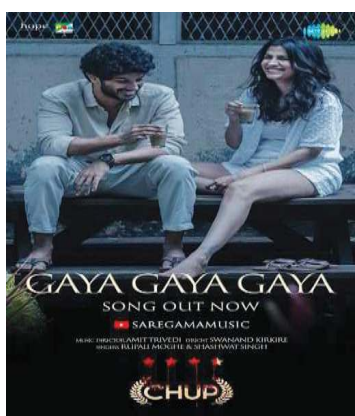
looking forward to the audience's reaction to it." The music video also features 'Khatron Ke Khiladi' fame Chetna Pande.

'Chup' song 'Gaya Gaya' unusual blend of romance & thrill

The makers of the psychological thriller 'Chup: Revenge Of The Artist', on Monday released the first song 'Gaya Gaya Gaya', and it essentially gives us a twist of romance and thrill.

While the music and the duo - Dulquer Salmaan and Shreya Dhanvanti are seen giving a romantic layering to the song, the recurring flashes of the murder mysteries during the video keep the thrilling vibe unspooled.

The song comes from the incredible direction of Music Director Amit Trivedi and is woven by lyricist Swanand Kirkire. The composition is recorded in the melodious voices of Rupali Moghe and Shashwat Singh, and perfectly compliments the essence of the mentally stimulating movie. Commenting on the



composition of the song, Amit said in a statement, "Chup is a versatile film and it comes from a one-of-a-kind storyline. We had to compose something that could fall in line with

the film's essence and we found 'Gaya Gaya Gaya'. We necessarily focused to keep the romantic element of the song alive without losing on the film's enigmatic hint in it. The song is incredibly written by Swanand Kirkire and sung by two talented singers. The entire music score of the film is soon to release and we definitely look forward to it."

"Amit Trivedi has done a fabulous job. Music score becomes important for any film and most importantly its connection to the film. Chup is an unusual fusion of romance and thrill, and its music had to involve the two.

'Gaya Gaya Gaya' aptly includes the enigmatic elements of the film and I am happy with the flow of it. The entire score is mesmerizing and we are looking forward to releasing

them all soon," filmmaker R Balki shared.

The psychological thriller is R Balki's debut in the genre of blood and kills. It takes the legendary director Guru Dutt's last film "Kagaaz ke phool" as a reference and takes a sensitive stance to depict the pain of an artist who suffers from wrong criticism.

The recently released trailer of the film gained a thrilling response from the fans as it exuded a retro vibe surrounding the suspense thriller. Headlining a power-packed cast of the film is Sunny Deol, Dulquer, Shreya, and Pooja Bhatt. The movie is directed by R Balki and Produced by Hope Productions and Rakesh Jhunjhunwala.

The flick is set to release on September 23.



'KGF 2' to air on Sony MAX

Having emerged as one of the biggest blockbusters of 2022, 'KGF Chapter 2' is set for a dynamic television premiere on Sony MAX on September 18.

The exhilarating battle for Kolar Gold Fields is headed to television screens with the flamboyant Rocky Bhai in a face off against lethal enemies clamouring for revenge. The film stars Yash, Sanjay Dutt, Raveena Tandon, Srinidhi Shetty and Prakash Raj in prominent roles.

Written and directed by Prashanth Neel, 'KGF 2' follows the life of Rocky after he has established himself as the kingpin of the gold mafia. While his allies look up to him, the government sees him as an imminent threat to law and order. Rocky now must face the wrath of his enemies Adheera, Inayat Khalil and Ramika Sen as he attempts to fulfill the promise made to his mother.

Speaking of the TV premiere, Yash said in a statement, "We, as a team, had the vision to create a great cinematic experience and wanted it to reach people in every part of our country and worldwide. KGF Chapter 2 brought cinema lovers together and told a powerful story that portrayed the hope mothers pin on their children. The kind of love the audience showered on us is incredible."

"I believe that cinema has no boundaries and goes beyond mediums, and television will always be very special for me. The TV premiere is a great opportunity to present our film, and I am looking forward for it to reach more audiences through Sony MAX. And I hope those who have seen KGF 2, will enjoy it all over again from their homes," he added.

'KGF 2' will air on September 18, at 8pm on SONY MAX.

I don't believe in occult: Saurabh Shukla

Veteran actor Saurabh Shukla, who will be next seen playing the character of Swaroop Purohit in "Dahan: Raakan Ka Rahasya", has shared insights about his character and his perception about the world of occult.

'Dahan-Raakan ka Rahasya' is all set to take the audience into the dark world of its suspense while opening up too many questions of its mysterious world.

The story revolves around one IAS officer who sets out on a quest to find the truth in the face of doom amid the ongoing age-old superstitions and myths.

Talking about it, Saurabh said in a statement: "Dahan comes with a different story altogether and my belief about the subject of the series personally is that I have not done a subject like that, because I as a person



don't believe in occult. "I do not believe that things just happen by some unknown forces. Yes, of course there are unknown forces in the world because we don't know about all the forces in this universe."

He said that personally, his approach towards things which happen thus are a bit scientific. He likes to find out how they actually happened because even if it happened in nature, in this universe, on earth or outside -- there

are things happening which we don't know about.

A blind believer does not want to search further, and ends up putting it on some idea -- like the idea of god, demon or something and that's the end of the matter for them, he said.

"But a scientific mind would always try to figure out how things are happening and why do they happen and that's what is the approach of this series which is very unique for me. "I am playing a character who looks like a blind believer. But it is also the ancient wisdom which he tries to crack. So in a way, my character though he looks like a blind believer but as the story progresses we will see he is trying to decode the age old wisdom which is written," the senior actor added.

It will air on Disney+ Hotstar from September 16.

MV of Guru Randhawa's 'Fake Love' out

Singer Guru Randhawa's album 'Man of The Moon' in collaboration with Bhushan Kumar is out with the music video of another track 'Fake Love'.

While the artist launched seven songs from the album, 'Fake Love' is the second music video to release after 'Signs'. Composed and mixed by Sanjoy, with lyrics by Royal Maan and Amar Sandhu and mastered by Ryan Shanahan, 'Fake Love' has a very distinct sound that reflects in its pacy and thrilling music video.

Directed by Rupan Bal and designed and conceptualized by Anmol Raina, the music video of Guru's 'Fake Love' features Guru himself along with Sanjoy and Amar Sandhu as they set out on a heist that takes an unpredictable twist.

The song was shot in Sofia, Bulgaria, an international location, exploring different sites with a new story. Looking every bit like an international music video, the visual effects and sharp editing has been worked on by Dilpreet.

Bhushan said, "Fake Love is a progressive music track and the music video too reflects that pace. The story-



line of the song will have you completely hooked with thrill at every corner." Guru shared, "Since the audio is so different, we attempted to do something out-of-the-box in terms of the visuals of the music video. We shot the video of 'Fake Love' in Bulgaria during the lockdown and are very excited with the way it turned out."

Rupan commented, "The music video of Fake Love actually has a compelling story and the track in itself takes that narrative ahead. It's sharp, pacy and gripping and a treat to Guru Randhawa fans."

The music video is out on T-Series' YouTube channel.

Industrial Training Institute (ITI) Doda organises "Apprenticeship Mela"

Scores of aspiring candidates, over a dozen local establishments took part in mega event

DODA, SEPTEMBER 12: To provide real time employment training to aspirants with required standards of skills for industries and other sectors, Government Industrial Training Institute (ITI) Doda today organized "Apprenticeship Mela" at its campus. A large number of Job aspirants and over a dozen local establishments took part in the Mela. The programme was aimed to educate unemployed Youths about the Apprenticeship Scheme and its benefits. ITI Doda has also set up Help Desk to facilitate Industrial units as well as aspiring candidates to register them online on the apprenticeship portal. Superintendent ITI

Doda, Er. Ravinder Singh Bhatt elaborated in detail to regulate the program of training of apprentices



about the apprenticeship scheme. He also informed that Apprentices Act was enacted with the objective in the industry/establishment by utilizing the facilities available therein for imparting on-the-job

training. Government ITI Doda, being the Nodal ITI of the District, played a key role in creating a platform for aspiring Candidates and Establishments. As per the scheme guidelines, all establishments having workforce (regular and contract employees) of 30 or more are mandated to engage Apprentices in a range from 2.5% to 15% of its workforce, for establishments having a workforce between 4 to 29 this is optional and Establishments having a workforce of 3 or less are not permitted to engage apprentices. Besides, the apprentices are also entitled stipend under this scheme. Upon the completion of apprentice training, the apprentice will appear at an All India Trade Test in designated trade. The successful apprentice will be awarded National Apprentice Certificate (NTC), which is a recognized qualification for employment for both in Government and Private Sector. Among others representatives from DIC Doda and District Employment Office participated in the mela. Government ITI Doda, being the Nodal ITI of the District, played a key role in creating a platform for aspiring Candidates and Establishments. As per the scheme guidelines, all establishments having workforce (regular and contract employees) of 30 or more are mandated to engage Apprentices.

Kishtwar: DE&CC, ITI organise Job Fair, Apprenticeship Mela

Over 600 aspirants participate in the event; 300 plus applications received for 39 vacancies in HEP Companies

KISHTWAR, SEPTEMBER 12: District Employment & Counselling Centre (DE&CC) Kishtwar, in Collaboration with Government ITI today organised a one-day Job Fair cum Apprenticeship Mela for the Job seekers and ITI students interested for Apprenticeship.

The aim of the fair was to register eligible job seekers for different job vacancies in companies engaged for construction of Hydro Power Project (HPP) in District Kishtwar.

The programme started with the welcome address from the hosts AD, Employment Kishtwar Amit Kumar and Principal ITI Kishtwar, Followed by speech by Dr. Mohd Ashraf, GM DIC Kishtwar. Representatives from Agriculture, Horticulture, Animal Husbandry Departments, DIC Kishtwar, KVIB, JP Associates Ltd. and L&T company spoke in detail about different self-employment schemes, job vacancies for job seekers & students. A total of 39 vacancies were made available by JP Associates Ltd. and L&T companies working on Pakal Dul Hydro Electric Power Project. More than 300 applications were received for the same which will be scrutinized



and the final selections shall be made in coming days. The Principal ITI and Concerned Faculty explained about the National Apprenticeship Programme Schemes (NAPS) and encouraged the ITI passouts, enrolled students and the establishments present at the venue for registration. Fifty candidates & 12 establishments were registered under NAPS on the spot. The programme also facilitated on-spot registrations of around 200 job seekers & students for the J&K employment portal & NCS Portal.

DC Rajouri reviews progress of Health Sector projects taken under Capex budget 2022-23

RAJOURI, SEPTEMBER 12: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the progress of Health Sector projects taken under Capex budget 2022-23. Officers who attended



the meeting included CPO, Mohammad Khurshid; PO IWMP, Sheraz Chowhan; CMO, Dr Abdul Hamid Zargar and other concerned officers. During the meeting, the DDC took a comprehensive review of the physical and financial achievements in the Health sector under the District Capex Budget. The concerned officer apprised the meeting about the date progress in this regard. The meeting was informed that as many as 63 health sector works have been approved under District Capex budget out of which 04 have been completed, while the work on the rest was in progress. The DDC exhorted for mobilizing men and machinery for completing the works in the stipulated time frame. He also urged to ensure productive and fruitful utilization of the available resources. Stress was also laid on maintaining quality while executing the work on the projects and made it clear that no laxity would be tolerated in this regard.

OC 58 RCC, Major Manjunath; SDM Thanamandi, Vikas Dhar; AC Defence, Saleem Qureshi; DMO, Naseeb Bajrang; Tehsildar Thanamandi, Sahil Shah, AEE Rajesh, Mr Gaurav from DCIPL pvt Ltd and other concerned officers attended the meeting. During the meeting, the DDC sought a detailed report about the physical and financial progress on the project and the concerned officer briefed about the same. Issues regarding the execution of works like Pegg marking, assessment of structures, payment of compensation, demolition of structures where payment has been made

DDC Rajouri reviews progress on widening of Rajouri-Thanamandi road

RAJOURI, SEPTEMBER 12: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the progress on widening of Rajouri - Thanamandi road being executed by the BRO. He directed for the demolition of the structures for which the compensation has been paid and asked the concerned departments to assist BRO in clearing the hindrances of culverts and drains. The concerned officers from the BRO were directed to further expedite progress for completion of the project within the set timeline. He also asked them to maintain quality while executing the work on the project and conduct regular field visits for close monitoring of the progress of the work. and mutation were also discussed threadbare in the meeting. Discussing the issue of Short term permits for extraction of minor minerals, the DDC said that the timely issuance of the necessary NOCs for short term permits is important to overcome the shortage of construction material and to speed up the pace of projects. He directed for the demolition of the structures for which the compensation has been paid and asked the concerned departments to assist BRO in clearing the hindrances of culverts and drains. The concerned officers from the BRO were directed to further expedite progress for completion of the project within the set timeline. He also asked them to maintain quality while executing the work on the project and conduct regular field visits for close monitoring of the progress of the work.

District Administration, SAI welcome Freedom Rider Biker Rally at Ramban

RAMBAN, SEPTEMBER 12: District Administration, Ramban along with Sports Authority of India (SAI), Department of Youth Services and Sports warmly welcomed the 75-member contingent of the Freedom Rider Biker Rally in district Ramban at Nashri, Ramban and Banihal.



The Rally which was flagged off by the Union Home Minister, Amit Shah from Delhi on September 9, 2022, today passed through Ramban towards Kashmir. The rally which commenced from the National Capital, shall cover almost all the States, UTs of the country, covering a distance of around 21000 kilometres and would culminate on November 25, 2022. Deputy Commissioner, Ramban, Mussarat Islam; Additional Deputy Commissioner, Harbans Sharma; District Youth Services and Sports Officer, Dhrumveer Singh and of

officers of SAI welcomed the bikers' rally consisting of bikers from across the country including around 15 female riders. Speaking on the occasion, the Deputy Commissioner congratulated the bikers for taking part in this adventurous expedition. He said that it was a great honour for the district to welcome them in Ramban. While terming the riders/bikers as the messengers of peace and harmony, the DC said that such initiatives serve as a platform for Fit India Movement. Meanwhile, all the dignitaries termed the bikers as the ambassadors of peace and said that such initiatives are worth salutation, adding that they always felt pleasure to support and promote such programmes and initiatives as these apart from promoting fitness, promote tourism as well. They said that the senior citizens, women and youngsters are taking part in the Rally, to make the people of all age groups aware of the importance of fitness, given the fact that our social life has become passive and dull."

Udhampur: Labour Department, Childline conduct awareness programme on "Nasha Mukh Bharat"



UDHAMPUR, SEPTEMBER 12: To educate and aware youth regarding the hazards of narcotic substances, Labour Department Udhampur today organized an awareness programme at Dhar Road Udhampur. Assistant Labour Commissioner, Pradyot Gupta briefed the participants about the ill-effects of drug abuse. He exhorted the participants to cooperate in making "Nash Mukh Abhiyan" a great success in Udhampur district. The participants and members of "childline" took a pledge to work in close coordination with district administration and district police to make the district drug-free. Hari Krishan, district coordinator childline, Gourav, Subash Sadotra, Naresh Sharma were also present on the occasion.

DC Kathua reviews implementation of Education sector schemes

KATHUA, SEPTEMBER 12: Deputy Commissioner Kathua Rahul Pandey today reviewed the progress under different schemes of the Education sector here at a meeting held in the DC office complex. The meeting was attended by CPO, Uttam Singh; CEO, P.L Thapa; XEN REW, XEN PWD Kathua, XEN PWD Basohli, ZEOs and other concerned. At the outset, the DC took appraisal of action taken with regard to issues discussed in earlier meetings such as physical verification of schools with regard to availability of Assured Minimum Facilities, schools without water connection, boundary wall, toilet facility etc. The CEO apprised the DC about the reconciliation of food grains issued under PM-Poshan Scheme (erstwhile MDM) with the Food, Civil Supplies and Public Distribution Department Kathua. The DC called upon the CEO to submit a zone wise

list of schools without External Electricity connection providing security and safety to the school staff and students. rationalization of staff so as to cater the demand of



so as to ensure that such schools are provided with proper electricity supply. The DC also laid thrust on coming up with innovative measures as an alternative way to ensure compound walls are erected in schools without boundary thereby. It was also given out in the meeting that 31 works have been dropped under SAMAGRA on grounds of non-feasibility. The DC directed CEO Kathua to adopt an intra-complex system to carry out staff shortage. The DC called upon executive agencies to submit monthly progress reports and highlight any bottlenecks being faced in executing the work so as to achieve the progress within set timelines besides ensuring quality asset creation.

IGR, DC Kathua review working of Sub-Registrar offices

KATHUA, SEPTEMBER 12: Inspector General of Registration J&K, Sheikh Arshad Ayub and Deputy Commissioner Kathua Rahul Pandey today reviewed the registration work in the district here at a meeting held in the DC Office Complex. The meeting held threadbare discussion on various aspects of the process for registration. The IG Registration called upon the registering authorities in the district to facilitate the public by clearing the cases in a time bound manner. It was given out in the meeting that CCTVs have been installed in all sub registrar offices for the provision of recording the proceedings. Registration authorities were asked to conduct the process of registration mandatorily on the appointed date and time to avoid any inconvenience

and hardship to the citizens and also to bring efficiency and transparency in the online registration process. Registrar Kathua, Suresh Kumar informed the meeting that a total of 389 documents have been registered in August 2022, including 227 documents by Sub Registrar Office Kathua, 7 in Bani, 82 in Hiranagar, 54 in Billawar and 19 in Basohli. It was further informed that a total of Rs 1,52,14,556 have been realized in August 2022, including Rs 41,88,047 as registration fees and Rs 1,10,26,509 as stamp duty charges. The DC enjoined upon the sub registrars to ensure implementation of the Government circular, instructions in letter and spirit to avoid any inconvenience to the general public and to work with the resolve of bringing transparency and efficiency.

Outreach Campaign Of Food Safety Department Reaches Marwah Wadwan Area Of Kishtwar

Amir Iqbal Khan

Bhadarwah, Sept 12: In order to cover the areas like Marwah and Wadwan of district Kishtwar considered to be the most inaccessible parts of the Union Territory of Jammu and Kashmir & to explore the real purpose as well as to combat with the menace of Food adulteration by way of the implementation of FSSAI & to aware the public about motto & themes of Eat Right challenge 2, Sajad Hussain Food Safety Enforcement Officer, DFCC Block Dachan Kishtwar visited the toughsome habitations of Mangli & Inshan of Warwan; Astangam, Qadarena & Dehatie of Marwah. During the tour, inspections were carried under FSSAI of the Business establishments. While inspection, 10 Enforcement samples including confectioneries, spices, Tea &

oil were lifted for analysis under FSSAI. A total of 07 awareness program/ camps under FSSAI & Fortification as well as COTPA were held. On the spot testings through magic Box were done. The food safety officer also stressed upon the Awareness of Food Fortification. In this category, 07 camps of Fortification were organised for ensuring availability of Fortified food safe drinking water to the school/ ICDS children. The stakeholders were prescribed



in Govt. Schemes of Mid Day Meals & ICDS & PDS projects to address the prevalent malnutrition in children across length and breadth of Block Dachan. To ensure availability of Safe, quality & wholesome essential commodities to Consumer & public in General, all the Food Business Operators were directed to avoid negligence and in event of violation of the FSSAI Acts, strict action against the defaulters would follow. Labelling, Storage conditions complying with the mandatory documents regarding records of Registrations and licenses under FSSAI & other related rules & regulations. Simultaneously, 03 camps were organised under COTPA to apprise the public about guidelines enumerated under COTPA and in every Camp pledge (Nasha Mukh Bharat) was taken to be cautious about the harmful effects of Smoking & Chewing Tobacco etc. In addition, during inspections, 50 kg Substandard Food items were destroyed on the spot. The Assistant Commissioner Food Safety Department Kishtwar Taraq Ahmad Butt said that the Food Business Operators were directed to avoid negligence and in event of violation of the FSSAI Acts, strict action against the defaulters would follow.

Intra-College Debate Competition on "has pandemic led to rise in Substance use" held at GCW Udhampur

UDHAMPUR, SEPTEMBER 12: Under the aegis of Nasha Mukh Bharat Abhiyan, the 2nd J&K NCC Girls Battalion, Jammu wing of GCW Udhampur, today organized an Intra-College Debate Competition on the topic "Has pandemic led to the rise in Substance Use". The event proved to be a jet of awareness for the students, as in view of increasing drug menace, this wonderful initiative taken by GCW, Udhampur was laudable. The event started with the host asking about the importance of the day with the students presenting their inputs. Dr. Monika Sharma, Principal, GCW, Udhampur, in her address said, "Drugs, Alcohol and smoking may be a temporary stress reliever but are carcinogenic in long run. It attacks the central nervous system taking you to a mental state where you can no longer think and crave for more drugs" she noted. The first, second and third positions were bagged by Cadet Neha Sharma, Cadet Shilpa Sharma, Cadet Arushi Sharma, respectively. The event was judged by Prof. Tania Akhter, HOD

Department of English, GCW Udhampur and Prof. Mushtaq, HOD, Department of Hindi, GCW Udhampur. Prominent amongst others present were Prof. Sumita Rao (DSW), Prof. Sanjay Kumar (Staff Secretary), LT (Dr) Kamal Deep Kaur (ANO, NCC, 2 J&K NCC Girls Bn). Prizes were distributed to the winners. The event was attended by a large number of students and staff of the college making it a great success. At the end everyone learnt to have a healthy diet and stay away from drugs. The event proved to be a jet of awareness for the students, as in view of increasing drug menace, this wonderful initiative taken by GCW, Udhampur was laudable. The event started with the host asking about the importance of the day with the students presenting their inputs. Dr. Monika Sharma, Principal, GCW, Udhampur, in her address said, "Drugs, Alcohol and smoking may be a temporary stress reliever but are carcinogenic in long run. It attacks the central nervous system taking you to a mental state where you can no longer

PSPS Govt PG College for Women organises extension lecture on "Archaeology: Basic Ideas"

JAMMU, SEPTEMBER 12: Department of History, Padma Shree Padma Sachdev Government PG College for Women on Monday organised an extension lecture on development of Archaeology and its basic Ideas. The event was organised under the patronage of the College Principal, Prof. Minu Mahajan. The resource person for the occasion was Dr. Navjot Kour, Postdoctoral Research Fellow, Catalan Institute of Classical Archaeology, Taragona, Spain. In her lecture, she elaborated upon the basic principle of Archaeology as well as different processes involved in the archaeological excavation. Several interesting facts related to the Jammu archaeological development were shared with the students and the teaching faculty present on the occasion and made them acquainted.

FROM THE FRONT PAGE...

WALNUT

He said if a tree produced 10 bags last year, this year it gave not more than four bags.

He said that the Walnuts of village Branwar are popular in shape and taste compared to the Walnuts of Kulgam, Shopian and Anantnag districts of the Kashmir valley.

“We are packing the walnuts in 5 kg and 10 kg boxes and sending them to Jammu Mandi for sale where we could get only Rs 80 to 180 per kg which is very less,” he said.

Fayaz said an expert walnut collector charges Rs 1,500 per day for harvesting the nuts.

He said they are packing walnuts of a particular tree in boxes which are also called (One tree walnut) not a mix of so many trees to preserve the quality of the fruit.

For the past two years Kashmiri walnuts have seen a dip less in demand and the reason is that the government is not taking any initiative to highlight the fruit in the international market, Fayaz added.

“Unless we have a similar circuit or a Mandi for sale of dry fruit these cannot get the proper attention or price in the market,” the grower claimed.

He appealed to the Jammu and Kashmir Government to pay attention towards the Walnut growers and set up a Mandi in Kashmir Valley where they could sell them at good prices instead of going to Jammu.

DGP

MK Sinha, ADGP Coordination PHQ Danesh Rana, ADGP Kashmir Zone Vijay Kumar, IGP Headquarters PHQ BS Tutti, DIG CKR Sujit Kumar, DIG Armed Kashmir Shahid Mehraj, SSP Srinagar, AlsG of PHQ, SSP Security Kashmir, CO & 2IC 237 CRPF Bn., Xen Police Construction Division and other jurisdictional officers attended the ceremonies.

RAILWAYS

help resist the seismic forces and enhance the bridge's strength and are installed directly between the bridge and piers, according to Sagar. For the 16 bridges, so far nearly 17-lakh cubic metres' excavation has been done, 25,000 tons of structural steel and 27,500 tons of reinforcement steel and over 63,000 tons of cement have been consumed, he said. Afcons' Vice President for Core Methods & Engineer Group Mandar Karnik said that Bridge 39 has seven piers, three higher than 70 metres, the tallest is 103 metres or 30 metres higher than Qutb Minar. “The bridge foundations are located at almost inaccessible locations, the entire superstructure of 490-metre length was fabricated in structural steel, assembled behind abutment and incrementally launched,” said Karnik. Discussing the major hurdles, Senior Manager, Quantity Survey Ladli Prasad said that these include adverse weather conditions, complex geology, extreme engineering, unexpected rain, narrow and landslide prone roads with hairpin bends to transport heavy materials, steep slopes and frequent landslides that made the difficult work all the more challenging. Despite these obstacles, Senior Manager, HSE, Subash C. Satpathy said that the project achieved 17.50 million Safe Man Hours due to strict implementation of safety protocols. Once completed, these 16 bridges shall be connected to the mega-marvel Chenab Railway Bridge arched superstructure, which was executed in August for the railway line on the USBRL project to enable passengers to reach their destination safely by trains.—(IANS)

J&K

Purchase of Aids and Appliances scheme with all the members and expressed her concern for the fact that the UT has not been able to take adequate advantage of the scheme,” reads record of the meeting held on August 29 to review the scheme.

According to the record note, the Artificial Limbs Manufacturing Corporation of India (ALIMCO) - the only agency for implementation of the scheme in the UT - is neither regularly reporting to the J & K Government nor their activities are monitored by the Social Welfare department. “Director General, Social Welfare Jammu, Director Social Welfare Kashmir and Executive Director Rehabilitation Council would hold regular interactions with ALIMCO officials. Director, Kashmir would particularly ensure enhancement of numbers of camps held and assistive devices distributed by ALIMCO,” the minutes of the meeting state. The directive has been issued as their activities have been on the lower side in Kashmir.

In the meeting, the executive director, Rehabilitation Council was directed to collect monthly district-wise data about the number of camps held by ALIMCO.

“The chairperson observed that there are several benefits under the scheme which are available on a case-to-case basis but the UT is not recommending any beneficiary for the same. Also several special devices like Braille laptops, readers etc. are available for the visually impaired which are not being provided to them despite availability of readily identified beneficiaries,” the record note further states—(KNO)

SCHOOLS

and collect fee fixed by themselves,” it said.

He said such type of schools will have to request the High Court to decide their writ petitions or seek clarification from the High Court about the fee which in law they are entitled to charge and collect from students.

There are other schools whose fee structure has been earlier regulated by the FFRC, and who not being satisfied with the latest fee regulation order challenged same in the High Court of Jammu and Kashmir & Ladakh, and wherein the fee regulation orders of the FFRC have been kept in abeyance.

“Such type of school managements in law would be authorized to charge and collect only that fee from the students which was earlier regulated by the FFRC. Such type of schools cannot fix the fee themselves and charge and collect same from students,” the chairman FFRC said.

“Keeping in abeyance of fee regulation order of FFRC by the High Court, would not and will not authorize school managements to fix fee structure at their sweet will and charge same from students, same being not permitted by the Supreme Court and the High Court and the statutes occupying the field,” it added.

“No person can be permitted to abuse and misuse the process of Court to secure a legally impermissible benefit. Court orders protect legal rights and do not protect illegal acts. In these type of cases, the High Court has only kept in abeyance/stayed fee regulation orders, and has not authorized school managements to fix fee of any type themselves,” it said.

“All the private school managements falling in the aforementioned categories will have to follow the mandate of law and charge and collect fee accordingly. In view of legal position, they, in no circumstances, can fix fee themselves and charge and collect it from the students,” the FFRC said.

BEAR

the wildlife department on Monday,” the Wildlife Department official said.

“Great job by the Team led by the Wildlife Department,” Deputy Commissioner Srinagar Ajaz Asad said in a tweet. Jammu and Kashmir Police had issued an advisory for the people residing at Rajbagh and its adjoining localities to remain indoors till the bear was caught, and all educa-

tional institutions in the area were closed for Monday as a precautionary measure.

With the success of the capture, Asad declared that all educational institutions in the area shall open normally as per daily routine.

DR RAZDAN

families, loneliness, presence of drugs in society and violence around,” he said.

He said that depression is in all age groups and behaviour disorders are more besides that due to Covid-19, the number suffering from depression has increased and there are many reasons behind it. “There is a need to catch up depression cases at initial stage which starts from irritability, very less sleeping and there is need to pick up it at initial stage and don't allow it to grow in symptoms,” Dr Razdan said.

He said that pick up is must besides that appropriate mental health care at primary, tertiary level and family support is must.

“There are many reasons behind neurological issues in babies and it can happen while when baby is in womb of mother, at birth and after day as well and they may be because of genetic, congenital defects, birth trauma, hypoxia, infections, small injuries etc.” the noted doctor said. “If you will visit any hospital, around 25 percent admissions are of neurology and in children it may be above 25 percent as well.”—(KNO)

RAMZANA HOSPITAL

within a week and strict action will be taken if allegations are found true.

He said that patients admitted there will be taken care of but no new procedures are allowed till probe is completed.

He added that OPD and other sections of the hospital will function normally.

On August 25, a family from Theed Harwan on Srinagar outskirts alleged medical negligence by the doctors after a woman died at the hospital. On September 9, another lady from Nowgam Srinagar also died due to alleged medical negligence. Hospital authorities have maintained that doctors tried their best to save the patients—(KNO)

SOZ

people were always known for the vitality of their struggle for achieving the goal, rather than the goal itself. To the best of my knowledge, the Central Government had no authority to abrogate Article 370 of the Constitution of India on August 5, 2019, unilaterally,” Soz said.

He said the Central Government did it because it believes more in muscle power rather than in constitutional values.

“Since that date of highhandedness on the part of the Central Government, i.e. August 5, 2019 when it abrogated Article 370 of the Constitution of India, the people of the J&K State have started a democratic, peaceful and sustained struggle for the restoration of the Constitutional position,” Soz said.

He said that the premier party in the J&K Mainstream Political class has additionally approached the Supreme Court for restoration of Article 370 of the Constitution of India.

Meanwhile, keen observers of the Kashmir situation have taken serious notice of the fact that the J&K people would continue their struggle for a cause they consider to be sacred i.e. restoration of Article 370 of the Constitution of India.

“I feel further sad that many people in the J&K State have realized that the narrative of Gulam Nabi Azad is no different from the narrative of the Bharatiya Janata Party,” Soz said. (KNT)

HYDERORA

The J&K administration counsel said that, after eight months and the body has decomposed. Now exhuming the body could result in law-and order issues and he has lost his son, but he was an extremist. Jammu and Kashmir administration was represented by the stand counsel Taruna Ardhendmauli Prasad.

Magrey filed a petition with the apex court to challenge the Jammu and Kashmir high court order that did not permit the exhumation of the body of his son. There were four people killed in the incident which included Aamir Magrey on the outside of Srinagar on the 15th of November last year. The petition was filed by lawyer Nupur Kumar.

AZAD

full cooperation & support to him in all his future endeavours, it said.

In Kashmir, people are suffering. There is no development, jobs. They demanded to raise the voice for statehood, job rights, land rights. Each and every deputation got ample time to put forward the grievances and suggestions. Ex MP Gululam Nabi Ratanpuri also joined Gululam Nabi Azad, the statement said.

Azad asked leaders to visit their respective constituencies and reach out to people to sort out their problems. He also asked the workers to gear up their efforts for developing contact with people with upcoming assembly elections in view.

He exhorted upon all workers and leaders to put in their best effort for strengthening the unit in the J&K—(KNO)

DC Jammu discusses schedule, procedure with Political representatives

JAMMU, SEPTEMBER 12: Deputy Commissioner Jammu Avny Lavasa, who is also District Election Officer Jammu, today discussed procedure and preparedness of district administration for the conduct of Special Summary Revision 2022 with the representatives of political parties, here at a meeting.

The DC briefed the meeting about the schedule of the Summary Revision 2022 and urged the political representatives to extend their cooperation in updating the electoral roll.

The Representatives of the political parties were also asked to appoint Booth Level Agents (BLAS) at all the polling stations to assist the Booth Level Officers in conducting registration of new voters, removal of duplicities, addition and removal of non-existing voters.

The Participating representatives were informed that the Draft Publication of the Photo Electoral Rolls of all the Assembly constituencies shall be done on 15th of September 2022, while the qualifying date for inclusion of new voters is 1st of October and the claims and objections shall be received from 15th September to 25th October.

“Special Camps will be organised at all the polling stations on 24th and 25th September, 1st, 2nd, 15th and 16th of October. The BLOs will be available at their respective polling stations along with requisite forms on the above dates” she informed.

Responding to issues raised by the participating representatives, the chair issued directions to the concerned officers to take measures for redressal of the complaints related to election matters and Special Summary Revision 2022 and updation of Electoral Rolls.

It was informed that the general public can lodge their grievances / complaints on the telephone numbers 2571616, 2571912 in district Jammu.

Later, the Deputy Commissioner chaired a meeting of the District Level Task Force mandated to ensure safety of the bridges and removal of accumulated materials.

Dr Samoon reviews admission process in Polytechnic Colleges, development activities in SDD under CAPEX, CSS

JAMMU, SEPTEMBER 12: Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon,



on Monday chaired a meeting with Principals of Polytechnic Colleges of districts of Jammu and Kashmir to review status of admission process in Polytechnic Colleges across the Union Territory.

Director SDD, Principal, Polytechnic College, Bikram Chowk and Principal Women Polytechnic College, Shakti Nagar, Jammu were present in the meeting while Principals of other Polytechnic Colleges attended the meeting virtually.

Threadbare discussion was held about the admission process and applications for the admissions in 3 year diploma programme for various Polytechnic Colleges across Jammu and Kashmir. It was informed that JKBOTE has mobilized its staff across the UT regions to spread awareness about the diploma programmes.

Dr. Samoon was informed that during the awareness campaign, the prospective candidates were educated about various government sponsored schemes and were encouraged to come forward and enroll in the diploma courses. Besides, awareness campaign was given a wide coverage through media, both print and electronic.

The meeting was also informed that 3320 total number of applications were received and shared with the concerned Colleges.

Principal Secretary was also apprised that JKBOTE is in the process of receiving lateral entry applications and there are 822 applications received till date whose selection list would be framed by 15th September of this month and the admission process for regular and lateral entry will continue till the end of this month. Presently, the colleges are doing admissions at their own level as the process of admission is underway.

Principal Secretary issued several directions to Principals of Polytechnic Colleges regarding further streamlining of admissions in their respective institutions. He emphasized upon them to send teams of officials in the villages of every block of the districts to aware and encourage the candidates for participation in diploma courses in order to fill up the allotted seats in the Polytechnic Colleges in JKUT.

Earlier, Dr. Asgar Hassan Samoon chaired a meeting with senior officers of SDD and its allied departments to review the progress on ongoing development activities of SDD under CAPEX and other centrally sponsored schemes here at Civil Secretariat, Jammu.

The meeting had detailed deliberations on various issues pertaining to SDD including utilization of CAPEX and CSS budget on completion of new and ongoing civil works, implementation of Centrally Sponsored Schemes and improvement in skill scenario under SANKALP (CSS) in the districts.

Director, SDD, Sudershan Kumar, Mission Director, JK Skill Development Mission, Executive Director JKPC were also present in the meeting besides out stationed officers attended the meeting through video conferencing. They highlighted the present status of actions taken in view of different activities being carried out in their respective areas.

The concerned authorities informed the meeting about the present status of various ongoing development works in different sectors of Skill Development Department.

Principal Secretary emphasized upon the senior officers of different executive agencies to complete all ongoing development works of Polytechnics College and ITIs within shortest possible timelines. The concerned authorities informed the meeting about the present status of various ongoing development works in different sectors of Skill Development Department.

Principal Secretary emphasized upon the senior officers of different executive agencies to complete all ongoing development works of Polytechnics College and ITIs within shortest possible timelines.

Hoteliers Club hail Snowland hotels for excellence award

Srinagar, Sep 12: Jammu and Kashmir Hoteliers Club has hailed MD of SNOW Land Hotels and Resorts for grabbing the Excellence Award at Surat TTF & BLTM Delhi For SNOW Land Hotels and Resorts.

In a statement, Hoteliers Club said President Sonmarg Chapter Of Jammu and Kashmir Hoteliers Club Sonmarg Chapter Farooq Hafiz had set the high standards in hospitality sector which has earned it the Excellence Award at travel trade fair.

Chairman Hoteliers Club Mushtaq Chaya and Secretary General Tariq Rashid Ghani said the award to hotels is a pride moment for all Kashmir.

Jammu and Kashmir Teachers Forum sought the immediate release of pending GP Fund bills, urging the authorities to speed up the process and mitigate the sufferings of employees, Ishfaq Shah.



Baramulla , September 12: Jammu Kashmir Teachers forum Baramulla has demanded the immediate release of GP fund bills of teachers / employees which are lying in various treasuries and are gathering dust. According to a statement issued by Spokesperson, the forum's District President Baramulla Ishfaq Ahmad Shah has said that the GP fund bills of employees are lying pending in Various treasuries of JKUT and the hundreds of teachers who have applied for the same are suffering badly and are waiting from months for its release.

Shah said GP Fund is the hard earned money saved by an employee to cater his needs in difficult time. There's no justification in halting the bills and that the authorities are bound to release when an employee apply for the same, Shah added.

Shah further appealed LG administrative, Director Funds & Treasuries to speed up the process of bills promptly in order to mitigate the suffering of teachers and employees in general.

Weeklong Hiking/Trekking Expedition By Jammu University Concludes At Bhadarwah

By:- Amir Iqbal Khan

Bhaderwah September 12 : The weeklong “Hiking & Trekking Expedition” launched by Jammu University concluded



ed here Monday.

The expedition was organized by the Directorate of Sports and Physical Education, University of Jammu in collaboration with Bhaderwah Campus from September 6th to 12th September 2022.

“Hiking & Trekking Expedition” was held at the local treks of Bhaderwah and meadows of the famous tourist spot of Seoj Dhar. A total of 40 students from the University of Jammu and its different affiliated colleges were part of the trekking expedition. As a part of Swachh Bharat Abhyan , cleanliness drive was also carried out at different locations of Seoj highland meadows during the expedition. Rector Bhaderwah Campus Prof. Rahul Gupta congratulated department of Sports and Physical Education University of Jammu for organising such event. “Bhaderwah Campus will also provide all the assistance for such events in future also,” he assured.

He further added that the way these students trekked difficult tracks of Seoj dhar, Kalash Kund and other tough terrains is highly appreciable. While speaking on the occasion , Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education thanked Rector Bhaderwah Campus Prof. Rahul Gupta for its collaboration with the said event as a good will gesture. “Such kinds of events help youths to keep themselves away from anti-social activities like drugs and other addictions,” he added.

Dr Daud Iqbal thanked media fraternity for giving huge media coverage to the expedition. “I am very thankful to media fraternity for their support in making this event successful. It's because of you that today Bhaderwah is being seen a safe destination for trekkers / Winter sports and winter tourism internationally,”

The officials present on the occasion included Arif Khaateeb ERO Bhaderwah Campus, Ravish Vaid, Gagan Kumar, Manjeet Singh, Sanjeev Sharma, Arshad Baba and Sumit Sharma.

Various Women Activists from Different areas Join Janata Dal (United)

SRINAGAR, : Prominent women activists from different



areas on Monday joined JD(U) at its office in Raj Bagh, Srinagar. The joining ceremony took place in presence of Party President G M Shaheen, State organiser Khurshid Naqati & District President Srinagar Mehrah-ul din Ashai Party President G M Shaheen welcomes the new entrants who joined JD(U). Welcoming the new entrants into the party-fold, Shaheen said that JD (U) has always rigorously followed the issues of public interest and has raised its voice for the mitigation of the people's sufferings.

“Our party is based on the twin fundamentals of ‘politics of truth’ and ‘sincerity in effort’ and that is what I impress upon all these new entrants who have joined us today,” he said. On the occasion, District President Srinagar Mehrah-ul din Ashai also said that JD(U) doesn't rely on hoodwinking the people with any kind of political gimmickry; instead it has always been working on the fulfillment of its commitments made with the people.

“The people of J&K always expected politics of truthfulness from their representatives. Our efforts are in that direction and we will surely live up to their expectations through our hard work, sincerity and dedication towards the public welfare,” Ashai asserted.

On the occasion, the new entrants thanked the Party leadership and avowed to work diligently for the welfare of the people in their respective areas besides strengthening the party at grass roots level.

Deputation Of PDP Calls On ADC Bhadarwah, Highlights Public Demands

Amir Iqbal Khan

Bhaderwah, Sep 12: A deputation of Peoples Democratic Party (PDP) Bhadarwah under the leadership of Its District Vice president Riyaz Ahmed Khan called upon Additional Deputy Commissioner (ADC) Bhadarwah Dil Mir Choudhary here on Monday. As per a release, the deputationists highlighted various burning problems being confronted by the general public of additional district Bhadarwah. In this regard, a memorandum was presented to the ADC containing important demands like opening of ration depots of CAPD in Rumta village, Nai Basti, upper Qilla Mohalla and Upper Kahi Mohalla. Release said that people are facing tremendous hardships due to non-availability of medical dispensary in Qilla Mohalla and Kahi areas which are thickly populated and there is no first aid center for attending emergencies. “Poor public is left to suffer in current conditions as they do not get the supply of ration and the department of CAPD has miserably failed to maintain supply to the said areas,” it added. The memorandum further urged that the problems be sorted out at the earliest. ADC Bhadarwah Dil Mir Choudhary however, assured the delegation about mitigation of their genuine demands and said that the concerned department would be asked to do the needful urgently.

Prominent among those who accompanied the delegation include Zaffar Hussain Wani (Gen.Sec.district Doda) Mohd Salim Butt (Block President Bhadarwah), Nazir Ahmed Shah (Zonal President), Ab.Wahid (Block Vice president), Riyaz Khan (Casher), Rukhsana Begum (Senior Worker) Umar Ahmed (Senior worker Youth) and others. ADC Bhadarwah Dil Mir Choudhary however, assured the delegation about mitigation of their genuine demands and said that the concerned department would be asked to do the needful urgently.

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King Charles addresses British parliament, heads to Scotland for queen's vigil

King Charles called Britain's parliament the "living and breathing instrument of our democracy" and pledged to follow his late mother Queen Elizabeth's example in maintaining its independence in an address to both chambers on Monday.

Charles arrived at Westminster Hall in London to a fanfare of trumpets with his wife Camilla, Queen Consort, for the address — part of a series of pageantry-filled ceremonies following the queen's death on Thursday at her holiday home in Balmoral, Scotland, after 70 years on the throne.

After the address, the new monarch set out for Edinburgh to join his siblings for a solemn procession when the coffin of Queen Elizabeth is taken to the city's historic cathedral.

They will then take part in a vigil at St Giles' Cathedral, on the Scottish capital's centuries-old Royal Mile, where the coffin will lie at rest before being flown to London on Tuesday.

Prime Minister Liz Truss — still in her first week in office — and parliamentarians from the House of Commons and the House of Lords — attended the address in Westminster Hall.

The Lord speaker described the late queen as "both a leader to and servant of her people".

Charles and Camilla sat on ceremonial chairs, with cavalry troopers in red tunics and plumed helmets standing to attention behind.

In his address, Charles said: "While very young, Her late majesty pledged herself to serve her country and her people and to maintain the precious principles of constitu-



tional government which lie at the heart of our nation. This vow she kept with unsurpassed devotion. "She set an example of selfless duty which, with God's help and your counsels, I am resolved faithfully to follow."

The assembly sang "God Save the King". Charles, 73, who automatically became king of the United Kingdom and 14 other realms including Australia, Canada, Jamaica, New Zealand and Papua New Guinea on his mother's death, is known for expressing his views on matters ranging from the environment to youth issues.

He has suggested that as king, he might have to moderate his style, in keeping with the tradition that the monarch keeps out of political matters.



Crown of Scotland On Sunday, the queen's oak coffin, draped in the Royal Standard of Scotland, was taken by hearse on a six-hour journey from Balmoral through picturesque Scottish countryside, villages, small towns and cities to Edinburgh.

Tens of thousands of well-wishers lined the roads to pay their respects, while huge crowds, some in tears, gathered in Edinburgh to greet the cortege.

"I think when the queen's coffin emerged from Balmoral Castle yesterday, I think that it was a moment of enormous significance," John

Swinney, Scotland's Deputy First Minister told BBC radio.

"I think people drew breath, because what we've all been living through over the last few days suddenly became real, it became visible."

When the coffin arrives at St Giles' Cathedral, the Duke of Hamilton and Brandon, the premier Scottish peer, will place the Crown of Scotland on it.

After a service, the coffin will rest there for 24 hours to allow people to pay their respects. A vigil will be mounted by soldiers from the Royal Company of Archers — the sovereign's "Body Guard in Scotland".

Charles, who will also visit the Scottish parliament and meet Scotland's First Minister Nicola Sturgeon, will later mount a vigil at 7:20pm along with other royals.

On Tuesday, the coffin will be flown to London where on Wednesday it will begin a period of lying in state until early on September 19 — the day of Elizabeth's state funeral — on a catafalque at Westminster Hall.

It will be guarded by soldiers or by Yeoman Warders — known as beefeaters — from the Tower Of London.

Crowds expected Members of the public will be allowed to process past the coffin, which will be covered by the Royal Standard with the sovereign's Orb and Sceptre placed on top, for 24 hours a day until 6:30am on Sept 19.

Queen's coffin arrives in Edinburgh on solemn final journey



EDINBURGH: Thousands of mourners thronged the route for the final journey of Queen Elizabeth II on Sunday as her coffin arrived in Edinburgh from the Scottish retreat where she died. Huge crowds packed the streets of Scotland's capital as the hearse bearing Britain's longest-serving monarch completed the first leg of a sombre odyssey that will culminate with her state funeral in London on Sept 19. Soldiers in kilts stood to attention as the seven-car cortege arrived at Holyroodhouse palace after a six-hour drive from the queen's Balmoral residence where she passed away on Thursday, aged 96. Some of the well-wishers along the way had thrown flowers or applauded, while others were in tears as the convoy including the queen's only daughter Princess Anne went by. "It is history, history in the making. We lived so long with the queen — 70 years," said former soldier Stuart Mackay. "It's the only Monarch

we've known and I think it's my duty to be here to wave her goodbye."

The queen's coffin will rest in Holyroodhouse Palace, the monarch's official residence in Scotland, for a day before being moved to St Giles' cathedral for the public to pay their respects. Her son Charles III — formally proclaimed monarch on Saturday — will travel to Edinburgh on Monday for a prayer service and to mount a vigil by her coffin along with other members of the royal family. The body of the queen will be flown to London the day after to lie in state for four days, which is expected to draw at least a million people, ahead of a funeral set to be watched worldwide and attended by numerous heads of state. The symbolism of the queen's last journey will be heavy for Scotland — a nation with deep royal links, but where there is also a strong independence movement intent on severing the centuries-old union.

Retail inflation Rises Back Up To 7% In August After Falling For 3 Months

Retail inflation rose to 7 per cent in August, stalling a three-month downtrend on soaring food costs, pressuring the Reserve Bank of India to hike rates more aggressively to tame surging prices even at the cost of the economy.

That shows inflation has remained above RBI's 2-6 per cent tolerance band in each month this year.

Data released by the National Statistics office showed, consumer price index-based inflation (CPI) in August was higher than a Reuters survey of economists, rising to 7.0 per cent from a year ago, compared to the 6.9 per cent forecast, and above July's 6.71 per cent.

Food inflation, which accounts for nearly half the consumer price index (CPI) basket, soared as prices of essential crops like wheat, rice and pulses were driven higher by a record heatwave, squeezing already stretched household budgets further. According to the data, inflation in food basket was 7.62 per cent in August, up from 6.69 per cent in July and 3.11 per cent in August 2021.

Erratic monsoon patterns across the country suggest more crop damages, keeping food prices elevated in the coming months, with negative seasonality kicking in for September-November and weighing on price pressures. The government has put restrictions on the export of wheat, sugar, and rice in an effort to keep local prices from rising as a result of the country's uneven rainfall distribution. "Another inflation print of 7 per cent bang in line with our expectation confirms our belief that price pressure is not going to go away anytime soon, although being a year-on-year print, inflation may be off the peak," said Kunal Kundu, India Economist at Societe Generale. "Expectedly food prices moved up sharply as well. Given the tailwind generated by high food prices as production suffers due to erratic monsoon, we do not see consumers'

Gyanvapi Case: Hindu Petitioners Win A Big Step In Varanasi Court

Varanasi: A court today agreed to hear the case of five Hindu women who want to pray at a shrine inside the Gyanvapi mosque in Varanasi, next to the famous Kashi Vishwanath temple. Their petition will be heard on September 22. It is a big step forward for the five women, who want permission for yearlong puja and rituals in a part of the mosque complex. They claim there are idols of Hindu gods and goddesses in the complex. Muslim petitioners, mainly mosque administrators, want the petition thrown out and say they are ready to fight till the Supreme Court. Their challenge was rejected on all three counts they had cited. The most important of these is the 1991 law that freezes the status of a place of worship as it existed on August 15, 1947. The petitioners

don't want ownership, just



the right to worship, the court said. Earlier this year, a lower court ordered the filming of the centuries-old mosque based on the petition of the women. The videography report, controversially leaked by the Hindu petitioners, claimed a "Shivling" or relic of Lord Shiva had been found in a pond within the mosque complex used for "Wazoo" or purification rituals before Muslim prayers.

A court then sealed the pond and banned large namaz gatherings in the

high-profile mosque. The gatherings should be limited to 20 people, said the court.

The filming inside the mosque was challenged in the Supreme Court by the Gyanvapi mosque committee, which said the move violates the 1991 law (Places of Worship Act). The Muslim petitioners argued that "such petitions and sealing of mosques will lead to public mischief and communal disharmony, will affect mosques across the country". In May, the Supreme Court assigned the case to the city's most senior judge, referring to the "complexity and sensitivity" of the dispute that it said requires experienced handling.

The Gyanvapi mosque located in Prime Minister Narendra Modi's constituency (Varanasi), is one of the several mosques that Hindu hardliners.

Probe Agencies Being Used For Extortion: Arvind Kejriwal

Ahmedabad: In a swipe at the Centre, Delhi Chief Minister and Aam Aadmi Party leader Arvind Kejriwal on Monday alleged that probe agencies were being used to conduct raids for "extortion" and not to end corruption. Speaking about the purported raid conducted by "three policemen" at the AAP's office in Ahmedabad on Sunday, Mr Kejriwal claimed the policemen were asking about money. "We are a poor party with no money. The policemen searched our office for two hours and left. They were asking our people about money. They left when we said there was no money. Today, the Ahmedabad police said no raid took place. This is surprising," he said. "What is going on in this country? Is this how a policiya sarkar (police state) works? Police are entering any house or office without valid papers," he questioned while speaking at a town hall in Ahmedabad in poll-bound Gujarat. The Ahmedabad police had refuted the



claim of AAP that its office was raided on Sunday. Kejriwal said the country cannot progress until businessmen are free from the fear of raids. He urged the business sector in the state to support AAP in the Assembly polls, due in December this year, as a victory would mean the AAP has three chief ministers (Delhi, Gujarat, and Punjab), which will allow its voice to be heard by the Centre for simplification of the Goods.

90 lakh MSMEs in West Bengal employing 1.36 crore people: Mamata Banerjee

Sourav Dutta, Kolkata:

90 lakh MSME units are currently based in West Bengal employing 1.36 crore people, said chief minister Mamata Banerjee on Monday at an event. "West Bengal has excelled in the MSME sector under the leadership of CM Mamata Banerjee. The government of West Bengal has set a benchmark in holistic development," said Mamata Banerjee-led All India Trinamool Congress party in a tweet. Banerjee was speaking at the event to hand over recruitment letters to newly skilled technical trainees selected by the industry for employment under the Utkarsha Bangla scheme.

According to the MSME Ministry's annual report for the financial year 2021-22 citing the National Sample Survey 73rd round during 2015-16, West Bengal had 88.67 lakh units, the second highest after 89.99 lakh units in

Uttar Pradesh. On the other hand, as per the latest data on MSMEs registered on the



Udyam portal, the state had 3.34 lakh units, 11th highest after Maharashtra, Tamil Nadu, Uttar Pradesh, Gujarat, Rajasthan, Karnata,

taka, etc. The highest density of MSMEs in West Bengal was in Kolkata (54,442) followed by North 24 Parganas (43,107), South 24 Parganas (25,527), Howrah (24,037), and Hooghly (20,189), etc., as the Udyam portal data.

Banerjee said people disregard the effort put in by her government in skill development and the MSME sector that employs more than 1 crore people. "We have to provide training to youth in online home delivery services and develop West Bengal to lead in this (skilling) area," she added. According to the MSME Ministry's annual report, West Bengal's MSME units employ 1.36 crore people including 91.95 lakh men and 43.51 lakh women. With respect to the business opportunity during the Durga Puja festival, Banerjee said Rs 40,000 crore business is created during the festival. The Puja festival generates income sources for electricians, artisans, vendors, etc., she noted.

All eyes on Xi-Putin meeting at SCO summit

LONDON: In his first foreign trip in more than two years since the start of Covid-19, Chinese President Xi Jinping will reach Kazakhstan on Wednesday and meet his Russian counterpart Vladimir Putin at the Shanghai Cooperation Organisation's summit in the ancient Silk Road city of Samarkand in Uzbekistan, according to Kazakhstan and the Kremlin.

While Putin's foreign policy aide, Yuri Ushakov, told reporters last week that Putin was expected to meet Xi at the summit as Kremlin declined to give details on the substance of the talks, China has yet to confirm the president's travel plans.

The meeting will give President Xi an opportunity to underscore his clout while Putin can demonstrate Russia's tilt towards Asia amid worsening situation at Ukraine front.

The gathering of the SCO comprising China, Russia, Pakistan, India, Kazakhstan, Kyrgyzstan, Uzbekistan and Tajikistan is due to take place in Samarkand on September 15 and 16. The organisation is due to admit Iran, one of Moscow's key allies in the Middle East.

Organisation is due to admit Iran. The meeting is scheduled a month before Xi is poised to cement his place as the most powerful Chinese leader since Mao Zedong. He is widely expected to break with

precedent at a Communist Party congress that starts on Oct 16 and secure a third five-year leadership term.

Xi last met Putin in February



just weeks before the Russian president ordered the invasion of Ukraine.

At that meeting at the opening of the Winter Olympics, Xi and Putin declared a "no limits" partnership, backing each other over standoffs on Ukraine and Taiwan with a promise to collaborate more against the West. China has refrained from condemning Russia's operation against Ukraine or calling it an "invasion" in line

with the Kremlin which casts the war as "a special military operation".

The deepening "no limits" partnership between the rising super-

power of China and the natural resources titan of Russia is one of the most intriguing geopolitical developments of recent years — and one the West is watching with anxiety. "The bigger message really isn't that Xi is supporting Putin, because it's been pretty clear that Xi supports Putin," said Professor Steve Tsang, director of the China Institute at the School of Oriental and African Studies in London.

"The bigger signal is that he, Xi Jinping, is going out of China for the first time since the pandemic in the run-up to the party congress. If there were going to be plottings against him this is when the plottings would happen. And he's clearly confident that the plottings are not going to take place because he is out of the country."

Putin aide Ushakov said the Xi-Putin meeting would be "very important". He did not give further details. As Europe seeks to turn away from Russian energy imports, Putin will seek to boost energy exports to China and Asia. He will also hold three-way Russian-Chinese summit with Mongolia — a potentially much shorter route for Russian energy from Western Siberia to China.

He said last week that a major gas export route to China via Mongolia had been agreed. India on Sunday confirmed that Narendra Modi will take part in the SCO moot, but the government statement did not say whether he would hold bilateral talks with Putin, Xi or — for the first time since he became Pakistani prime minister in April — Shehbaz Sharif.

Sourcing most of its arms from Russia, India — which is part of an alliance with the US, Japan and Australia, has also refused to condemn Moscow's invasion of Ukraine rather has ramped up purchases of Russian oil.

Russia pulls back troops from Kharkiv region as Kyiv forces advance further

KHARKIV: Russia said it was pulling back troops from the eastern Kharkiv region of Ukraine as Kyiv announced massive territorial gains in its lightning counter-offensive.

A Moscow-backed separatist leader in the east meanwhile said Russian forces were fighting "difficult" battles against Kyiv's troops in several parts of eastern Donetsk region.

A Ukrainian official also said Kyiv's troops were closing in on the eastern city of Lysychansk, captured by Russian troops after fierce artillery battles in July. Moscow's announcement late on Saturday of the pullback alongside Kyiv's claim to have entered the town of Kupiansk are the most significant shifts in battlefield dynamics after months of fighting in eastern Ukraine that has been dominated by Moscow. "A

decision was made to regroup Russian troops stationed in the Balakliya and Izum regions to bolster efforts along the Donetsk front," Russia's defence ministry said in a statement.

News of the drawdown came just after Ukrainian special forces published images on social media showing camouflage-clad officers with automatic weapons "in Kupiansk", a town of about 27,000 people.

Ukrainian troops had also liberated Vasylenkovo and Artemivka in Kharkiv region, President Volodymyr Zelensky said in his evening address on Saturday. Separately speaking to the annual Yalta European Strategy forum, Zelensky said Russia "is doing everything to break the resistance of Ukraine, Europe and the world during the 90 days of this (coming) winter"

FCC Wanigam Defeats Putkha Strikers By 95 Runs To Lift The Wanigam Super Cup Edition-IV Trophy

Lone Musaib



Pattan :- FCC Wanigam beat Putkha Strikers by 95 runs in the Wanigam Super Cup Edition-IV Final here on Sunday. FCC Wanigam posted 205 runs in allotted 20-overs after being put into bat.

Abid Lefty top-scored for FCC Wanigam with 75 runs while Irfaq Khan added splendid 55 runs to guide FCC Wanigam put a huge total on board.

In response, Putkha Strikers were bundled-out for 110 runs. Shariq Ahmad was the standout bowler for FCC Wanigam with 5-wickets in his four-overs spell. Conceded only 18 runs and was declared player of the final.

Altaf Bhat was adjudged as Player of the tournament for his splendid performances throughout the tournament.

The Winning team was awarded with the Cash Prize of Forty Thousand while Runner Up team was awarded with Twenty Thousand Cash Prize along with trophies. The tournament was organised by Cricket Association Wanigam and it was the 14th edition of the tournament.

2nd District Indoor Rowing Championship to commence from 17th Sep at Bandipora



BANDIPORA, SEPTEMBER 12: The 2nd District Indoor Rowing Championship is being held at Govt Hr Sec School Aragam Bandipora on 17th and 18th of this month.

The championship is being organized by District Bandipora Rowing & Sculling Association in collaboration with District Administration Bandipora under SVEEP Action programme. Around 250 boys and girls of all categories of the district are going to participate in the championship.

The championship is aimed to select a team for the upcoming UT level Championship to be held at Srinagar.

Indoor Rowing is a relatively new sport performed 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.

Bangladesh hit Pakistan for six at SAFF Women's Championship

KATHMANDU: After a gutsy performance in their opening match against India, Pakistan failed to rise to the challenge against Bangladesh in their second Group 'A' match at the SAFF Women's Championship on Saturday.

This was a humbling defeat, the 6-0 scoreline laying bare that the Pakistan women's team has a lot of catching up to do against the region's top teams after being international pariahs for eight years. An institutional crisis in the Pakistan Football Federation has impacted women's football in the country and the national team made their first international appearance since 2014 against India on Wednesday where they put up a brave defensive performance, only losing 3-0. That result had raised expectations that Pakistan would do better against Bangladesh, who have never won the tournament in contrast to India who have been crowned champions in all five editions.

India Squad For T20 World Cup: Jasprit Bumrah And Harshal Patel Return, R Ashwin Named. Mohammed Shami In Stand By

India's squad for the upcoming ICC T20 World Cup was announced on Monday with all familiar faces making the cut for the showpiece event. The team is quite similar to the one that played in the Asia Cup, with Axar Patel replacing the injured Ravindra Jadeja, while the pace duo of Jasprit Bumrah and Harshal Patel make a comeback after an injury layoff in place of youngsters Ravi Bishnoi and Avesh Khan. Rohit Sharma will lead India in an ICC tournament for the first time, while opening batter KL Rahul has been named as his deputy.

Virat Kohli and Suryakumar Yadav are the other two top order batters in the squad with middle order batter Deepak Hooda also being named. Hardik Pandya is the star all-rounder in the squad while the duo of Dinesh Karthik and Rishabh Pant have been picked as the wicket-keeper batter choices. Yuzvendra Chahal and Ravichandran Ashwin are the two spin bowling choices along with Axar. Bhuvneshwar Kumar and Ar-

shdeep Singh round up the pace bowling department. The selectors also an-



nounced four stand by players, which include veteran paceman Mohammed Shami, all-rounder Deepak Chahal, spinner Ravi Bishnoi and top order batter Shreyas Iyer. The selectors have also announced the squad for the upcoming T20I series against Australia and South Africa. India squad for ICC T20 World Cup: Rohit Sharma (Captain), KL Rahul (vice-captain), Virat Kohli, Suryakumar Yadav, Deepak Hooda, Rishabh Pant (wicket-keeper), Dinesh Karthik (wicket-keeper), Hardik Pandya, R. Ashwin, Yuzvendra Chahal, Axar Patel, Bhuvneshwar Kumar, Mohd. Shami, Harshal Patel, Deepak Cha-

har, Jasprit Bumrah. India squad for South Africa T20Is: Rohit Sharma (Captain), KL Rahul (vice-captain), Virat Kohli, Suryakumar Yadav, Deepak Hooda, Rishabh Pant (wicket-keeper), Dinesh Karthik (wicket-keeper), R. Ashwin, Yuzvendra Chahal, Axar Patel, Arshdeep Singh, Mohd. Shami, Harshal Patel, Deepak Cha-

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Saqlain defends Pakistan's T20 style, backs Babar and Rizwan after Asia Cup final defeat



Pakistan coach Saqlain Mushtaq defended the team's Twenty20 playing style after losing Sunday's Asia Cup final, dismissed concerns about captain Babar Azam's form and found nothing wrong with opener Mohammad Rizwan's batting approach. The Green Shirts failed to chase 171 to beat Sri Lanka, their 23-run defeat bucking the trend of teams winning while batting second in Dubai. Rizwan made 55 in 49 balls for Pakistan and finished as the tournament's leading scorer with 281 runs in six innings. But Saqlain was not worried about Rizwan's sluggish strike rate of 117.57 runs per hundred balls in the high-octane format. By comparison, Virat Kohli scored 276 runs for India at a more rapid 147.59 across his five innings. "Everyone has their own style of playing cricket," Saqlain said. "We made the semi-finals of the T20 World Cup (last year) and now the final of the Asia Cup, so evidence suggests we are doing something right."

"We did so with our style of play, and the things that are left to be done will be worked upon, rather than following the style of the rest of the cricket-playing nations."

Babar, a prolific scorer for the team before the tournament, managed just 68 runs in six matches with a highest of 30, but Saqlain played down the opener's loss of form.

"As I said before, anybody with a deep eye of cricket will realise that he is unlucky with the way he is getting out," said Saqlain. "The way he plays and his work ethic needs no further discussion. He is a world-class player and God save him from the evil eye." "It's just a patch. If you look at the rankings, he's (among the) top in T20 International and in ODIs. It's just been bad luck. The way he's training and playing it's amazing. His work ethic is top notch," he said. The 27-year-old Babar, who has scored 2,754 runs in 80 Twenty20 internationals at an average of over 42, recently lost his number one T20 world ranking to fellow opener Rizwan. Babar's final dismissal in the tournament came with a loose flick down the leg side to be caught at short-fine leg off fast bowler Pramod Madushan, who claimed four wickets. Saqlain also dismissed suggestions of a left-right opening combination of Fakhar Zaman with either Babar or Rizwan. "If you keep shuffling, it sends a message that you don't trust them," he said. "You need to give them time. It's not good to shuffle a lot. It sends a wrong message." Saqlain praised champions Sri Lanka, who previously beat Pakistan, India and Afghanistan in the Super Four stage, for their complete showing in the final. "Sri Lanka batted second and then batted first against us and became champions. Well-deserved," said Saqlain. "We just played first nine overs of really good cricket and after that they played almost 31 overs and dominated us in all aspects —

Swiatek defeats Jabeur to clinch US Open crown

NEW YORK: Iga Swiatek surged to the third Grand Slam title of her career with a maiden victory at the US Open on Saturday, defeating Tunisia's Ons Jabeur in straight sets to extend her remarkable finals winning streak.

The 21-year-old world number one from Poland saw off a second set fightback from history-chasing Jabeur to prevail 6-2, 7-6 (7-5) in 1hr 52min at Arthur Ashe Stadium.

The win was Swiatek's second Grand Slam title of 2022 to set alongside her French Open victory in June, which followed her maiden Grand Slam win at Roland Garros in 2020.



Swiatek's victory was her 10th straight win in a final. She is unbeaten in finals since suffering a lone reverse in her first WTA final in Lugano three years ago. Swiatek collapsed on court in relief after a win that saw her pocket

a hefty \$2.6 million in prize money. "I'm really glad it's not in cash," she quipped as she was presented with her winner's cheque for a tournament she entered with low expectations when the season began. "I wasn't sure if I was on the level yet to win actually a Grand Slam, especially at the US Open where the surface is so fast," she said. "It's something that I wasn't expecting for sure. It's also like a confirmation for me that the sky is the limit." "I'm proud, also surprised a little bit, just happy that I was able to do that." But the loss was another agonising near-miss for Jabeur, who had been bidding to become the first

Asia Cup win will help T20 World Cup preparation, says Sri Lanka skipper Shanaka

Sri Lanka captain Dasun Shanaka said winning the Asia Cup will help the team's preparation for next month's Twenty20 World Cup, while batsman Bhanuka Rajapaksa labelled the achievement as a "great win" for the island nation amid their economic crisis. Sri Lanka won the Asia Cup for the sixth time on Sunday after Rajapaksa's batting masterclass and Wanindu Hasaranga's all-round brilliance secured their 23-run victory against Pakistan in the final. Sri Lanka, who won

the T20 World Cup in 2014, are due to begin their World Cup campaign with a qualifying match against Namibia on Oct 16. "We played last year's qualifiers as well [...] it's the set-up that has come through from three or four years back," Shanaka told reporters. "The last two years were really good for us [...] and winning Asia Cup will really help for the [...] World Cup. "The World Cup qualifiers will help as well because we will play in those conditions before the main tournament

happens so it'll be really final, said the team wanted good for us." Rajapaksa, who scored an unbeaten 71 in the

to show "aggression". "We all just wanted to show

the whole world, a couple of decades back, that we had some sort of aggression in our side. And we wanted to create those moments again. I think, as a unit, we are doing that fantastically well at the moment," he said. "We want to look forward to the World Cup as well and to keep up this momentum. "As a nation, I think it's a great win [...] with all the crisis happening back home, these are tough times for Sri Lankans. We are glad and hope that we brought some smiles to their faces."

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