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Amit Shah To Review J&K's Security Situation In New Delhi Today

■ **HT News Network**

NEW DELHI, APR 12: Union Home Minister Amit Shah will review the security situation in Jammu and Kashmir on Thursday, sources said.

Shah will be given a detailed presentation on the prevailing law and order situation in J-K by security officials of the central government and the union territory administration.

The situation along the Line of Control and International Border, infiltration bids

Turn.....**Amit Shah To.....Pg 02**



New NEP Implemented Considering Requirements Of Modern And Developed India: PM Modi



■ **Agencies**

BHOPAL, APR 12: Prime Minister Narendra Modi on Wednesday said the new National Education Policy is implemented keeping in mind the requirements of modern and developed India. He also said the policy emphasises the holistic development of children, knowledge, skills, culture, and promotion of Indian values.

"The Central government has implemented the new National Education Policy (NEP) keeping in view the requirements of modern and developed

Turn.....**New NEP Implemented.....Pg 02**

This Ramadhan too, Kashmir keeps dates with dates; consumes 100 trucks in 20 days

■ **HT News Network**

SRINAGAR, APR 12: Keeping its date with the various varieties of dates, this Ramadhan too, Kashmiris have consumed 100 trucks of dates in first 20 days of the fasting month while as the watermelon remains preferable fruit in the Valley in the holy month.

The sale of watermelon generally goes up every year during the holy month of Ramadan.

Speaking to the news agency—Kashmir News Observer (KNO), President Dry Fruit Association, Bahadur Khan said that around 100 trucks of dates have reached Kashmir in the last 20

Turn.....**This Ramadhan too.....Pg 02**

Centre approves Rs 272 crore under compensatory afforestation scheme for J&K

■ **HT News Network**

SRINAGAR, APR 12: The Centre has approved Rs 272 crore for implementation of compensatory afforestation scheme in Jammu & Kashmir.

The National Compensatory Afforestation Fund Management and Planning Authority has approved Rs 272.65 crore for different activities under the scheme during the ongoing fiscal.

"With reference to the letter no. PCCF/CAMPNAPO-2023-24/1329/3293-94 dated 28.01.2023 of Government of Jammu and Kashmir on the above-mentioned subject, it is to convey the approval of the Executive Committee of the National Authority under Section 15 (1) (i) of the Compensatory Afforestation Fund (CAF) Act, 2016 for the mandatory and time bound activities of the Annual Plan of Operation of 2023-24

Turn.....**Centre approves Rs 272.....Pg 02**

NEWS BRIEF

J&K Govt Orders Transfer, Posting Of Two Police Officers

■ **HT News Network**

JAMMU, APR 12: The Jammu and Kashmir government on Wednesday ordered transfer and posting of two police officers with immediate effect and also re-designated post of

Turn.....**J&K Govt Orders.....Pg 02**

Teenager dies in fatal road accident, another injured

■ **HT News Network**

BUDGAM, APR 12: A 15-year-old pillion rider died while the biker sustained critical injuries after their motorcycle skidded off the road in Chadora town of Central Kashmir's Budgam district on Wednesday.

Turn.....**Teenager dies.....Pg 02**

J&K Reports 122 Fresh Covid-19 Cases, Active Tally Over 500

■ **HT News Network**

SRINAGAR, APR 12: Jammu and Kashmir reported 122 fresh covid-19 cases while there was no death due to the virus during the last 24 hours, officials said on Wednesday.

They said that 52 cases were

Turn.....**J&K Reports 122.....Pg 02**

In Valley, houseboats struggle to stay afloat

■ **HT News Network**

SRINAGAR, APR 12: Ninety percent of the houseboats need immediate repairing but owners are struggling to get permission even for carrying out repairs.

With the result, the houseboat builders are staring at joblessness in the face of High Court guidelines prohibiting any further increase in

Turn.....**In Valley, houseboats.....Pg 02**

Gol Approves 45 Posts For National Institute Of Sowa-Rigpa Leh

■ **HT News Network**

LEH, APR 12: Government of India (Gol) has approved the creation of 45 new posts for the National Institute of Sowa-Rigpa (NISR), Leh Ladakh on various levels.

The union cabinet, under the Chairmanship of Prime Minister Narendra Modi, approved the establishment of the National Institute of Sowa-Rigpa at Leh Ladakh on 20th November 2019.

The creation of 45 new posts is a historic occasion for the Sowa-Rigpa system

Turn.....**Gol Approves 45 Posts.....Pg 02**



Devotees had a glimpse of holy Relic on the martyrdom of Hazrat Ali (RA) at Hazratbal in Srinagar



■ **HT News Network**

SRINAGAR, APR 12: Hundreds of devotees on Wednesday thronged Hazratbal Shrine to have a glimpse

of the holy relic of Prophet Muhammad (SAW) on the occasion of the martyrdom of Hazrat Ali Murtaza Karram-Allah-u- Wajhah (RA).

Turn.....**Devotees had a.....Pg 02**

Legal and procedural defence-finance framework necessary: Rajnath Singh

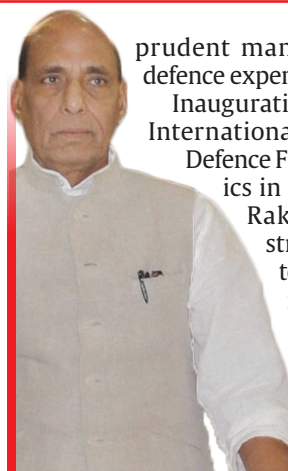
■ **HT News Network**

NEW DELHI, APR 12: Defence Minister Rajnath Singh said that a legal and procedural defence-finance framework is an integral part of a mature state system, which ensures

prudent management of the defence expenditure.

Inaugurating the three-day International Conference on Defence Finance & Economics in New Delhi today, Raksha Mantri also stressed on the need to devise innovative methods to maximise the value of money spent on the security

Turn.....**Legal and.....Pg 02**



Weather To Stay Dry In J&K

No 'Significant' Change Expected Till April 15: Met

■ **HT News Network**

SRINAGAR, APR 12: No significant change in weather is expected and it is likely to be mainly dry, the meteorological department said even as the minimum temperature recorded an increase at

Turn.....**Weather To Stay.....Pg 02**

Transporters announce 'Chaka-Jam' on 17 April across J&K

■ **HT News Network**

SRINAGAR, APR 12: Jammu Kashmir Transport Welfare Association Wednesday said it will observe a 'Chaka-Jam' on the 17th of this month. This Association said that all the affiliated Associations have extended their support to the strike.

"The 'Chaka-Jam' has been announced to get our genuine demands resolved at the earliest," General Secretary Transport

Turn.....**Transporters announce.....Pg 02**

Militants flee after brief gunfight in Shopian

■ **HT News Network**

SRINAGAR, APR 12: An unknown number of militants managed to escape after a brief gunfight with security forces in Chakoor area in south Kashmir's Shopian district on Wednesday.

Official sources told news agency Kashmir Dot Com that there was a brief encounter between militants and a joint team of

Turn.....**Militants flee after.....Pg 02**

Ms. Prerna Puri inaugurates Conference Hall at Directorate of Information, Media Complex, Jammu

'The Conference Hall will be a state of the art venue for conducting seminars, public outreach programs, says, Director Info Labroo'

■ **HT News Network**

JAMMU, APR 12: Commissioner Secretary Information & Information Technology, Ms Prerna Puri today

Turn.....**Ms. Prerna Puri.....Pg 02**





CONTINUE FROM FRONT PAGE.....

Amit Shah To.....

from across the border and attempts to target minority community members are expected to be discussed at the meeting in Delhi, sources said.

Lieutenant Governor Manoj Sinha, Union Home Secretary Ajay Kumar Bhalla, Jammu and Kashmir Director General of Police Dilbag Singh and other senior officials will attend the meeting.

There were several targeted killings in Jammu and Kashmir in the last three years.

The government had informed Parliament that as many as 118 civilians, including five Kashmiri Pandits and 16 other Hindus and Sikhs, were killed in J-K since the abrogation of Article 370 in 2019 till July 2022.

In May, four Hindu pilgrims were killed and at least 20 injured when their bus caught fire near Katra in Jammu. Police suspect a sticky bomb might have been used to trigger the fire.

Article 370, which gave special status to Jammu and Kashmir, was abrogated on August 5, 2019 and the state was divided into two Union Territories – Jammu and Kashmir, and Ladakh.

New NEP.....

India,” the prime minister said in a video message while addressing a programme for newly-inducted teachers in the Madhya Pradesh capital.

Modi said the campaign to provide government jobs to the youth in Madhya Pradesh is going on at a fast pace where thousands of people have been recruited for various posts by organizing employment fairs in different districts, an official release said.

Modi informed that more than 22,400 youths have been recruited for the post of teacher. He congratulated the youths who have received appointment letters for getting involved in such important work as teaching.

Highlighting the important role of teachers in the effective implementation of NEP, Modi said the massive teacher recruitment campaign in Madhya Pradesh is a big step in this direction.

Modi also informed that almost half of the teachers appointed today will be deputed in tribal areas which will benefit the children.

He also expressed happiness that the Madhya Pradesh government has set a target of more than one lakh appointments in government posts this year, including 60,000 teachers, and as a result, the state has made a big leap in the quality of education in the National Achievement Survey (NAS).

Modi also mentioned that MP has reached from 17th position to 5th position (in NAS) without spending money on advertisements.

Referring to the ambitious skill development programme, he said the government lays special emphasis on skill development to promote employment and self-employment.

He added that skill development centers have been opened across the country to provide training to the youth under the Pradhan Mantri Kaushal Vikas Yojana.

“In this year’s budget, 30 Skill India International Centers will be opened where youth will be trained through New Age Technology, and an initiative has been taken to provide training to small artisans through PM Vishwakarma Yojana and also to connect them with MSME,” the Prime Minister said.

He appealed to the newly-appointed teachers to make a place in their hearts for their students similar to a mother.

“You should always keep in mind that education (imparted by you) will not only shape the present but also the future of the country”, the prime minister said.

Modi also said the education imparted by teachers will not only bring positive change in students but also in society.

“The values that you inculcate will create a positive impact not only on today’s generation but on many generations to come”, he added.

This Ramadan.....

days of Ramadan.

He said that most of the dates that are being consumed here are Ajwa and mostly are brought to Srinagar. “From Srinagar, the dates are being sold to different distributors of different districts.”

Bashir Ahmad Bashir, President of Fruit and Vegetable Association Kashmir said at least 25 trucks loaded with watermelon reach Kashmir every day. “Each truck contains around eleven to twelve tones of watermelon,” he said.

“The produce is generally brought from various states of India including Karnataka, Maharashtra and Gujarat,” he said.

Bashir said as the temperature raises the demand will be more.

Centre approves.....

at total outlay of Rs. 274.05 crore (Rupees two hundred seventy four crore and five lakhs only). During 21st meeting of Executive Committee (EC) of the National Authority, EC has approved an amount of Rs.272.65 crore [Rupees two hundred seventy two crore and sixty five lakhs only],” reads the communicate sent to J&K Government by CEO National Authority, CAMPA, a copy of which is in possession of news agency—Kashmir News Observer (KNO).

After the Centre’s approval, the Jammu & Kashmir government has asked different implementing agencies to take immediate action for execution of works approved in the annual plan of operations.

It has also set a timeline for implementing agencies. In a communicate, the office of the

Principal Chief Conservator of Forests has directed implementing agencies that administrative approval/technical sanction for all works in the APOs shall be done by the competent authority by April 30, 2023.

It has set May 15 and June 15 as deadlines for floating of tenders and evaluation of bids & award of contract, respectively.

The office of PCCF has further directed them that infrastructure works shall be completed by end of February 2024. “Efforts shall be made to get these completed by end of December 2023,” the communicate further states.

Gol Approves.....

of medicine, particularly the National Institute of Sowa-Rigpa.

Out of the 45 sanctioned posts, 18 are Sowa-Rigpa group (A) posts of Professor, Associate Professor, Assistant Professor and Medical Officer.

Four are for modern Allopathic Doctors and one Research Officer for herbal gardens, and the rest are administrative and technical posts.

The creation of permanent posts will boost the research, education, and public health delivery by the Institute.

The staff and students of NISR Leh express their heartfelt gratitude to Prime Minister Narendra Modi; Union Minister of Ayush, Sarbananda Sonowal; MoS Ayush, Dr. Munjapara Mahendarabhai; Senior Officers of Ministry of Ayush and Department of Expenditure and all individuals who aided in the creation of posts.

The institution was registered under the Societies Registration Act of the Union Territory of Ladakh on 13th April 2020.

It started functioning in October 2020 by converting the existing National Research Institute for Sowa-Rigpa under the Central Council for Research in Ayurvedic Sciences along with existing infrastructure and manpower. Since then, it has been pursuing the creation of permanent posts.

The National Institute of Sowa-Rigpa is an autonomous body under the Ministry of AYUSH, Govt. of India.

The NISR is conceived as an apex institution for Sowa-Rigpa and aims to bring a valid and useful synergy between established practices of Sowa-Rigpa and modern tools and technology in modern health care.

The National Institute of Sowa-Rigpa has been conducting research activities on Sowa-Rigpa literature, formulations, disease, demographic study, medicinal plants surveys, documentation, conservation, etc.

From the academic year 2021-22, this Institution started the Bachelor of Sowa-Rigpa Medicine and Surgery (BSRMS) course (5 years 6 months) under the affiliation of the University of Ladakh for which students were selected through the NEET test conducted by the National Commission for Indian Systems Medicine, New Delhi.

Devotees had.....

Soulful night long prayers were held at most of the mosques and imam Barghas throughout the valley on the 21st day of the holy month of Ramadhan to mark the martyrdom of the Son-in-Law of Prophet Muhammad (SAW).

The devotees at Hazratbal Shrine had a glimpse of the holy relic of Prophet Muhammad (SAW) after every Namaz during the day.

Night long prayers with the recitation of holy Quran were also held in the Shia dominated areas including Srinagar, Budgam, Baramulla, Pulwama and other areas of the valley.

A large gathering of mourners was held in historical Imam Bargha Zaidibal Srinagar where Zakireen recited elegies.

On this occasion, the scholars throw detailed light on the pious life of Imam Ali (RA) and his virtues, attributes, achievements and services were discussed threadbare.

Meanwhile, Anjuman Auqaf Jama Masjid Srinagar paid glowing tribute to the Khalifa-e-Raashid, Hazrat Ali Murtaza Karram-Allah-u-Wajhah (RA) on his martyrdom day. The Anjuman in a statement described the great personality of Hazrat Ali (RA), his invaluable services and sacrifices for Islam and his achievements regarding the promotion of the Islamic State during his caliphate as unforgettable.

Every aspect of the blessed life of Hazrat Ali (RA) is a bright chapter from which the guidance will be received forever, it said in a statement.

Legal and.....

needs of the country, terming a robust defence finance system as the backbone of a strong military.

The Raksha Mantri said that a legal and procedural defence-finance framework, which includes expenditure control as per guidelines, financial advice by professionals, audit, payment authentication mechanism, etc., ensures that the defence spending is well within the allocated budget and the full value of money is realised, an official statement said.

He emphasised that while the Armed Forces require a superstructure of defence ecosystem, involving R&D organisations, industries, soldier welfare organisations, etc., they also need a well-funded system with a robust architecture to ensure the optimum and judicious use of financial resources.

Rajnath Singh was of the view that it is difficult to apply the economic concept of full value of money in defence expenditure, as in this sector, there is no visible revenue stream and no easily identifiable beneficiaries. To maximise the value of money spent, he stressed that

the rule of competitive bidding through open tender must be followed in defence procurement.

“In the case of procurement of defence platforms/equipment, either under capital or revenue route, the gold standard of Open Tender should be adopted to the extent possible. A competitive bid based procurement process, which is open to all, is the best possible way to realise the full value of the public money being spent. There would be some rare cases when it may not be possible to go for an open tender process. Such instances should come under exceptions and exceptions should not become the rule,” the Raksha Mantri said.

He underscored the importance of comprehensive Blue Books, codifying the rules and procedures of procurement of defence equipment & systems for a fair and transparent system. He said, with this vision, the Government has formulated Blue books in the form of Defence Acquisition Procedure 2020 for capital acquisition; Defence Procurement Manual for revenue procurement and Delegation of Financial Powers to Defence Services.

“These manuals play a very important role in ensuring that the process of defence procurement is rule-bound and follows the principles of financial propriety. Since these manuals are critical, they need to be carefully crafted by defence finance and procurement experts in consultation with all the stakeholders. This needs to be a continuous exercise, so that these documents are dynamically updated, incorporating new rules and procedures as and when required,” he said.

The Raksha Mantri also emphasised on the role of expert financial advice to the Service personnel in day-to-day financial matters.

He batted for a fool-proof system of internal and external audit which would tackle the instances of wastages, pilferage and corruption, if any, even after following the principles of financial prudence and propriety. The role of auditors is that of a watchdog or a sentinel, he said.

The Raksha Mantri also elaborated on the need for a sound system of accounting, passing of bills and payment, salary and pension disbursement, etc., as it frees the Armed Forces personnel to concentrate on their core jobs. He added that the separation of functions of defence finance from the core defence organisations has multiple advantages.

Rajnath Singh asserted that the central idea is that defence establishments like Army, Navy, Air Force, Defence Research organisations etc. require a specialised agency, which is dedicated to defence finance and economics. In India, this work is being done competently by the Defence Accounts Department under the leadership of Financial Advisor (Defence Services), he said.

The Raksha Mantri stated that the full potential of society’s development can be realised only when it is secure from external and internal threats. He described security of the people from external aggression and internal disruptions as the prime function of the state. Security is the bedrock on which the prosperity, arts and culture of any society flourish and prosper, he said.

Chief of Defence Staff General Anil Chauhan, Chief of the Army Staff General Manoj Pande, Secretary (Ex-Servicemen Welfare) Vijoy Kumar Singh, Secretary, Department of Defence R&D & Chairman DRDO Dr Samir V Kamat, Financial Advisor (Defence Services) Rasika Chaube, Additional CGDAs Praveen Kumar & SG Dastidar and delegates from within in the country & abroad were present on the occasion.

The three-day conference, organised by the Ministry of Defence (Finance), will witness the participation of eminent policy makers, academics and government officials from India and abroad, including from USA, UK, Japan, Australia, Sri Lanka, Bangladesh & Kenya. It will provide a platform to them to share their insights and experiences on Defence Finance and Economics in the context of evolving security challenges and policies globally, the statement said.

The conference aims to foster dialogue and collaboration among the participants and contribute to the country’s defence readiness with optimum financial resources and effective implementation of the Defence Budget.

The objective is to disseminate best practices, experiences & expertise of various countries and align processes in the Indian context with international standards. It also hopes to facilitate collaborations with foreign governments, international institutions and global leaders in the domain of Defence Finance and Economics to support the Government’s ongoing efforts on indigenisation and self-reliance in the Defence sector, and to advance transformative reforms.

Weather To.....

most places in Jammu and Kashmir on Wednesday.

“Mainly dry weather is expected during the next 24 hours,” a meteorological department official here told GNS, adding, “no significant change is expected and it is likely to be mainly dry for subsequent two days.”

Regarding the temperature, the MeT official said that Srinagar recorded a low of 7.4°C against 7.1°C on the previous night and it was 0.2°C below normal for the summer capital. Qazigund, he said, recorded a low of 4.4°C against 4.8°C on the previous night and it was 2.1°C below normal for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 2.5°C against 3.0°C on the previous night and it was

0.3°C above normal for the famous tourist resort in south Kashmir’s Anantnag district.

Kokernag recorded a low of 7.5°C against 7.7°C on the previous night and it was 1.4°C above normal for the place, the officials said.

Gulmarg recorded a low of 3.6°C against 3.5°C on the previous night and it was 2.1°C above normal for the world famous skiing resort in north Kashmir’s Baramulla district, he said.

In Kupwara town, he said, the mercury settled at 5.8°C against 5.2°C on the previous night and it was 0.5°C below normal for the north Kashmir area.

Jammu recorded a low of 17.9°C against 17.4°C on the previous night. It was 1.3°C below normal for J&K’s winter capital, he said.

Banihal, he said, recorded a low of 6.9°C (below normal by 1.3°C), Batote 12.0°C (above normal by 1.5°C), Katra 16.7°C (0.2°C below normal) and Bhabarwah 7.7°C (0.7°C below normal). Ladakh’s Leh and Kargil recorded a low of minus 1.8°C and 1.4°C respectively, he added.

Transporters.....

Welfare Association Sheikh Muhammad Yousuf told news agency Kashmir News Trust.

He said a meeting of various transport Associations and Companies and Unions of all segments was held at the Parimpora area of Srinagar outskirts and it was decided that 3.5 lakh people are associated with the transport sector across J&K that is continuously neglected by the Government.

“Transporters are facing Tough times despite working hard. Our earnings are shrinking due to heavy increases in all taxes, fees, and penalties levied by the State and Central Governments,” he said.

He said there are various demands that need to be resolved.

Some of the demands include the conduct of two fitness tests of vehicles aged between 15 to 25 years after every six months in a year and may be charged only once as per the Ministry of Roads and Transport Highways order or renewing the fitness of all commercial vehicles for one year.

He said in order to decongest Srinagar City all Companies, Associations and Unions were shifted from prime locations of Srinagar City on the direction of the High Court. The idea put forth is taken to ensure that the city of Srinagar is decongested of the traffic mess. Now the RTC big and medium Buses have started ‘illegal’ operations of their fleet on all routes of Kashmir Division which causes huge losses to the owners, and drivers of nig Buses, Mini Buses, and Maxi Cabs.

“It is further submitted that the orders passed by the High Court are not followed by the RTC Officers,” Sheikh Muhammad Yousuf said.

He said that transporters demand that the illegal operation of big and medium Buses of RTC from Batamaloo, New Secretariat Road and Lal Chowk should be stopped forthwith and no RTC Bus shall be allowed to cross the Parimpora and Pantha Chowk Junctions.

He demanded a ban on what he said were illegal operations of E-Rickshaws in Jammu and Srinagar Cities.

He asked the government to collect passenger tax from the vehicle owners of J&K on a quarterly basis. “Further there should be re-registration and replacement of vehicles purchased from outside states,” he said adding that all challans issued under rules 167 in electronic form using auto-generation of challan through the electronic monitoring and enforcement system shall be accompanied by the clear photographic evidence highlighting the offence and the license plate of the vehicle; measurement from the electronic enforcement device; Date, time and place of the offence and the notice specifying the provision of Act that has been violated.

“We have submitted our charter of demands to the government. And have highlighted all the issues pertaining to the transport sector. The transporters from both regions of Kashmir and Jammu have unanimously decided to go for a one-day Chaka Jam on 17 April this month.

He said that it has also been decided that if the Laylatul-Qadr will be observed on 17 April the transport will be available to all shrines and mosques after 6 PM for the convenience of the general public.

The transporters appealed to LG Manoj Sinha to resolve their genuine demands without making the public suffer.

Militants flee.....

police and army at around 06:15 hours today. They said there was a lull following which massive searches were launched. However, they said, there was no second contact established with militants nor any one was arrested, suggesting that the unknown number of militants fled from the spot. Earlier, police said “Encounter has started at Chakoora area of Shopian. Police and security forces are on the job. Further details shall follow”.

Ms. Perna Puri....

inaugurated state of the art Conference Hall at the Media Complex, Directorate of Information & Public Relations here.

The inauguration ceremony took place

in the presence of Director of Information, Akshay Labroo and other senior officers and staff members of DIPR.

The newly renovated conference hall is equipped with state of the art facilities and shall serve as a productive space for the government to reach its people through seminars, conferences, outreach programs, media interaction etc.

On the occasion, the Commissioner Secretary was briefed about the timelines within which the conference hall was put in place and was also briefed about the ongoing campaigns and projects.

She congratulated the team at DIPR for completing the work in a short span of time.

During the ceremony, Ms Puri emphasised on the need to integrate newer technologies with information dissemination mechanisms to reach out to people on a real time basis.

The meeting was also attended by Joint Director Information (Hqrs), JDI Kashmir, JDI Jammu, Deputy Director Information (C), Deputy Director Information (AV), Deputy Director Information (PR) Kashmir/ Jammu and senior officers and officials of the department.

J&K Govt.....

additional superintendent of police Baramulla as superintendent of police headquarters Baramulla.

According to an order, Diya D, IPS, awaiting orders of adjustment, is posted as Superintendent of Police (Headquarters), Baramulla.

“The post of Addl. Superintendent of Police, Baramulla, is re-designated as Superintendent of Police (Headquarters), Baramulla, till held by the said officer,” reads the order.

It added Rakesh Kumar Parihar, Addl. Superintendent of Police, Baramulla, is transferred and posted as Dy. Commandant IR-16th Battalion, against an available vacancy.

Teenager dies.....

Police sources told news agency Kashmir News Trust that the incident occurred in Borwah village of Chadora.

“The driver lost control of the speeding bike. Both the driver and the pillion rider were injured and shifted to SMHS Hospital where one among them identified as Imran Farooq Lone (15) succumbed to his injuries.”

The injured Moomin Altaf Sheikh (22) is undergoing treatment and his condition is still critical, sources added.

Both the victims are the residents of Yarikalan Chadora.

Police have taken cognizance of the incident and registered a case under relevant sections of law.

J&K Reports.....

reported from Jammu division and 70 from Kashmir Valley, taking the overall tally to 480442. Among the cases, 174405 are from Jammu division and 306037 from Kashmir Valley.

Providing district wise details of the cases, they told GNS, 38 cases were reported Jammu, 18 from Srinagar, 14 from Kulgam, 11 from Baramulla, seven from Baniptora, six from Doda, five from Kishtwar, five each from Budgam, Anantnag and Shopian, three from Kupwara, two each from Udhampur and Pulwama, besides one from Rajouri.

There was no death either from Jammu division or Kashmir valley during the time. So far 4788 people have succumbed to the virus and among them include 2355 from Jammu division and 2433 from the Valley.

Besides, they said, 62 Covid-19 patients recovered during the last 24 hours—12 from Jammu division and 50 from Kashmir Valley. There are now 531 active cases—240 in Jammu and 291 in Kashmir.

In Valley.....

number of houseboats in Dal and Nigeen lakes.

Abdul Khaliq Najar, a well-known craftsman told news agency—Kashmir News Observer (KNO), that he has made over 50 houseboats but for the last few years, he is facing almost no or little work. He cited non-availability of timber for constructing new houseboats and lack of permission for repairs for dwindling of his livelihood.

Najar said his forefathers have been doing the woodwork but it is for the first time he is facing such situation.

“There will be no houseboats in coming years if repairs are not being carried out in the existing boats. Ninety person of houseboats are in dire need of repairs,” he said.

According to Najar, timber required for making houseboats is not easily available and is expensive.

“I have built at least 50 houseboats so far. Currently, I am repairing a few houseboats which were damaged in fire last year,” he said.

A houseboat stay is a major attraction of Kashmir tourism but due to losses in last one decade most of the houseboat craftsmen have moved to other means of livelihood.

Houseboat owners said that drastic measures are needed to preserve the rich heritage of houseboats.





DC Srinagar inspects progress of works on under construction Flyovers at Nowgam & Bemina Junctions

Takes onsite review of works of Noor Jehan Bridge over River Jhelum at Qamarwari

Lasjan Grade Separator to be completed and made functional by mid of May, 2023

Work on proposed Sanat Nagar Flyover to commence shortly: DC

■ HT News Network

SRINAGAR, APR 12: The Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad Wednesday undertook a whirlwind tour of different city areas to oversee progress of works being carried out on several major developmental projects including construction of flyovers on NH-44 (Jammu-Srinagar highway) at Lasjan, Sanat Nagar, Nowgam and Bemina Junctions.

The DC also took onsite appraisal of ongoing works on construction of Noor Jehan Bridge being constructed over River Jhelum at Qamarwari at an estimated cost of Rs 10 crore.

At Lasjan, the Deputy Commissioner inspected the progress of works on 560-meter span Flyover/Grade Separator being executed by NHAI at an estimated cost of Rs. 70 crore, the DC was informed by Project

Manager NHAI that over 80 percent of the work on the project has been completed and work is going on in full swing.

The was also informed that the work on trumpet adjacent to the flyover is also nearing completion as 95 percent work stands completed.

On the occasion, the DC directed the concerned executing agency to speed up the work by deploying additional men and machinery to complete the project within the set timeline of May 15, 2023 so that movement of traffic is improved on the corridor of Nation Highway.

While reviewing the ongoing work on Flyover at Nowgam crossing, the DC took stock of the work on 0.85 km span flyover being carried out at a cost of Rs 36.90 crore for which completion timeline has already been set to June 2023 as per terms of the contract.

The DC was apprised that over



40 percent of work has been completed including piling work and work of pile cap and pier cap is under progress.

Similarly, the DC also inspected the construction site of Rs 37 crore project of Sanat Nagar Flyover. The DC was informed that

the tendering and allotment process has been completed and physical work shall be taken up on the ground in next week.

Later, the DC inspected the pace and progress of ongoing work on construction of flyover at busy junction of Bemina bypass being executed at a cost of Rs 31.49 crore by PWD.

On the occasion, the DC directed the concerned executing agency to accelerate the pace of work by employing further men and machinery to complete the prestigious project in set timelines.

The DC was apprised that over 45 percent of works on flyover at Bemina junction stands completed so far and by June end the project will be completed in full.

Speaking on the occasion, the DC said that as soon as these prestigious projects on NH-44 (Jammu-Srinagar highway) are completed it shall improve transport facilities in Srinagar and also will prove helpful to overcome traffic congestion along the highway and on other

important road corridors.

Meanwhile, the Deputy Commissioner also took onsite appraisal of works on Noor Jehan Bridge being constructed by R&B over River Jhelum at Qamarwari at an estimated cost of Rs 10 crore.

At the site, the DC took a round of the bridge on which over 75 percent work has been completed. The DC asked concerned Officers to expedite the works and finish balance works within two months.

The DC said by completion of this project decade old demand will be fulfilled and will also bring considerable change in the movement of traffic flow.

The DC was accompanied by Chief Planning Officer Srinagar, Superintending Engineer R&B, SDM West, Executive Engineers of R&B CD-Ist & PCD-Ist, Project Director, NHAI, Tehsildar Pantha Chowk, Tehsildar Chanpora, Tehsildar Shalteng and other concerned.

Long and tough journey eases for Bakerwals with transport facility

■ HT News Network

SRINAGAR, APR 12: With the temperature beginning to rise in the plains of Jammu, nomadic Bakerwal community have started seasonal migration towards the upper reaches of Kashmir.

The tradition of seasonal tribal migration has been surviving for centuries and nomadic tribes, mainly Bakerwal people, migrate to their summer destinations in



the first week of April every year. They reach their destinations after a month-long travel trudging through mountains and meadows. But the authorities are now offering them a transport facility to cover long distances in less time and safely.

In order to facilitate the biannual migration of tribal pastoral families and their livestock from Jammu to Kashmir via the National Highway and Mughal road, 100 trucks have been dispatched to the districts. This process, known as transhumance, is a traditional practice that has been followed by these communities for generations.

An official told the news agency—Kashmir News Observer (KNO) that the trucks will provide essential support for the families and their livestock during the arduous journey.

He said that the transportation system put in place by the authorities has reduced the travel time from 20-30 days on-foot to 1-2 days while it has also helped in smooth traffic management.

"These trucks have been deployed both on National Highway-44 and Mughal Road. More trucks are being inducted this year by the department to ensure coverage of 100% families," he said. He said that this will help in evidence-based policy making for welfare of the Transhumant pastoral tribal population and also support international efforts for promoting sustainable development and preserving their rich culture.

He said that the seasonal migration of pastoral tribal families between villages and highland pastures provides invaluable ecosystem services and plays a vital role in rangeland management. "Despite its significance, this contribution has never been fully quantified," he said.

"Currently, efforts are being made to document the role of the 630,000 strong transhumant population of J&K in environmental management which will involve studying the impacts of their movements on the local ecology, including soil, vegetation, and water resources," he said.

"By understanding the contribution of these communities, it will be possible to develop policies and practices that support their traditional practices while also promoting sustainable land use practices. This will not only benefit the transhumant population but also the local ecosystems and biodiversity," the official said.

FFRC directs private schools to submit files for fee fixation or face action

Schools barred to hike tuition unilaterally

■ HT News Network

SRINAGAR, APR 12: In a recent development, the Fee Fixation and Regulation Committee (FFRC) for private schools on Wednesday directed all the private schools in the J&K UT to submit their fee structure proposals for approval within the specified time period.

In a fresh order issued in this regard, according to the news agency—Kashmir News Observer (KNO), the Chairman of the Committee has said that private schools were earlier ordered to submit their proposals in January 2021, but due to requests from individual schools and associations, the submission deadline was extended.

As per the order, the Supreme Court had earlier ruled that educational institutes should submit their proposed fee structures well

in advance of the academic year, along with all relevant documents and books of accounts for scrutiny.

"The Committee will then decide whether the proposed fees are justified and not profiteering or charging capitation fees. Once the fees are fixed by the Committee, the institutes cannot charge any other amount above the approved fees," the order reads.

The order reads that the Jammu and Kashmir Private Schools (Fixation, Determination and Regulation of Fee) Rules, 2022, were notified by the J&K Government on May 10, 2022.

"Rule 5(1)(c) of the Rules requires private schools to place their proposed fee structure before the Committee along with all relevant documents and books of accounts for scrutiny within the specified time. Rule 8(a) of

the Rules requires private schools to submit a proposal for fee fixation, determination and regulation three months before the next academic year starts," it reads.

The FFRC Chairman has directed all the private schools in J&K UT to submit their fee fixation and regulation files for the upcoming academic sessions, along with all requisite documents and audited accounts of the last three years.

"Schools with an already approved fee structure for the 2023-24 academic year need not apply and should adhere to the approved fee structure," it reads.

It further reads that the private schools that failed to submit their fee fixation and regulation files earlier are provided with a final opportunity to submit their files and documents as prescribed.

"Failure to submit the requisite

information will attract action in terms of Rule 8(d)(i) and (ii), which includes imposing a fine equivalent to 10 percent of total revenue generated by the private school in the preceding year or taking over the management of the private school until it submits a proposal," the order reads.

"During the period of management takeover, the government will appoint an administrator to ensure the smooth functioning of the school at the cost of the school's fund, and no further development/procurement/construction activities related to education and safety of children will be allowed," it reads.

The Chairman FFRC in his order has stated that the competent authority may withdraw permission and recognition of the private school as per the procedure laid down by the government.

Meanwhile, the FFRC in a separate order has barred the private schools from giving a unilateral hike in the tuition fees saying that no Private school association, individual school was competent to make a hike in any kind of fee charged by the school without permission of the Committee.

"No organization (Govt/Private) is competent to fix and regulate fee of in a private school. It is exclusively domain of the Committee," the order reads.

The private schools have been asked to adhere to the fee structure approved by the Committee. "Parents and school managements are at liberty to approach this committee for redressal of grievances regarding fee structure if any, the same will be considered by the Committee," the order reads.

Kashmir growers spend large amount on growth regulators without any research, recommendation

■ HT News Network

SRINAGAR, APR 12: Growth regulators worth crores are being sprayed in orchards in Kashmir without any recommendation by Sher-i-Kashmir University of Agricultural Sciences and Technology (SKUAST) or horticulture department.

As per news agency—Kashmir News Observer (KNO), in the last one week, growers have sprayed growth regulators worth crores with some growers claiming it helps in better fruit while some say it is a useless exercise.

Experts said that there are over a dozen brands of growth regulators available in the market but none of them has been recommended either by the directorate of horticulture or by SKUAST.

Aamir Yousuf, a grower from Shopian said that fruit set maintained by growth regulators don't last long and such fruits fall from trees in June and July.

He termed it wastage of time and money and said that even if it helps in one season but the produce declines next year.

"If regulators will be used for continuously for few years, time will come when tree won't give any fruit," he said.



Mubashir Ahmad, another fruit grower, however, does not concur with Aamir. He said that he has been using growth regulators for past few years and it has increased his annual produce.

Experts said fruit growers in Kashmir are using growth regulators for the last eight years but there is neither any recommendation nor any research about the product and its impact.

A scientist from SKUAST Kashmir said that people spray these regulators on their own.

"SKUAST has recommended only boron spray at the pink bud stage, which is a micro nutrient and not a growth regulator. There are some other micronutrients recommended at pea bud stage of fruit and other stages but no such growth regulators or micro nutrients are recommended at full bloom stage," he said.

He added that regulators are recommended in some western countries where adverse weather occurs during flowering season and it helps in artificially induced production of fruit.

Biryani Samosa—a new creative dish of Sgr youth

■ HT News Network

SRINAGAR, APR 12: Forget about street foods that catch the eyes of passerby everywhere, a Srinagar youth has come up with a different and creative dish, which is swiftly becoming a favourite food stuff for the people in the ongoing month of Ramadan.

Numan Ahmad Bhat, who has pursued BSc in Hospitality and Hotel Administration, has come up with Biryani-Samosa. He has the fresh creative dish after Chapli Kabab Burger, Shaami Kabab Sandwich, Keema Quiche and Keema Donuts.

Biryani Samosa is Numan Bhat's new creative dish, which he said is being sold like hot cakes these days at his own outlet namely 'Aafiyatos' at Kathi Darwaza area of Rainawari, which he opened just a year ago.

According to the news agency—Kashmir News Observer (KNO), Numan has left the job after spending one year at one of the hotels as he said that he was capable of doing something and thus opened up his own food unit. The Srinagar youth has got family support to build his career according to his choice.

"I have opened up my unit in March 2022. So far, only the kitchen is ready at present, but we have started taking orders in bulk," he said.

About the creative dish, he said the Biryani Samosa—combination of two different things came all of a sudden in his mind.

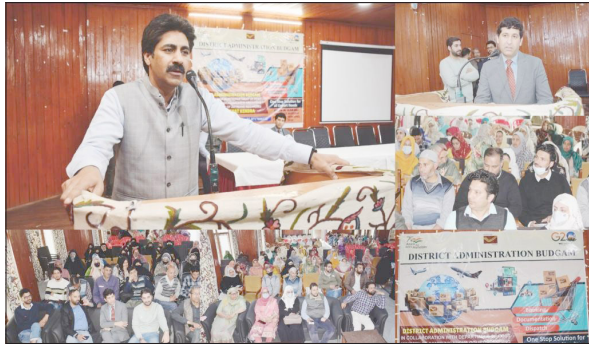
"We make chicken Samosa for our customers in Ramadan. All of a sudden, I got an idea just a few days back to use Biryani instead of chicken while preparing Samosa. I asked my family to taste yet another creative dish and I got a positive response from my family as well as my friends. A video of the dish has also gone viral on social media," he said. He added that they have been getting orders about the new dish from the people.

Self-employment Enrollment camps to be held in all the 520 villages: DC Budgam Chairs Block Diwas at Shamshabad, Khansahab

HT News Network

BUDGAM, APRIL 12: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired the Block Diwas programme at Government High School in Panchayat Halqa Shamsabad of Block Khansahab. PRIs, respected elders and local youth delegations from villages Yekbugh, Kalshipora, Shamshabad, Kralnar and other adjacent villages raised their demands during the programme with the DC. The DC gave them patient hearing and assured that all their genuine demands shall be addressed on priority.

At the outset, the R&B authorities informed that over Rs 10 crore projects



have been approved for the development of Shamshabad-Kaitech road project, inner links at Shamsabad.

The DC issued instructions that 5 inner road projects of RDD be also taken up for work execution on priority. He directed that land for construction of primary school buildings be identified on war footing

for better educational facilities to local children at primary level. The DC said that besides overall development of people, self-employment and cleanliness are among top priorities for District Administration in Budgam.

He urged local unemployed youth to register under different self-

employment schemes to open their own business ventures and become successful entrepreneurs.

In order to ensure better public service delivery and awareness about different schemes, the DC said that a joint awareness camps shall be conducted by KPDCL Budgam and RDD Budgam on April- 19, Animal Husbandry and Sheep Husbandry departments on April- 22 and Agriculture and Horticulture departments on April- 24 at Shamshabad. He said concerned departments shall give awareness on different schemes including PM Kisan, PDD Amnety Scheme, PM- Kusum and facilitate distribution of seed varieties, awareness.

Full Court Reference held to condole demise of Justice A Q Parray

HT News Network

SRINAGAR, APRIL 12: A Full Court Reference was held today in the courtroom of the Chief Justice at Srinagar wing of High Court to condole the demise of Justice A Q Parray, former Judge of High Court of Jammu & Kashmir and Ladakh.

On the occasion, Advocate General, D C Raina, in his condolence address, remembered the contribution of Late Justice Parray as Judge of the High Court of Jammu & Kashmir and Ladakh.

Advocate General on his behalf and on behalf of the State, Government Advocates and Bar offered condolences on demise of late



Justice A Q Parray. He prayed for eternal peace to the departed soul and strength to the bereaved family to bear this irreparable loss.

Son of late Justice Parray Dr. Fazl Qadir Parray and daughter Tabassum Qadir Parray were also present.

Chief Justice of High Court of J&K and Ladakh, Justice N. Kotiswar Singh, in his condolence address, shared contribution of Late Justice A Q Parray saying that he was among those legal

luminaries who spoke patently through his judgments and had proficiency over the art of erudition and language skills with a phenomenal legal acumen and strong penchant for witty anecdotes during his discourses. "Justice Parray worked tirelessly and left indelible footprints on the sands of time because of his discerning intellect, sharp understanding, sound reasoning and speedy disposal", he added. He prayed for

eternal peace to the departed soul and courage to the bereaved family to bear the irreparable loss.

Justice Tashi Rabstan, Justice Sindhu Sharma, Justice Sanjay Dhar, Justice Puneet Gupta, Justice Javed Iqbal Wani, Justice Mohammad Akram Chowdhary and Justice Moksha Khajuria Kazmi joined the Full Court Reference physically whereas, Justice Sanjeev Kumar, Justice Rajnesh Oswal, Justice Vinod Chatterji Koul, Justice Mohan Lal, Justice Rahul Bharti, Justice Wasim Sadiq Nargal and Justice Rajesh Sekhri joined the Full Court Reference from Jammu Wing of High Court virtually. Besides, members of the Bar Associations, Srinagar & Jammu.

Mega Block Diwas held across Kulgam

ADDC listens to issues of people at Chawalgam

Farooq Rather

KULGAM, APRIL 12: In order to mitigate the issues and



grievances of people, the District Administration Kulgam today organized special public grievance redressal camps across 3 blocks including, D.H.Pora, Devsar and Kulgam of the district. The Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather presided over a grievances redressal camp held at Chawalgam, here. During the proceedings, several deputations, individuals from different areas flagged-off their issues, grievances and demands and sought their redressal.

ADDC gave patient hearing to the people who projected different public and development related issues of their areas. ACD Mohammad Imran and other officers were also present during this grievances redressal camp at Chawalgam. ary), along with the team of Revenue & Excise Department.

FCS&CA imposes of Rs.10k on 17 erring traders for violating ECA-1955

HT News Network

SRINAGAR, APRIL 12: The Enforcement squad of this Food Civil Supplies and Consumer Affairs (FCS&CA) Department today launched a massive drive within the vicinity of Srinagar City i.e., Habba Kadal, Rainawari, Nowshara, Zadibal, Botshah Mohalla, Saraibala, Bemina, Shalteng, Budshah Nagar and Nowgam areas. During the course of action as many as 92 establishments were inspected, out of which 17 erring traders were penalized with a sum of Rs.10100 for violating Essential Commodities Act (ECA), 1955. The drive will continue in the same passion in future as well & whosoever found violating the norms will be brought to justice. In case of any complaint, people may contact the toll free number 18001807011.

Preparation for SAJY-2023: DC visits Yatra Transit Camp Shadipora

HT News Network

BANDIPORA, APRIL 12: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad on Wednesday visited Yatra Transit Camp Shadipora to review the status of preparation for the Shri Amarnath Ji Yatra (SAJY)-2023.

The DC reviewed the arrangements being put in place and directed the concerned officers to ensure all required arrangements are put in place well before the commencement of the Yatra so that the pilgrims do not face any problem.

He directed for maintenance of proper sanitation and cleanliness and proper drinking water at the yatra transit camp besides proper accommodation.



The DC inspected the upgraded accommodation facilities and said that all the necessary facilities shall be put in place well in advance. He said last year various Departments and locals worked jointly to ensure hassle free yatra and said that in the upcoming yatra of this year locals will

be engaged to boost the business activities and to provide facilities to pilgrims. Dr. Owais said that more infrastructures shall be developed at the transit camp to ensure accommodation and other facilities to the maximum number of pilgrims. He urged the officers to work with zeal and in complete coordination to ensure smooth conduct of the Shri Amarnath

Ji Yatra 2023.

The DC was accompanied by Senior Superintendent of Police Lakhay Sharma, Nodal Officer Coordination Mohammad Ashraf Hakak, SDM Sumbal Amir Choudhary, JD Planning Imtiyaz Ahmad, Executive Engineer R&B Sumbal, Executive Engineer PDD Sumbal, Tehsildar Sumbal and other senior officers of the district. Dr. Owais said that more infrastructures shall be developed at the transit camp to ensure accommodation and other facilities to the maximum number of pilgrims. He urged the officers to work with zeal and in complete coordination to ensure smooth conduct of the Shri Amarnath

Handholding/ Awareness programme for JJM stakeholders held at Kulgam

HT News Network

KULGAM, APRIL 12: The Project Management Consultancy, Mission Directorate, Jal Jeevan Mission, J&K, in collaboration with District Jal Jeevan Mission Kulgam today conducted a day-long mega handholding cum awareness program at Resthouse Chawalgam, here.

The sessions witnessed participation of different stakeholders including PRIs, Pani Samiti members, and field staff of Jal Shakti Department, Poshan Abhi-

yan, Health viz. ASHAs, AWWs, District Project Management Unit JJM Staff, Implementation Support Agency, water testing lab staff and other concerned.

The programme was presided over by the Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather.

Speaking on the occasion, the ADC said the JJM is one of the greatest flagship programme of Government of India to provide tap water connection to every household. He added that the water supply schemes com-

ing up under JJM will resolve the shortage of drinking water supply in the district.

The ADC exhorted the stakeholders, including Pani Samitis, to understand in detail their role and duties and adopt best practices of water management and preservation of water bodies.

He added that people need to owe the responsibility at individual and collective fronts in preserving water bodies and using water judiciously.

Earlier, representative of Implementation Support Agency (ISA) for JJM con-

ducted a session wherein he highlighted the various aspects of Jal Jeevan Mission, water management and overall conservation measures and the importance of Jal Jeevan Mission for ensuring adequate, clean tap water to every household.

IEC Experts explained in detail the role and duties of the stakeholders including Pani Samitis, PRI members, Asha and Anganwadi workers and shared best practices of water management and rain water harvesting with the audience and motivated them to play their role

SKUAST-K distributes SR4 variety of Paddy Seed among farmers of Khag, Budgam

HT News Network

BUDGAM, APRIL 12: SKUAST-K, today distributed high yielding paddy seed (SR4) among the farmers of Khag area of Budgam under participatory seed village programme of NSP.

The programme was jointly organized by AICRP on Seed (Crops), National Seed Project (NSP) SKUAST-K in collaboration with Krishi Vigyan Kendra Budgam.

Prof. Dil Mohammad Makhdoomi, Director Extension SKUAST-K was the chief guest on the occasion. He



stressed upon the need of adoption and dissemination of the high yielding university released variety of Paddy.

Explaining about the benefits of the SR4 paddy variety, Director Extension, SKUAST-K said that the variety is

climate resilient, less susceptible to diseases and has the potential to tolerate adverse weather conditions.

The programme was also attended by Dr. Gowhar, (Asstt. Prof. NSP); Dr. Aflaq, (Asstt. Prof. NSP); Dr. Bilal Ahmad Lone, (Sr. Scientist & Head KVK Budgam), scientists of the Kendra.

Speaking on the occasion Dr. Gowhar deliberated upon the package of practices to be adopted for SR4 variety and thanked Director Extension and KVK Budgam for the support.

During the programme SR4 variety of paddy seed (12qtls) was distributed among the farmers free of cost.

DC Baramulla presides daylong Block Diwas programme at Zaingeer, Sopore

Says Block Diwas is an initiative to bring governance at doorsteps of people

HT News Network

BARAMULLA, APRIL 12: As part of weekly outreach programme, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today presided over a day long Block Diwas programme at Dangerpora, Sopore.

Different stakeholders including PRIs, civil society members, among other prominent citizens of the area marked their participation in the programme.

During the grievance redressal camp, locals and the PRI members called upon the DC and raised various demands of public importance.

With regard to electricity, people sought the intervention of DC for restoration/upgradation of the HT/LT network in the area. They also demanded that the Zangeer canal be restored for irrigation purposes.

Among other demands, the people also apprised the DC with regard to other major issues of general public which include macadamization and widening of main and link roads, aug-



mentation of health services, implementation of Horticulture schemes at ground level, solid waste management besides other issues of public importance.

The DC gave a patient hearing to all the demands and grievances and assured that all issues shall be taken with the concerned authorities for their timely redressal.

On the occasion, the DC gave on spot directions for redressal of grievances pertaining to social security and the Welfare and Social

Welfare department was directed to conduct large awareness among the people for Unique Disability ID cards for the beneficiaries.

With regard to the Solid Waste Management, the DC assured that SWM projects will be executed in a time bound manner. She also exhorted the concerned officers of Irrigation and Flood Control Department to restore Zangeer Canal for irrigation facilities for the larger interest of the people.

Further, the DC directed KPDCL to restore HT-LT transmission lines in a priority for hassle free electricity supply to the people.

transmission lines in a priority for hassle free electricity supply to the people.

While interacting with the public, the DC urged upon them to play an active part so that inclusive and public oriented projects and schemes are framed in larger public interest.

Senior Superintendent of Police Sopore, Shabir Nawab; Additional Deputy Commissioner Sopore, Shabir Raina; Assistant Commissioner Development and various other concerned officers were present in the programme. With regard to the Solid Waste Management, the DC assured that SWM projects will be executed in a time bound manner. She also exhorted the concerned officers of Irrigation and Flood Control Department to restore Zangeer Canal for irrigation facilities for the larger interest of the people.

Further, the DC directed KPDCL to restore HT-LT transmission lines in a priority for hassle free electricity supply to the people.

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LOST OF RC

I have lost RC of my vechile (M/Cycle) bearing Registration No: JK01AH/5499 While travelling from L.I.G Colony to Bemina Crossing. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the R T O Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name:- Aqib Nabi Lone
S/o:- Ghulam Nabi Lone
R/o:- L.I.G Colony Bemina Srinagar

PUBLIC NOTICE

I have lost my Passport bearing No: V8692357 somewhere. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Regional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Shafayat Hussain Dar
S/o. Ghulam Rasool Dar
R/o. Durbal Bemina Srinagar

Weekly Block Diwas program DC Rajouri resolves public grievances at Trala Panchayat

HT News Network

RAJOURI, APRIL 12: Deputy Commissioner of Rajouri, Vikas Kundal on Wednesday chaired a public outreach camp as part of the weekly Block Diwas program here at Trala Panchayat in Block Koteranka.

During the program, the people projected issues related to the macadamization of roads, up-gradation of schools, paucity of staff in government institutions, scarcity of water, and sought augmentation of health infrastructure.

Specific issues raised included the speedy implementation of JJM, provision of electricity poles and wires, extension of the road from Rehan to Bhas, early completion of work on the road from Soda to Galla,



additional classrooms for GHSS Trala, and renovation of the Rajouri to Peeri road.

The Deputy Commissioner patiently listened to the concerns and issues projected by the people and assured prompt action. He directed the officials present to take necessary steps to resolve the issues on a priority basis. He also emphasized the impor-

ance of good governance and transparency in the delivery of public services and urged people to come forward and participate in such programs to ensure that their issues are addressed and resolved in a timely manner.

Highlighting a number of Government schemes and programs, the DC said that the District Administration

is committed to ensure that the benefits of these schemes reach the last beneficiary in the queue.

The Deputy Commissioner assured that appropriate measures would be taken to ensure the time-bound redressal of the genuine public concerns.

In response to the issue of scarcity of water, the DC said that dedicated efforts are being made to complete the work on JJM schemes in time to provide necessary benefits to the general public. He also informed that the work on 31 JJM schemes out of 35 has been allotted in the block.

Responding to the issue of the shortage of classrooms in HSS Trala, the DC assured that two additional classrooms and one examination hall will be developed in School.

Doda Admin meets public in Sazan, 4 other places during Block Diwas

Decks cleared for construction of Lal Draman road; flagged as top priority: DC

HT News Network

DODA, APRIL 12: Deputy Commissioner Doda, Vishesh Mahajan, along with Senior Superintendent of Police, Abdul Qayoom and other District officers today toured Sazan Village of Bhagwah block and interacted with public and PRIs under Block Diwas initiative of the UT administration.

Similar Public outreach, grievances redressal camps were held at Panchayat Ghar Ganota in Assar Sub Division; Village Sewa, Chiralla in Thathri Sub Division; Panchayat Trithloo in Gandoh Sub Division and Panchayat Ghar Sarna of Bhaderwah Sub District.

Interacting with the public at Sazan, the DC informed



them that decks have been cleared for the construction of Lal Draman road by obtaining forest clearance. "The much famed tourist destination Lal Draman will be connected through an all weather road soon," he said and assured to hold Lal Draman mela this year as was unanimously demand-

ed by the public and the PRIs. The DC said that six departments associated with agriculture and allied sectors shall hold three day camps in each panchayat of the district to promote holistic agricultural planning for the district.

On the issue of shortage of teaching staff at GHSS

Sazan and other schools of the area, the DC directed the Chief Education Officer to rationalise the staff in the schools. Responding to the complaint about absence of health and other officials by DDC Councillor Jia Rani, the DC passed strict directions to the controlling officers to ensure their field staff remains present in the far-flung areas to serve the public for which they are being paid a handsome salary. The DC informed that electricity supply in the area shall be augmented with replacement of wooden poles with steel poles and good quality wire under the RDSS scheme soon. He informed that safe drinking tap water shall be available to every household under the JJM scheme.

Azadi Ka Amrit Mahotsav: Free Medical Camp held at Sewa Chiralla

HT News Network

DODA, APRIL 12: A free mega medical camp was held today at Village Sewa Chiralla in Medical Block Thathri. The Camp was organised by District Health Society Doda as a part of Azadi Ka Amrit Mahotsav programme and Adbhut Doda initiative of the District Administration.

The camp was held under the supervision of Chief Medical Officer, Dr A H Zargar and guidance of BMO Thathri, Dr Ghansham Singh. The medical camp was organized with the aim to provide quality medical care and free medicines to the poor and needy people of the area at their door steps.

NCC Cadets, NSS Volunteers of GCW Parade take out Anti Drug Rally

JAMMU, APRIL 12: NCC cadets of 2 J&K Girls Battalion along with NSS volunteers of Government College for Women, Parade Ground Jammu, in collaboration with J&K Nationalist People's Front Jammu Province, today took out an Anti-Drug awareness rally under G20 campaign. The rally started from Shaheedi Chowk and culminated at Dogra Chowk. The theme was to "Share Facts on Drugs and Save Lives." The rally aimed at making India a drug free country and to educate the youth not to indulge in egregious habits. Around 50 NSS volunteers and an equal number of NCC cadets participated in the rally enthusiastically to promote the campaign for 'Nasha Mukh Bharat.' The program was a great success under the supervision and guidance of Principal, Dr. S.P Sarswat along with ANO Lt. Suman Lata (NCC wing) and NSS Programme Officers, Dr. Mohammad Majeed.

DC Udhampur conducts extensive tour of Latti, inspects ongoing developmental works

Inaugurates model Panchayat Ghar at Sira, listens to public issues

HT News Network

UDHAMPUR, APRIL 12: To take stock of ongoing developmental works and mega projects being executed in different areas, Deputy Commissioner, Udhampur Kritika Jyotsna today conducted an extensive tour of remote areas of Pattangarh, Bandhole. She inspected the ongoing construction work of roads and bridges being executed under the PMGSY sector there.

En-route, the DC also inaugurated Model panchayat Ghar at Sira Morh in presence



of PRI members, officers and locals.

The DC congratulated the people for getting the Panchayat Ghar and said, it will prove beneficial for the people

in getting their developmental issues resolved in a better way.

Saying that road connectivity is a key to development of an area, she said once the area has good roads it automati-

cally boosts the economy of the area.

During the tour, the DC inspected Gharriar Dhanas and Nagulta road under PMGSY and directed the concerned department to expedite the pace of work and ensure timely completion.

Later, the DC also reviewed the progress of the International Yoga centre under construction at Mantalai of District Udhampur. Executing agencies were directed to expedite the pace of work on the prestigious project and ensure its completion within the stipulated time frame.

DC Jammu conducts extensive tour of Bishnah, listens to public grievances

HT News Network

JAMMU, APRIL 12: To get first-hand account of the public grievances, Deputy Commissioner, Avny Lavasa today conducted an extensive tour of the Bishnah area and listened to issues of locals.

BDC members, PRIs, public delegations besides scores of individuals apprised her about the problems being faced by them in day to day life

At the outset, the Deputy Commissioner inaugu-

rated rejuvenation work of a pond under Amrit Sarovar Program at village Majua Luxmi panchayat Khojipur being executed by RDD with an estimate of Rs 2.14 lakh.

Afterwards, the Deputy Commissioner inaugurated a cricket tournament followed by prize distribution among the winning Teams. The Deputy Commissioner also planted a sampling during a plantation drive by the Forest department.

During the grievance

redressal camp at Panchayat Khojipur, the sarpanch apprised the DC regarding major issues including link road to local playground, development of local pond, up-gradation of Local Government High School to Higher secondary level, drinking water supply under JJM scheme etc. The Deputy Commissioner gave a patient hearing to the PRI member and passed on the spot directions to the concerned officers for quality redress of their genuine grievances.

She assured that the highlighted issues of public importance will be taken up with higher authorities besides all the pendency and public service delivery slackness shall be reviewed thoroughly. She directed the officers to leave no stone unturned in order to provide maximum benefits to the people of welfare schemes started by the government. The Deputy Commissioner also impressed upon the officers to work with zeal to

achieve the targets ensuring the delivery of the benefits to the rural masses.

Chairman BDC Surjeet Kumar Bhagat, Sarpanch Rajesh Kumar Sharma, SDM Atul Dutt Sharma, Tehsildar Bhawani Attri, BDO Rupali Mahajan were also present on the occasion. Chairman BDC Surjeet Kumar Bhagat, Sarpanch Rajesh Kumar Sharma, SDM Atul Dutt Sharma, Tehsildar Bhawani Attri, BDO Rupali Mahajan were also present on the occasion.

Special Summary Revision-2023: Poster Making Competition held in GDC Nowshera

HT News Network

RAJOURI, APRIL 12: The District Election cell today organised a poster making competition here in Government Degree College Nowshera. The poster making competition was organised by the Nodal Officer SVEEP, Narinder Kumar in collaboration with the Electoral Literacy Club of the college and the Department of Botany. A number of students participated in the event.

The competition was organised as a part of the Special Summary Revision 2023, and aimed to promote electoral literacy among the students. The event was a great success, with the students showcasing their creativity and talent through their artwork.

Principal GDC Nowshera, Prof. K.K Sharma, extended his full support to the Election authorities and applauded the efforts of the Nodal Officer SVEEP and the Electoral Literacy Club in organising such an event. He expressed hope that similar activities will be organised in the near future to further promote electoral literacy among the students. The District Election Officer Rajouri also praised the students for their participation and encouraged them to continue to engage in such activities to become active and responsible citizens of the country.

The event was a significant step towards promoting electoral literacy among the youth and empowering them with the knowledge and skills.

Saurabh Bhagat inspects construction works on Sub Regional Science Centre, Lal Mandi

DR. AB QAYOOM

SRINAGAR, APRIL 12: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today inspected ongoing construction works being executed on upcoming Sub Regional Science Centre at Lal Mandi, Srinagar. Pertinently, JK Science, Technology and Innovation Council, Department of Science and Technology, is establishing Sub

Regional Science Centre at Lal Mandi, Srinagar, in collaboration with National Council for Science Museums (NCSM), Union Ministry of Culture, with an estimated cost of Rs 20.00 crore. The main objective of the Centre is to provide activity based learning environment to inculcate a spirit of inquisitiveness, foster creative talent and create scientific temper in the community as a whole. The Centre is categorized by its two chan-



nels of communication, exhibits and activities. Saurabh

Bhagat inspected the site of the Centre and took stock of

construction work at the site. Officers from R&B Department including Chief Engineer, R&B, Srinagar, Superintendent Engineer, Executive Engineer, officers from Revenue Department including Sub District Magistrate and Tehsildar, officers from JK Science, Technology and Innovation Council including Additional Director, Joint Director, Executive Engineer were also present on the occasion. Commissioner Secretary issued on

spot instructions to Chief Engineer, R&B for completion of the ambitious project before March, 2024. He also directed for starting of construction work on establishment of Information Dissemination Centre which has already been approved at a total cost of Rs 3.00 crore. The Information Dissemination Centre will provide incubation facilities for budding innovators of the UT besides providing board-

Azadi Ka Amrit Mahotsav: Free Medical Camp held at Sewa Chiralla

HT News Network

DODA, APRIL 12: A free mega medical camp was held today at Village Sewa Chiralla in Medical Block Thathri. The Camp was organised by District Health Society Doda as a part of Azadi Ka Amrit Mahotsav programme and Adbhut Doda initiative of the District Administration.

The camp was held under the supervision of Chief Medical Officer, Dr A H Zargar and guidance of BMO Thathri, Dr Ghansham Singh. The medical camp was organized with the aim to provide quality medical care and free medicines to the poor and needy people of the area at their door steps. A team of doctors and paramedical staff including staff from MMU Doda viz Dr Rohit Katoch, Dr Pratibah, Dr Ikhlag Hussain, Anil Kumar, Swami Raj besides local ASHAs rendered their services and examined around 100.

HT News Network

RAMBAN, APRIL 12: District Magistrate, Ramban, Mussarat Islam today sought realistic database from all stakeholder departments in coordination with Sarpanches regarding status of drug addiction and cultivation of restricted crops here at a meeting of the District-level NARCO Coordination Committee (NCORD) meeting held to review the mea-

sures taken by the enforcement agencies to curb the drug abuse and narcotic trafficking in the district.

Additional Deputy Commissioner, Harbans Lal; Additional SP Gourav Mahajan; ACR Gias-ul-Haq; ACD Ashok Katoch; CEO, Dev Anand; CMO Dr. Kamal Zadu; DFO Kuldeep Singh; DSWO, Rahul Gupta; ARTO, Samrinder Singh, Tehsildars and other concerned officers attended the meeting.

The DM directed all concerned



to compile a database of persons indulged in drug addiction to facilitate them for their medical

treatment and recovery to save their precious lives. He also directed ACD, CMOs, Police, Teh-

sildars and BDOs to submit a factual report regarding the status of drug addiction and cultivation of restricted crops used for addiction. The DM also directed the CMO and enforcement departments to intensify inspection of chemist shops, health centres and courier service centres to restrict illegal transport, sale and distribution of psychotropic drug and other banned substances in the district.

EDITORIAL

Messed up Mpay & It's Consumers

In the month of Ramadan, when the Muslim community in Jammu and Kashmir is observing a month-long fast and religious observance, the news of J&K Bank's Mpay service facing technical issues has created chaos and inconvenience among the customers. As one of the major banks in the region, J&K Bank has a responsibility to provide seamless services to its customers, especially during such a significant time of the year.

The Mpay service of J&K Bank has been facing technical glitches, leading to delayed transactions and failure of online payments. This has caused great inconvenience to the customers, who are already facing numerous challenges due to the pandemic situation. The failure of Mpay services has resulted in the delay of important payments and online transactions, which has further aggravated the situation for the customers.

The month of Ramadan is a time of heightened spiritual awareness, and Muslims across the world devote their time to prayer, reflection, and charity. During this time, the Muslim community in Jammu and Kashmir also engages in religious activities, including visiting mosques and offering prayers. In such a scenario, the technical failure of J&K Bank's Mpay service has made it challenging for the customers to carry out their financial transactions smoothly.

The Mpay service of J&K Bank has been launched to provide customers with a hassle-free and convenient way to make payments and perform other financial transactions. However, the recent issues with the Mpay service have put the customers in a difficult situation, especially during the month of Ramadan, when the need for online transactions and money transfers is more significant than ever.

The inconvenience caused by the Mpay service issues is not limited to personal transactions. Still, it has also affected businesses and vendors who rely on digital payments for their daily transactions. With the failure of online transactions, they have to resort to traditional modes of payment, leading to delays in business transactions.

The failure of J&K Bank's Mpay service during the month of Ramadan is a clear indication that the bank needs to upgrade and improve its technical infrastructure to cater to the growing needs of its customers. With the pandemic situation still prevalent in the region, online transactions have become more critical than ever, and banks need to ensure that their digital services are running smoothly.

In conclusion, the issues faced by J&K Bank's Mpay service have created a significant inconvenience for the customers, especially during the month of Ramadan. The bank needs to take immediate steps to upgrade its technical infrastructure and ensure that such issues do not arise in the future. It is the responsibility of the bank to provide seamless services to its customers, and it must take all necessary measures to fulfill its obligations.

WHY SHOULD YOU STUDY IN INDIA



VIJAY GARG



The land of the ancient Nalanda University, India, is a rising star in the education world. With over a billion people, countless talents and opportunities, it is just obvious to choose it for your higher education. Whether you are an Indian or some foreigner, Indian universities have something to offer you. Other than that, you get affordable places to live, dine and the chance to travel a lot. Which country in the world has such a diverse culture? You not only learn the subject matter but also gain true practical knowledge. You know how to break the ice. You know how to interact with people who have no idea of your language. Isn't it intriguing to know that India has 22 official languages and countless dialects? You can never get enough of the cultural diversity throughout the country. And, at the top of all these, the medium of education in most Indian universities is English which makes you comfortable if you are a foreigner.

Studying in India can be explained in the of Indian students and foreigner students. Indian students should continue here rather than going abroad due to a number of factors. Here are some of them:

Advantages of Studying in India - For Indian Students

You are at Home: When you travel abroad, there is always a strong possibility of you feeling homesick. You miss all the festivals, ceremonies and above all, your family. But when you study in your own country, no matter which part you live in, you can always afford to go and visit your parents. Homesickness is rather uncommon here. You get friends whom you don't need to explain about the cultural gap. That actually makes the life easier. You get to get up easily. Otherwise, wouldn't it be tough to explain to your foreigner friends when you are travelling home for Bihu? They can't share the same enthusiasm. But back in India, you will get a reciprocatory answer.

You know Better about the Courses and Colleges:

The recent years have seen an upsurge in a number of students getting duped abroad in fake colleges. You cannot really investigate so much in the colleges there. As a result, not only the students lose too much of their money but also valuable career years. But when you decide to study in India, you can always go for yourself and check the college. You can look put for the comprehensive list of fake universities and colleges on UGC website. Also, you will most probably have some family friends who know about the college of your choice. You save money and your important time.

You can get a Course of Your Choice: India has a unique combination of traditional and latest courses. You can learn Sanskrit, ancient history and classical music in a number of universities. On the other hand, you can also go for research and development at institutes in IISc, IITs, and IISERs. These offer you the most recent fields to work upon. As a matter of fact, most of these institutes have professors who get their education abroad. So, you also get the international exposure. Also, many Indian universities are continuously working to upgrade their syllabus and course structure. So, the gap between the Indian and abroad education will soon be a thing of past. As a matter of fact, in some areas like space research, India is already a pioneer. We have always been a leader in traditional science topics.

You get equal Global Exposure: It is actually just a

India has a unique combination of traditional and latest courses. You can learn Sanskrit, ancient history and classical music in a number of universities. On the other hand, you can also go for research and development at institutes in IISc, IITs, and IISERs. These offer you the most recent fields to work upon. As a matter of fact, most of these institutes have professors who get their education abroad. So, you also get the international exposure. Also, many Indian universities are continuously working to upgrade their syllabus and course structure. So, the gap between the Indian and abroad education will soon be a thing of past. As a matter of fact, in some areas like space research, India is already a pioneer. We have always been a leader in traditional science topics.

misconception that you cannot get global exposure if you study here. As a matter of fact, many Indian universities like BHU, DU, Manipal University etc. see a surplus number of foreign students. Also, students from Bhutan, Myanmar, Bangladesh etc. get big scholarships here. So, they are in good number here. And when you have so much of students from different countries, how will you not get global exposure? Don't you think it is a little biased of us to think of getting global exposure only when we are abroad? So, no need to ponder about this, you can get this even in the premier Indian institutes.

You Save Money: And at last, but not the least, you save money. If you are not from some rich family, it is going to cost your family a fortune to get you in a foreign university. Not to mention the living cost and other expenses. In India, you can get bank loans at an affordable rate. You also get a number of scholarships. So if you come from the economically weaker section, you will get lots of financial aid to complete your education.

So far we discussed the benefits of studying in India from an Indian point of view. These all imply if you are already living in India. But what if you are a resident of some other country and wish to complete your education abroad. There are a lot of lucrative options in Nordic countries, Singapore, European nations and above all USA. But studying in India has its own perks.

So, why a foreigner should choose to study here? Here are some of the points:

Advantages of Studying in India - For Foreigner Students

Affordable Education: Education in India is affordable when compared to a course of the same level in the top world universities. You shell out almost a fourth of what you would have in the USA. Also, the living cost is way lesser than the major world cities. Of course, the places like new Delhi and Mumbai are expensive. But still, they are cheaper than New York and London. The food is always cheap, fresh and easily available. You can get the food to suit your palate. So, for very less money, you can get an education which could have cost too much anywhere else.

Some of the Best Universities in the World: India is gradually catching up on the university ranking front. She has some of the best universities in the world. IISc, Bangalore is a premier centre for science research in the world. You can get traditional courses like yoga, ancient martial arts, Ayurveda only in the Indian universities.

International Medium of Education: The biggest problem any foreigner faces in another country is language. Thankfully English is the medium of education in most Indian universities. Also, most people especially the students are quite fluent in English. So you will have no problem in mixing up with them.

Hospitable Place: India is undoubtedly the most hospitable place in the world. You will get all sort of help from the people around you. Your teachers, friends, colleagues, neighbours and even the people on the streets will always help you. So, you will never feel being away from the home.

New Experience: India is one of the fastest growing economies of the world. But it is also home to the second highest economic inequality in the world. You can witness the high rise buildings just next to dingy slums. If you belong to the first world countries, you can never understand the true difficulties faced by poor people. India is the perfect place to learn more about them. You can work in conjunction with the various NGOs, government agencies and research institutes to help overcome this inequality. This will enrich your view of life. You will gain new knowledge and will definitely be better equipped to face the hardest times of life.

Spirituality: No matter how much you try to keep yourself away, India will give you a sense of spiritual enlightenment. You will be unable to keep yourself away from the charm of mental peace and tranquillity. You will learn to inculcate the habit of meditating. In, long run, it will help you in coming up with the lifestyle stress and stay healthy.

You get to Explore: With cheap living expenses, you can save much to travel through the country. The wide rail network will allow you to travel distances in very less budget. So much travelling will definitely broaden your understanding. India as a nation has a diversity found nowhere else. You can explore the Thar desert and then go for the water rafting over the mighty Ganges in Rishikesh. You will definitely get experiences of your lifetime.

These are all the reasons for studying in India from both perspectives; as an Indian student and as a foreigner. Both get an equal share of the advantages of studying in this wonderful country. Do let us know which college you would love to study. Just don't forget to double check about the college's degree validity. Have a bright future!

Vijay Garg Retired Principal Educational Columnist Malout Punjab



A dignified personality Ather manigami



ER AIJAZ AHMAD

Mohammad ather manigami was born in a beautiful village on 29 March in 1972, which is deemed to be one of the far flung area in present epoch namely manigam which comes in the district of ganderbal In old chronology, this district is called as the ganderbhavan, manigam is one of the famous place of the ganderbal district, where this famous personality was born. He had a vision, he had a goal

The famous proverb is (where there is a will, there is a way), if you want to do something for your life and for your society, doors are open, but you need dedication and consistency in your mission. He seemed

doors are to be opened for his chosen ambition: he got admission in be mina degree College at Srinagar, where he completed his graduation.

Muhammad ather manigami said "he was laboring for the sake of his own study meanwhile the college life". Despite not having too much money in his hands: he didn't prefer to leave his ambition in the midway. After the graduation, he took admission in Kashmir university, where he did diploma in Kashmir and also Masters degree and Master of philosophy. he had completed master of philosophy with a topic (sir mark Aural sting on Kashmir language and literature). but keep in mind he learnt it in mountains of manigami village namely Mohamed margay.

, to work for the betterment of the society.

His primary schooling was done in his own village till 8th class, from a primary school whose infrastructure



was highly poor; after the 8th class he preferred to move towards high School where he completed his matriculation with flying colours. Meanwhile, in his journey Mohammad ather manigami had learnt lot and experienced a lot of financial problems as well as some unavoidable issues at home. However, he did lose his heart for study. Keeping in view his own aspirations towards life, he moved out with enthusiasm from his village to get the admission in higher secondary school namely kangan, where he completed his 12 class with great marks.

The famous proverb is (where there is a will, there is a way), if you want to do something for your life and for your society, doors are open, but you need dedication and consistency in your mission. He seemed doors are to be opened for his chosen ambition; he got admission in be mina degree College at Srinagar, where he completed his graduation. Muhammad ather manigami said "he was laboring for the sake of his own study meanwhile the college life". Despite not having too much money in his hands; he didn't prefer to leave his ambition in the midway. After the graduation, he took admission in Kashmir university, where he did diploma in Kashmir and also Masters degree and Master of philosophy. he had completed master of philosophy with a topic (sir mark Aural sting on Kashmir language and literature). but keep in mind he learnt it in mountains of manigami village namely Mohamed margay. And it is known to us that is the place where a European scholar Sir A stain has translated Rajatarangini into English. And also the story of panzan village titled by the name of Hatim's Tales; which is present in our markets at low cost nowadays.

In additional, Muhammad Ather manigami was very fascinated with poetry since childhood. Meanwhile, during the college life he wrote down a book that is the collection of poetry by the name of (zani vun) and besides this he was writing the short stories which were getting published in the famous newspapers as well as journals of the valley. These short stories used to show some particular issues in the society and he was giving his best to resolve these issues. Nevertheless more we praise him more will be less, he has also worked in the radio kashmir Srinagar at least 2 years and 6 months. Where he was preaching his ghazals which are also present on the Facebook and

other platforms like YouTube.

As soon as he entered in the Kashmir University at the age of 26, he started to feel that he has more power on the Kashmir language and then he got the idea to translate some famous books like adabi Zindagi into Kashmir language written by Maulana Muhammad Yusuf islahi; because of which he became the prime candidate of public attention at Kashmir University Srinagar far and wide. Then his fascination increased day after day more and more to translate books into another language he has translated so many books so far which are following like:

1. **Maulana Mohammad Yusuf islahi in 2018 pages 483.**
2. **Khutabat Maulana Moududi in 2012 pages 306.**
3. **Hayati taiba Maulana Abu Salim Muhammad Abdul in 2013 pages 223.**
4. **Diniyat Maulana Moududi in 2018 pages 152.**
5. **Aasan fika Maulana Mohammed Yusuf islahi in 2018 pages 778.**
6. **Para am Maulana Syed Maud-hudi in 2007 pages 178.**
7. **Intekhab hadis Maulana Abdul gaffar Hassan rohani in 2018 pages 257.**
8. **Tarjuma Quran Maulana Syed mododi in 2018 pages 1555.**
9. **Arfan-ul-quran professor Dr Tahir qadri in 2017 pages 177.**

Likewise so far Muhammad Ather mangiami has translated approximately 5,000 pages into Kashmir language, indeed it is an acknowledgeable big and proud moment to him.

Professor Margoob banihali has mentioned him in one of his contributions. Ather manigami was the student of professor margoob banihali. He says in favour of him, that it is one who has contributed a lot towards Kashmir language and achieved a name among the famous translators; that is indeed a big proud moment for graduate student.

Muhammad ather manigami besides a translator he is a good poet, drama nigar, afsaan nigar, naat Khan and deemed to be a good person in the society. Whatever work is done by village, he remains always forefront for the sake of society. He also works as a teacher and trained so many students with quality education who are working on the higher positions by now.

Ratheraijaz740@gmail.com

Don't Lose Hope. You Never Know What Tomorrow May Bring

"We must accept finite disappointment, but we must never lose infinite hope." –Martin Luther King Jr.



DR JAVID AHMAD MIR



History is full of stories about people who came into hard times, lost hope, and gave up. We rarely come to learn what would have happened with these individuals if they had given up. We are left to wonder what great successes these people might have achieved if they had chosen to hold on to hope. And how might they have gone on to shape our world for the better? On the flip side we find that history is full of stories of people who also came into hard times, but they made a very different set of choices in their lives. Rather than losing hope and giving up, they chose to pick themselves up, brush themselves off, and continue moving with the hope toward achieving their dreams. None of us are immune from falling into difficult times. That plight is something we all have in common. Another thing we all have in common is the ability to choose how we are going to react to the difficult times when they come. Will we allow them to destroy our hope for the future or will we decide to view them as a learning experience meant to help us as we continue to move forward with hope that the best is yet to come.

There will be difficult times in your life that you have to face... You might lose your job, fail in your business, or have an illness. Whatever it is, it's requisite that you don't lose hope. You must have hope that you will go through it. If you don't, you will only drag yourself down. You will enter a vicious cycle where your negative attitude makes the situation worse, which makes you even more negative, and so on. When plan 'A' fails we have 25 more letters... Stay cool...

Firstly, based on your experiences to not lose hope, you must have faith. You must believe that things will work out well in the end. In my case, I believe that God is in control of my life and has a good plan for me. No matter how bad the situation looks, I've learned to trust Him, even if I don't understand how things will work. EXPERIENCES WILL STRENGTHEN YOUR BELIEF THAT HAVING FAITH IS ESSENTIAL.

Always have a cause in whatever you do. Always remember what the cause is. You need a group of positive people who can support you. You should become a part of a community that cares and encourages one another. If you don't, my suggestion is to start looking for one. Don't wait until you need it, because by then it will be too late. You need the community before difficult times come. An additional benefit of being in a good community is it encourages you to think about other people. It pushes you to help others and, therefore, think about other people. This way you shift your focus away from yourself. As a result, your situation won't look as bad as it would otherwise. Shifting some of your attention away will put the situation in a better perspective.

HOPE... Sometimes that's all you have when you have nothing else. If you have it, you have everything. And at last, I request each and everybody not to lose hope... Because Not only me... an opportunity is always there to everyone to prove themselves... So keep on rocking... Either you fail or win... It doesn't matter if you lose or win it is how you play the game... Now let's take a look at examples of five great

Always have a cause in whatever you do. Always remember what the cause is. You need a group of positive people who can support you. You should become a part of a community that cares and encourages one another. If you don't, my suggestion is to start looking for one. Don't wait until you need it, because by then it will be too late. You need the community before difficult times come. An additional benefit of being in a good community is it encourages you to think about other people. It pushes you to help others and, therefore, think about other people. This way you shift your focus away from yourself. As a result, your situation won't look as bad as it would otherwise. Shifting some of your attention away will put the situation in a better perspective.

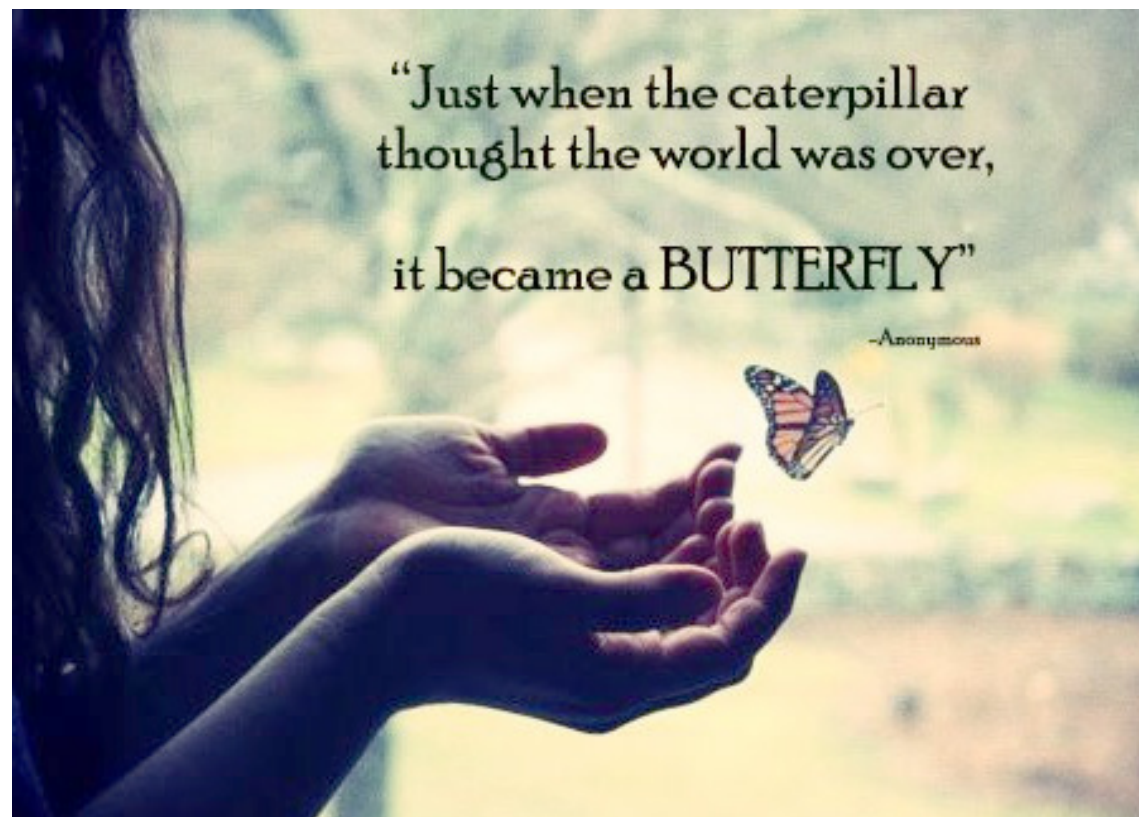
individuals who chose not to give up. They chose to keep pushing forward despite facing hardships and failures and ultimately found great success in their lives:

Soichiro Honda. After being turned down for a job with Toyota he decided to make scooters from his own home until his neighbors talked him into starting his own company, Honda.

Bill Gates. He dropped out of Harvard and started a business called Traf-O-Data which failed. Instead of giving up he decided to start a little company called Microsoft.

Walt Disney. He was fired from his job with a newspaper because he was told lacked imagination and didn't have any good ideas. He went on to create Disney's empire.

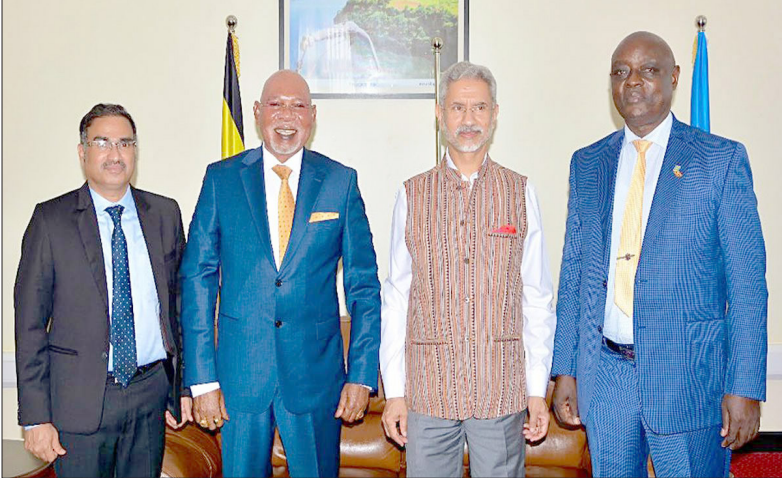
These people have learned a valuable lesson, and that is, "You have to fight through some bad days to earn the best days of your life." I truly believe we can accomplish just about anything if we are willing to do what it takes to work for it and if we stay determined in our resolve. And when hard times come, as they most assuredly will, we must never allow ourselves to lose hope that the best is yet to come.



EAM meets members of Indian business community in Kampala

HT News Network

New Delhi, Apr 12 (UNI) External Affairs Minister S Jaishankar, who is



on a visit to Uganda, met members of the Indian Business Community in Kampala and appreciated their contribution to the bilateral relationship.

In tweets, EAM also encouraged them to continue building the bridge of business ties. He said that India's progress and prosperity creates new opportunities that can benefit Uganda. Pleased to meet the Indian Business Community in Uganda this evening, Thank Mwebesa Francis, Minister of Trade, Industry and Cooperatives for joining, "Appreciated their contribution to India-Uganda bilateral relationship. Encouraged them to continue building the bridge of our business ties that capture the growth and devel-

opment in the two countries.

"India's progress and prosperity creates new opportunities that can benefit Uganda. Just as India's experi-

dra Modi. They also discussed cooperation in trade and investment, infrastructure and energy among other subjects.

He also participated in the launch of the Tulsi Ghat Restoration Project in Varanasi and appreciated the BJP party's Ugandan wing to contribute to further beautifying the ancient Indian city.

He is on an official visit to Uganda, a landlocked country in East Africa, from April 10-12.

EAM will inaugurate the transit campus of the National Forensic Science University (NFSU) in Jinja. A bilateral MoU between the Government of India and Government of Uganda, on setting up of the first ever campus of NFSU outside India, is likely to be signed during the visit.

There are around 30,000 Indians in a country of nearly 50 million, accounting for less than one percent of the population, yet they contribute to 65 percent of the government revenues in the form of taxes.

After Uganda, he will proceed on an official visit to Mozambique, on the southeast coast of Africa, from April 13-15. This will be the first-ever visit by an External Affairs Minister of India to the Republic of Mozambique. After Uganda, he will proceed on an official visit to Mozambique, on the southeast coast of Africa, from April 13-15. This will be the first-ever visit by an External Affairs Minister of India to the Republic of Mozambique.

Amid Pilot vs Gehlot Tension, "Major Surgery" In Rajasthan Congress Soon

HT News Network

New Delhi: The Congress party is gearing up for a major overhaul in Rajasthan, where the rift between Chief Minister Ashok Gehlot and his former deputy Sachin Pilot has widened to calamitous levels just months before elections, sources told NDTV on Wednesday.

Mr Pilot, who led a failed rebellion against Mr Gehlot three years ago, this time held a day-long fast against his own party's government on Tuesday, accusing it of overlooking corruption charges against their opponent, BJP's Vasundhara Raje.

Sources in the party said that the Congress leadership has taken note of the situation and has decided to intervene soon. The party's general secretary in charge of Rajasthan, Sukhjinder Randhawa, has met with the Congress president Mallikarjun Kharge and briefed him about the situation in the state.

According to sources, the party's top leadership has indicated a "major surgery" will take place in Rajasthan to resolve the crisis and restore unity in the party. However, the sources said



that the timing and nature of the surgery will depend on several factors, including feedback from other senior leaders and the political situation in the state.

The Congress leadership does not want to repeat the debacle in Punjab, where former chief minister Amarinder Singh, caught in a feud with rival Navjot Singh Sidhu, quit the party and formed his own outfit months ahead of last year's assembly polls, sources said.

According to party insiders, the leadership has already indicated and supported Mr Gehlot in the hugely embarrassing tussle in the state, where it faces a tough challenge from the BJP in elections due later this year.

Mr Pilot's latest confron-

opponent, BJP's Vasundhara Raje.

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Court Suggests Name Change For "Service Charge" To "Staff Welfare Fund"

HT News Network

New Delhi: The Delhi High Court on Wednesday asked the body representing the restaurants and hotels to consider changing the term 'service charge' to 'staff welfare fund' or 'staff welfare contribution'. The High Court said that the term service charge gives the impression that it is a government-imposed charge. Justice Prathiba M Singh asked the two bodies (NRAI and FHRAI) to hold a meeting of their members and inform the Court how many of their members are willing to inform the consumers that service charge is not mandatory and is a voluntary contribution. The Court also asked the bodies to inform it about the number of hotels and restaurants imposing service charges. Additional Solicitor General (ASG) Chetan Sharma, appearing on behalf of the Central Consumer Protection Authority (CCPA), submitted that hotels and restaurants have started misinterpreting the Court's interim order and, in fact, using the order to give legitimacy to the service charge. After that, the bench said that the Court's interim orders staying the CCPA guidelines, should not be shown as the approval of service charge.

Lalu Yadav's Daughter Raghini Yadav Questioned In Land-For-Jobs Scam Case

HT News Network

New Delhi: The Enforcement Directorate (ED) on Wednesday recorded the statement of RJD chief Lalu Prasad's daughter Ragini Yadav in a money laundering case linked to the alleged land-for-jobs in railways scam, sources told news agency PTI. Ragini Yadav deposed before the agency for questioning and her statement was recorded under the Prevention of Money Laundering Act (PMLA). The agency had raided the premises of Ragini Yadav, her sisters Chanda Yadav and Hema Yadav, and former RJD MLA Abu Dojana in Patna, Phulwari Sharif, Delhi-NCR, Ranchi and Mumbai in March this year.

Sharad Pawar Talks Of "Programs For Unity" Amid Differences In Alliance

HT News Network

Mumbai: Nationalist Congress Party (NCP) chief Sharad Pawar on Wednesday said the Maha Vikas Aghadi (MVA), of which his party is a constituent along with the Shiv Sena (UBT) and the Congress, should work together unitedly even though the allies may have differences of opinion. Talking to reporters here, Pawar said the issue of unity among the allies was discussed during his meeting with Shiv Sena (UBT) leader and former Maharashtra chief minister Uddhav Thackeray on Tuesday. Pawar said some programmes have been decided for the unity of the alliance. "Everyone should participate in these programmes. This is the policy we agreed on yesterday," he said. The meeting between Pawar and Thackeray took place days after the NCP chief favoured a probe by a Supreme Court panel into allegations against the Adani Group over a Joint Parliamentary Committee (JPC). The Congress and the Shiv Sena (UBT) have been insisting on a JPC probe.

"Won't Go Around With Begging Bowl": Exits From BJP After Karnataka List

HT News Network

Bengaluru: In a growing crisis for the BJP in Karnataka, more and more leaders are hitting out and threatening to quit after the party announced its first list of candidates for next month's election.

After senior leader Laxman Savadi quit the party this morning, a former BJP MLA, Doddappagouda Patil Naribol, announced his exit. A minister, Sangara, has threatened to quit. All three have been dropped as candidates. "I have made my decision. I am not one to go around with a begging bowl. I am a self-respecting politician. I am not acting under anyone's influence," Laxman Savadi said. Sources say he is in talks with the Congress and may soon make a switch. Karnataka Congress chief DK Shivakumar, however, told reporters: "He is neither in touch with me nor he has spoken with me."

Laxman Savadi is a loyalist of former Chief Minister BS Yediyurappa and one of the most powerful Lingayat leaders in the state, known for his organizational skills. In the 2018 election, he lost to the Congress candidate, Mahesh Kumathahalli, in Athani constituency.

A year later, when mass defections from the Congress-Janata Dal Secular government enabled a BJP coup, Laxman Savadi



was rewarded for his role, despite a huge controversy in 2012 after he was caught watching porn in the assembly.

Mahesh Kumathahalli, who was among these defectors, is the BJP's candidate this time from Athani. Several other defectors have been named as candidates at the cost of current MLAs. The BJP is confronting rising resentment in the ranks over its choice of candidates. Former Chief Minister Jagadish Shettar, who was among those missing from the first list, left for Delhi to plead with the leadership. Though reports suggested he may return disappointed, Mr Yediyurappa thought otherwise.

"99% Jagadish Shettar will be given an election ticket," Mr Yediyurappa was quoted by news agency ANI as saying.

India, Canada agree to enhance momentum in commercial ties

HT News Network

New Delhi, Apr 12 (UNI) India and Canada held their Foreign Office Consultations during which they agreed to enhance the momentum in commercial ties, and strengthen cooperation in energy, education, counter-terrorism, and streamline mobility. The talks were held on April 11 in Ottawa. Saurabh Kumar, Secretary (East) in the Ministry of External Affairs and Mr. David Morrison, Deputy Minister of Foreign Affairs, Global Affairs Canada led the respective delegations. Both sides took the opportunity to review ongoing bilateral cooperation across different domains. They agreed to enhance momentum in commercial ties, and strengthen cooperation in science & technology, energy, education, consular issues, counter-terrorism, and streamline mobility, an official statement said. They welcomed regular dialogue and meetings of bilateral mechanisms, including upcoming Ministerial visits which would help broaden the bilateral agenda.

Both sides also discussed contemporary regional issues including the Indo-Pacific region and cooperation in multilateral organizations. In the context of India's



ongoing G20 Presidency, Canada expressed support for India's leadership. Both sides will work together to ensure G20's success.

The discussions were productive and substantial. The next FOC will be held in India on a mutually convenient date, it said.

The Indian High Commission in Canada in tweets said: "Secretary East @AmbSaurabhKumar & Deputy Minister of Foreign Affairs David Morrison @GAC_DM_FA co-chaired India-Canada Foreign Office Consultations in Ottawa. They comprehensively reviewed the bilateral relationship and assessed its great potential. They agreed to maintain regular dialogue & enhance cooperation."

Indian medical students who fled war-torn Ukraine can take qualification exam in India

Surkhab Zehra

New Delhi, Apr 12 (UNI) In big relief to thousands of Indian medical students who fled Ukraine in February last year following the Russian invasion, Ukraine's First Deputy Minister of Foreign Affairs Emine Dzhamarova, who was visiting India, has conveyed that Ukraine will allow foreign medical students to take the Unified State Qualification Exam in their country of domicile.

She mentioned this during her bilateral talks with Sanjay Verma, Secretary (West), MEA.

Over 20,000 Indians, mostly medical students, were evacuated from Ukraine post the February 24, 2022 invasion by Russia. Most of them had to leave their studies mid-way, affecting their future prospects. With the Ukraine conflict continuing, the Indian students have been at a loss on what to do.

Dzhamarova also proposed that rebuilding infrastructure in Ukraine could be an opportunity for Indian companies.

She was in New Delhi from April 10-12, in her first official visit to India.

During the talks, bilateral agenda included - spheres such as economic, defence, humanitarian assistance, and global issues of mutual interest.

She briefed Secretary (West) about the prevailing situation in Ukraine. The two sides agreed to hold the next round of



Foreign Office Consultations in Kyiv on a mutually convenient date, an official statement said.

"On the issue of Indian medical students, the Deputy FM mentioned that Ukraine will allow foreign medical students to take the Unified State Qualification Exam in their country of domicile," the statement said.

Secretary (West) shared that India has

provided medicines, medical equipment and would provide school buses etc. to Ukraine.



Dzhamarova also called on Minister of State for External Affairs and Culture, Meenakshi Lekhi. Besides holding discussion on a wide range of bilateral and international issues of mutual interest, she handed over a letter from President Zelenskyy, addressed to Prime Minister Modi.

Ukrainian request for additional humanitarian supply, including medicines

and medical equipment was also shared by her. It was agreed that the next Inter-Governmental Commission between the two countries would be held in India on a mutually convenient date.

Dzhamarova visited the Manohar Parrikar - Institute of Defence Studies, and also delivered a talk at the Indian Council of World Affairs.

During her visit, Dzhamarova highlighted Ukraine's desire to build a stronger and closer relationship with India. Dzhamarova's visit to India would facilitate cooperation between the two countries, it added.

In a tweet on her meeting with MoS Meenakshi Lekhi, she said:

"I was glad to pass @M_Lekhi a letter from #Ukraine's President @ZelenskyyUa to Indian Prime Minister @narendramodi."

"As our countries India & Ukraine have mutual interests & visions, intensified dialogue on the highest level will be fruitful for our people and security in the world." During her visit, Dzhamarova highlighted Ukraine's desire to build a stronger and closer relationship with India. Dzhamarova's visit to India would facilitate cooperation between the two countries, it added.

In a tweet on her meeting with MoS Meenakshi Lekhi, she said

Nearly 100 Killed At Myanmar Ceremony, Military Justifies Deadly Attack

■ HT News Network

Myanmar's military said it carried out a deadly attack on a village gathering organised by its insurgent opponents this week and if civilians were also killed it was because they were being forced to help the "terrorists".

Up to 100 people, including children, were killed in Tuesday's air strike in the Sagaing area in northwest Myanmar, according to media reports, making it the deadliest in a recent string of military air attacks.

Myanmar has been in turmoil since a 2021 coup ended a decade of tentative reform that included rule by a civilian government led by Nobel Peace Prize laureate Aung San Suu Kyi.

Some opponents of military rule have taken up arms, in places joining ethnic minority insurgents, and the military has responded with air strikes and heavy weapons, including in civilian areas.

U.N. Secretary-General Antonio Guterres condemned the air attack in Sagaing and called for those responsible to be held accountable, his spokesperson said, adding that Guterres "reiterates his call for the military to end



the campaign of violence against the Myanmar population throughout the country".

Junta spokesman Zaw Min Tun told military broadcast channel Myawaddy late on Tuesday the attack on the ceremony held by the National Unity Government (NUG), a shadow administration, for their armed People's Defence Force was aimed at restoring peace and stability in the region.

"During that opening ceremony, we conducted the attack. PDF members were killed. They are the ones opposing the government

of the country, the people of the country," said Zaw Min Tun.

"According to our ground information we hit the place of their weapons' storage and that exploded and people died due to that," he said.

Referring to accusations of civilian casualties, he said "some people who were forced to support them probably died as well".

"Body Parts" Zaw Min Tun said photographs showed some of those killed were in uniform and some in civilian clothes, accusing the PDF of false-

ly claiming civilian deaths when their forces were killed.

He also accused members of the PDF of committing "war crimes" and killing "monks, teachers and innocent residents" in the area who did not support the opposition.

U.N. Human Rights chief Volker Turk condemned the attack in a message before the junta's comment was widely reported, saying it "appears schoolchildren performing dances, as well as other civilians...were among the victims".

Citing residents of the region, BBC Burmese, Radio Free Asia (RFA) Burmese, and the Irrawaddy news portal reported between 80 and 100 people, including civilians, had been killed in the attack by the military.

According to a PDF member, about 100 bodies, including 16 children, had been cremated.

"The exact death toll is still unclear since...body parts are scattered all over the place," said the PDF member, who declined to be identified.

Myanmar's lightly armed opposition fighters have no effective defences against the military's air force.

In October, a military jet attacked a concert, killing at least 50 civilians, singers and members of an ethnic minority insurgent force in Kachin State in the north.

Kyaw Zaw, a spokesman for the NUG, said it believed nearly 100 people were killed in the Tuesday attack when air force jets dropped bombs on villagers and helicopter gunships then followed up, calling it "another senseless, barbaric, brutal attack by the military".

The military denies accusations it has committed atrocities against civilians and says it is fighting "terrorists" determined to destabilise the country.

China records world's first human death from H3N8 bird flu: WHO

■ HT News Network

A Chinese woman has become the first person to die from a type of bird flu that is rare in humans, the World Health Organisation (WHO) said, but the strain does not appear to spread between people.

The 56-year-old woman from the southern province of Guangdong was the third person known to have been infected with the H3N8 subtype of avian influenza, the WHO said in a statement late on Tuesday.

All of the cases have been in China, with the first two cases reported last year. The Guangdong Provincial Centre for Disease Control and Prevention reported the third infection late last month but did not provide details of the woman's death. The patient had multiple underlying conditions, said the WHO, and a history of exposure to live poultry. Sporadic infections in people with bird flu are common in China where avian flu viruses constantly circulate in huge poultry and wild bird populations. Samples collected from a wet market visited by the woman before she became ill were positive for influenza A(H3), said the WHO, suggesting this may have been the source of infection.

Though rare in people, H3N8 is common in birds in which it causes little to no sign of disease. It has also infected other mammals. There were no other cases found among close contacts of the infected woman, the WHO said. "Based on available information, it appears that this virus does not have the ability to spread easily from person to person, and therefore the risk of it spreading among humans at the national, regional, and international levels is considered to be low," the WHO said in the statement.

Twitter's legacy blue checkmarks to be removed by April 20, says Elon Musk

■ HT News Network

Billionaire Twitter owner Elon Musk has said that the legacy blue checkmarks would be removed from Twitter accounts verified under the company's previous regime, with an April 20 deadline set for the enforcement.

The blue checkmark — previously free for verified accounts of politicians, famous personalities, journalists and other public figures — is now open to anyone prepared to pay.

The move is aimed at boosting the company's subscription revenue, according to Musk.

Late last month, Twitter said it would be winding down its legacy checkmarks by April 1, and provided links for those who want to keep them.

Musk cited the need for revenue and tackling bots as the driving force behind Twitter's shift to paid verification. When Stephen King voiced his opposition to paying for a blue checkmark, Musk replied with a quip: "We need to pay the bills somehow!"

Musk had in November last year announced that the site will charge \$8 per month to verify users' accounts.

"Power to the people! Blue for \$8/month," the billionaire entrepreneur had tweeted in reference to the platform's famous blue checkmark, saying the new plan would upend the "current lords & peasants system" and create a new revenue stream for the site.

Pro-Khalistan Elements Misusing Asylum Policy, India Tells UK

■ HT News Network

New Delhi: India has raised concerns over suspected misuse of the UK's asylum policy by pro-Khalistan supporters amid the controversy over the search for radical Sikh preacher Amritpal Singh.

The expanding base of pro-Khalistan supporters in Britain enables them to support terror activity in India, the government said during talks between the Home Ministry and its British counterpart, the UK Home Office, in Delhi today. India has sought tighter monitoring of UK-based pro-Khalistan supporters and proactive action against them. The breach of the Indian High Commission premises in London last month by pro-Khalistan supporters protesting against the search for Amritpal Singh was also raised during the meeting, people familiar with the matter said.

"Macron, Who's Friend Of Mine, Is In China, Kissing His (Xi's) Ass": Trump

■ HT News Network

Washington, United States: French President Emmanuel Macron has been in China meeting with Xi Jinping and "kissing his ass," Donald Trump said Tuesday.

The former US president sat down with Fox News anchor Tucker Carlson for his first mainstream media appearance since being indicted in New York.

In a rambling interview, the Republican Party's presumptive presidential nominee said the United States had lost influence in the world since he left office.

"You got this crazy world, it's blowing up and the United States has absolutely no say," he told Carlson. "And Macron, who's a friend of mine, is over with China, kissing his ass. Okay, in China! I said, 'France is now going to China.'"

Macron caused a storm after a state visit to China last week in which he cautioned Europeans should not chain themselves to US foreign policy.

Ukraine asks India for aid in first talks since Russian invasion

■ HT News Network

A Ukrainian minister ended a visit to India Wednesday after appealing for humanitarian aid and diplomatic backing from New Delhi, which has avoided condemning Russia's invasion of its European neighbour.

Prime Minister Narendra Modi's government has walked a tightrope between India's increased security cooperation with Western countries and its reliance on Moscow for defence and oil imports.

Emine Dzhamalova, Kyiv's first deputy foreign minister, met her Indian counterpart this week in the first face-to-face talks between the two countries since the conflict began last year.

Dzhamalova requested medicines and medical equipment and passed along a letter from Ukrainian President Volodymyr Zelensky addressed to Modi, a statement from India's foreign ministry said on Wednesday.

"Ms Dzhamalova, during her visit, highlighted Ukraine's desire to build a stronger and closer relationship with India," it said.

Dzhamalova told a think tank in New Delhi on Tuesday she believed India could play a greater role in ending the war.

"We welcome any effort that is directed at resolving the war," she told the audience, urging India to use this year's G20 presidency to draw attention to the conflict.

India has stopped short of publicly denouncing the invasion but Modi told Russian President Vladimir Putin last year this was "not a time for war", comments seen as a rebuke to Moscow.

India's long-standing security ties with Russia have put New Delhi in an awkward



diplomatic position and, while it has called for an end to hostilities in Ukraine, it has refused to condemn the invasion outright.

India is also snapping up discounted crude from Russia, resisting Western pressure to freeze out Moscow.

It has opted instead to strengthen trade ties with its long-standing ally — with the added benefits of tempering inflation while saving public money. Dzhamalova requested medicines and medical equipment and passed along a letter from Ukrainian President Volodymyr Zelensky addressed to Modi, a statement from India's foreign ministry said on Wednesday.

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Taliban say ban on Afghan women working for UN 'an internal issue'

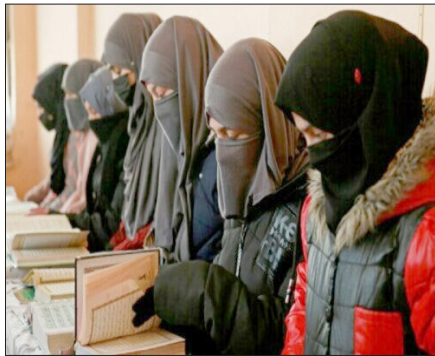
■ HT News Network

A ban on Afghan women working for the United Nations was an internal issue, the country's Taliban authorities said on Wednesday, adding that the decision "should be respected by all sides".

Taliban authorities triggered international outrage earlier this month after extending a December ban on Afghan women working for non-governmental organisations to the UN.

"The Islamic Emirate does not want to create obstacles for the United Nations," Taliban government spokesman Zabihullah Mujahid said in a statement on Wednesday. "Rather, it wants to make it clear that this is an internal issue of Afghanistan which does not create a problem for anyone and should be respected by all sides."

Under their austere interpretation of Islam, Taliban authorities have imposed a slew of restrictions on Afghan women since seizing power in 2021, including banning them from higher education and many government jobs. The UN said on Tuesday that the ban was forcing it to make an "appalling choice" on whether to continue operations in Afghanistan. The world body said it cannot comply with the ban as it was "unlawful under international law, including the UN Charter". Mujahid, however, said there was no "discrimination" in the decision. "On the contrary, considering the religious and cultural interests, we are committed to all the rights of our people." The increasing curbs on women are reminiscent of the Taliban's first government between 1996 and 2001, when the UN said they were responsible for repeated human rights violations — particularly against girls and



women.

Taliban authorities have imposed a slew of restrictions on Afghan women since seizing power in 2021, including banning them from higher education and many government jobs.

In December, they banned Afghan women from working for domestic and foreign non-governmental organisations, and on April 4 extended that to UN offices across the country.

Since the ban was announced, the UN has ordered all its Afghan staff — men and women — not to report to work until further notice.

Taliban authorities justified the December ban on the grounds they had received "serious complaints" that women were not observing the group's interpretation of Islamic dress codes.

Several NGOs suspended operations in the country in protest, piling further misery on Afghanistan's citizens — half of whom face hunger, according to aid agencies.

Mujahid said Afghans had the "capacity to stand on their own feet", but the country's problems were caused by sanctions and restrictions on the financial and banking system.

Under pouring rain, Erdogan rival vows 'return of spring'

■ HT News Network

Facing a sea of umbrellas in the steady rain, Kemal Kilicdaroglu, the Turkish opposition's challenger to Recep Tayyip Erdogan in next month's polls, smiles and promises "the return of spring". He calls the rain "pretty" even though it refuses to stop, dousing the crowd gathered in the northwestern city of Canakkale to hear the discredited 74-year-old, whose azure campaign posters announce: "I am Kemal, I am coming!" The choice of Canakkale owes nothing to chance for Kilicdaroglu, who heads the Republican



People's Party (CHP) of modern Turkey's founder, Mustafa Kemal Ataturk. It was here, at the entrance to the Dardanelles Strait, that Ataturk — then a young commander — distinguished himself in 1915 by repelling the Allied forces'

advance on the rumps of the Ottoman Empire during World War I. "I do not order you to attack, I order you to die!" Ataturk told his troops.

Nothing that dramatic happened on stage of Kilicdaroglu's campaign stop this week, where he was framed

by the Turkish flag and portraits of Ataturk. Kilicdaroglu emerged flanked by the two shining stars of the CHP — Istanbul mayor Ekrem Imamoglu and his Ankara counterpart Mansur Yavas — who had both unseated Erdogan's allies in watershed municipal polls in 2019. "16 presidential planes" "Our march to power begins in Canakkale!" Yavas exclaims for stage. "We are emerging from the darkness and moving into the light."

Supporters attend a rally of Turkey's Republican People's Party (CHP) Chairman and Presidential candidate Kemal Kilicdaroglu in Canakkale, western Turkey, on April 11, 2023. —AFP

Iran delegation arrives in Saudi amid thaw between regional powers

HT News Network

UNITED NATIONS: An Iranian delegation arrived in Saudi Arabia on Wednesday to pave the way for reopening diplomatic missions as the Gulf rivals prepare to normalise relations, seven years after an acrimonious split. The announcement came just days after a Saudi delegation made a similar visit to Tehran hot on the heels of a historic meeting in China between the two governments' foreign ministers who vowed to bring stability to the turbulent region. "The Iranian delegation arrived in Riyadh on Wednesday to visit and reopen the Iranian embassy and consulate in accordance with the recent agreement between the two countries," Iran's official IRNA news agency reported. "One team is due to travel to Jeddah to prepare for the reopening of Iran's consulate there and its representation in the Organisation of Islamic Cooperation, while the other will remain in Riyadh to reopen the embassy," IRNA added. Iran's President Ebrahim Raisi has been invited to Saudi Arabia, according to Tehran, in what would be the first visit of its kind since Mohammad Khatami went in 1999. The flurry of diplomatic activity follows last month's landmark, Chinese-brokered announcement that Iran and Saudi Arabia, who have backed opposing sides in conflicts around the Middle East, would work towards resuming ties.

DEO Ganderbal reviews SSR of Photo Electoral Rolls-2023 in district

HT News Network

GANDERBAL, APRIL 12: The Deputy Commissioner (DC) Ganderbal, Shyambir who is also the District Election Officer (DEO) today chaired a meeting to review the status of Special Summary Revision (SSR) of Photo Electoral Rolls-2023 in the district.

During the meeting, brief discussion was held on status of receiving claims and objections till date, status of claims and objections received during Special Summary Revision of Panchayat Electoral rolls 2023, Special camps organized, SVEEP for awareness, action taken for identification of gaps and

finalizing strategies and timelines, preparedness for dissemination of information in public domain, etc.

The DEO briefed the participants about their role and responsibilities for effective implementation of the SVEEP programme.

Deputy District Election Officers said that during Annual Summary Revision 2022, the district made tremendous efforts through SVEEP and achieved 100% targeted registration of new electors. In this SSR a thorough SVEEP campaign plan has been prepared and will be implemented in letter and spirit across the length and breadth of the district, he added.

While reviewing the status of Special camps held in the district, the DEO



gave instructions to EROs, AEROs and BLOs regarding special camps to be

organized on 15th April 2023 on war footing basis to ensure no eligible

voter is left behind.

Regarding dissemination of information in public domain, EROs were instructed to prepare lists of claims and objections w.r.t 01-04-2023 as qualifying date in Form 9, 10,11,11A and 11B and a copy of such list must be pasted on the notice Boards. Besides, the list of claims and objections received shall be uploaded on the CEO website.

While discussing the role and responsibilities of departments for effective implementation of SVEEP, Chief Education Officer, Ganderbal was asked to monitor overall SVEEP activities in the District and shall submit the Photographic and Video Evidence of all the SVEEP activities in

the Ganderbal. The Department of Social Welfare and ICDS was asked to take up SVEEP activities by involving SHGs and Anganwadi workers to mobilize women Voters.

Similarly, the department of Social Welfare and department of Tribal Affairs shall target the New and Young Voters of SC/ ST Community and other minorities besides, the persons with disabilities.

The Rural Development Department and Panchayati Raj shall take part in SVEEP activities at the grass roots level by involving PRIs conducting Gram Sabhas and Ward Sabhas, or by conducting door to door campaigns.

DC Anantnag inspects Yatra Transit Camps Directs officers for smooth conduct of Yatra-2023

Farooq Rather

ANANTNAG, APRIL 12: The Deputy Commissioner (DC) Anantnag, Dr. Basharat Qayoom today made an extensive tour to Yatra Transit Camps FCI Godown Mir Bazaar and Walnut Factory Qazigund and took comprehensive stock of arrangements and facilities to be made available for pilgrims of Yatra-2023.

On the occasion, the DC directed the concerned officers to work out modalities to augment the capacity to accommodate more pilgrims at Mir Bazaar Transit Camp.

He also directed for provision of good quality toilets in requisite numbers and parking areas with proper lighting facilities at all

places. To ensure proper drainage of water, he asked the concerned R&B officers to install an efficient drainage system besides repairing the paths. He called for creation of additional assets in tune with the landscape and surroundings.

The DC directed officers of line departments to augment the services and ensure every facility committed will be provided to the pilgrims. He further directed the SE Hydraulic to ensure the proper supply of water to the langars, toilets etc besides the drinking water to the transit camps.

He also directed the SE KPDCI to ensure the uninterrupted supply of electricity. EO MC Qazigund was directed to ensure the sanitation, hygiene of transit camps.

Later, the DC visited the teshil office Qazigund and briefly



reviewed its functioning besides taking the status of the ongoing works of the teshil office qazigund. The DC was accompanied by ADC (A) Anantnag, SDM Doo-

ru, SE Hydraulic, SE R&B, SE KPDCI along with Ex. Engineers, CMO Anantnag, ACR, AD Food, CEO MC Anantnag, EO MC Qazigund and other concerned civil and police

officers. He called for creation of additional assets in tune with the landscape and surroundings.

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VC DDC Kupwara distributes 65 New Ration Cards among PHH families at Wavoor

Dr Abdul Qayoom

KUPWARA, APRIL 12: Vice Chairman (VC), District Development Council (DDC), Kupwara, Haji Farooq Ahmad Mir today convened a joint meeting of Officers/ functionaries of Food, Civil Supplies & Consumer Affairs and local beneficiaries at Wavoor in Lolab subdivision of Kupwara district.

On the occasion, the VC reviewed the stock and supply position of food grains and other essential commodities in view of the ongoing holy month of Ramadan and ensuing Eid. He was informed that sufficient stock of all essential commodities and food grains are available in the district including Lolab subdivision.

The VC on the occasion distributed new 65 Ration Cards among local beneficiaries under Priority Households (PHH) Scheme.

Speaking at the occasion, the VC said that the Government is committed to provide better possible services to the people, especially to those living below the poverty line.

The Assistant Director, Food, Civil Supplies and Consumer Affairs, Wali Mohammad, BDC Chairperson, TSO Sogam, PRIs and local people of the area attended the function.

HDFC Bank signs agreement with Export-Import Bank of Korea

HT News Network

Srinagar, Apr 12, KNT: HDFC Bank signed a Master



Inter Bank Credit Agreement with Export-Import Bank of Korea for a US \$ 300 million line of credit. The pact was signed at GIFT City, Gujarat. This will help HDFC Bank raise foreign currency funds which it would extend to Korea-related businesses.

This line of credit would be utilized by HDFC Bank towards funding requirements of companies having equity participation by Korean companies, companies having business relationship with Korean companies and consumers for purchase of cars manufactured by Korea related Companies.

"Our agreement with Korean Eximbank will further strengthen and support trade and investment flows between India and Korea which can potentially create more jobs in the country. We will pursue deals under this agreement and may look to expand the programme", said Arup Rakshit, Group Head, Treasury, Sales Analytics and Overseas Business, HDFC Bank.

The signing ceremony was attended by Export Import Bank of Korea's team led by Choun-Jae Lee, Director General, Head of Interbank Finance Department. Others present on the occasion from Export Import Bank of Korea were, Ki-young Jung, Senior Loan Officer, Interbank Finance Department and Kisang Kim, Chief Representative, New Delhi Representative Office. HDFC Bank was represented by Arup Rakshit, Group Head Treasury, Sales, Analytics and Overseas Business, Kapil Bansal, Executive Vice President, Head Overseas Business Treasury, Anand Iyer, Head GIFT City IBU.

MD, JKPC conducts inspections ongoing works at Baramulla

SRINAGAR, APRIL 12: The Managing Director (MD) Jammu and Kashmir Projects Construction Corporation (JKPCC), Rajesh Kumar Shavan today inspected ongoing works in District Baramulla particularly Government Medical College at Baramulla being executed by JKPCC Ltd. While inspecting ongoing works at Government Medical College Baramulla, Managing Director instructed the concerned Deputy General Managers as well as Project Engineers to expedite the pace of work for all three streams i.e., Mechanical, Electrical and Civil works on the project so that completion of the project is ensured within stipulated timeline. The Managing Director also attended various Contract Committee meetings related to ongoing projects where bottlenecks were required to be removed to ensure smooth execution of projects.

G&M dept Kupwara seizes 08 Tractors and many vehicles for carrying illegal sand from different spots of Langate

DR. AB QAYOOM

Kupwara, Apr, 12: Geology and Mining Department



Kupwara on Monday seized several tractors and a tipper who were illegally excavating sand in Babagaund and other areas of Langate in north Kashmir's Kupwara district. According to official, 08 tractors and a tipper was seized on spot. An official of Geology and Mining said on the specific information a raid was conducted in the area during which 08 vehicles were seized. The development comes after the locals said the sand mafia has made hue and cry in the locality. Earlier people said their orchards have been damaged due to dust and added huge number of Apple tree's were ground down during the excavating.

JIO network outage hits thousands of subscribers in Langate, Failed to pay electric bill about Six Lakh.

Electricity supply was snapped after the telephone company turned down the multiple reminders by PDD department.

DR. AB QAYOOM

Langate, Apr, 12: A non-functional mobile tower of (JIO) Joint Implementation Opportunities) telecom company has disrupted cellular and data network services in Tulwari Langate area of north Kashmir's Kupwara district since Last few months and affected thousands of subscribers. Locals told HEADLINES TODAY, that lack of network has badly affected people who are working from home causing them major trouble. The worst hits are the business community of the areas as poor connectivity has affected their trade. Also, students missed their



online classes and other social activities due to network issues. The mobile towers cater to thousands of subscribers living in several Ward's of Tulwari including ward 13, 14 and other parts of Langate town. The residents

said months going passed since the tower got disconnected, but no one has come to their rescue. "Despite repeated pleas no one has bothered to look into the matter. They seem to be least interested in our issues," a local said.

While talking to HEADLINES TODAY AEE PDD Langate said, that they cut the electricity of the mobile tower after JIO Company failed to clear the outstanding power bill which is almost about (6,36,998) They said that the electricity supply was snapped after the telephone company turned down the multiple reminders of the department. "We requested them several times to deposit the bill but they failed. I think they are short of funds," he said. While confirming the snapping of the electricity many concerned JIO officials concerned was "Ahmad key Topi Mohamad Ka Sirpar - Aur Mohamad Key Topi Ahmad Ka Sirpar"

Jumat-ul-Vida, Shab-e-Qadar, Eid arrangements reviewed at Bandipora

BANDIPORA, APRIL 12: The Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi Pandit on Wednesday chaired a meeting of concerned officers to review the arrange-

ments for upcoming auspicious occasions of Jumat-ul-Vida, Shab-e-Qadar and Eid-ul-Fitr. The meeting discussed various arrangements being put in place by the District

Administration for the convenience of people across the district particularly at Ahm-e-Sharif shrine where a huge gathering of devotees is expected.

The ADC, on the occasion,

directed the concerned officers to ensure availability of essentials besides uninterrupted power/ water supply, transport arrangements, cleanliness in and around mosques, streets.

Reliable road connectivity is imperative for strengthening the bond between the regions and people/ Altaf Bukhari

Reyaz Badana

Apni Party President Syed Mohammad Altaf Bukhari on Tuesday emphasized the need for improved road connectivity between the different regions of Jammu and Kashmir and said that such connectivity is vital to fostering stronger bonds among the people from different regions and creating new avenues for economic growth and development. Mr. Bukhari made these remarks while addressing a packed press conference at the party office in Gandhi Nagar, Jammu today.

He expressed his gratitude to Nitin Jairam Gadkari, the Union Minister for Road Transport & Highways (MoRTH), and praised him for his dedication to building a strong network of roads and highways to connect India from

Kanyakumari to Kashmir. He said, "Mr. Gadkari's mission has been a resounding success, and he will be remembered for his significant contributions to the country as the Minister for Road Transport & Highways." In addition, Syed Mohammad Altaf Bukhari expressed his gratitude to Mr. Gadkari, who is currently on a visit to Jammu and Kashmir, for announcing timelines for various ongoing road and tunnel projects. He said, "We are grateful to him for providing timelines for several ongoing projects. Most importantly, we applaud his announcement about the construction of the long-awaited Peer Ki Gali tunnel at the historic Mughal Road. The construction of this important tunnel has been a long-standing demand of the people of Jammu and Kashmir,



and a promise made by the central government in 2015. We are pleased to see that this promise is finally being fulfilled, albeit later than expected. As the saying goes, better late than never." However, Bukhari also made an appeal to the Union Minister to

fix a timeline for the Peer Ki Gali tunnel project. He said, "The completion of this tunnel will facilitate seamless connectivity between the regions of Rajouri and Poonch and the Kashmir Valley, which will be a long-awaited dream come true for the people

of both regions. Also, the construction of the tunnel will enable the transportation of goods and fruits through the historic Mughal Road, bringing economic benefits to the people. Therefore, I request Mr. Gadkari to expedite the completion of this project by setting a timeline." Apni Party President highlighted the significance of the Jammu-Srinagar Highway, which is currently the only surface link connecting the valley to the rest of the country. He stressed the need to establish a task force to monitor the progress of the work on this crucial road.

He said, "Although Mr. Gadkari has been focusing on the Srinagar-Jammu Highway, I request the establishment of a task force to monitor the pace of work on a weekly basis, ensuring the project's swift completion."

Endometriosis, a painful reality affecting women's health

BY PARUL KATTIYAR

Endometriosis can hamper a woman's chance of conceiving, but it does not equal Infertility. Endometriosis, one of the most chronic and debilitating gynecological conditions, affects millions of women worldwide. Roughly 190 million women globally, or up to 10% of women of reproductive age, are estimated to be impacted by this condition. Unfortunately, endometriosis is still poorly understood despite its high prevalence, and many women experience years of suffering before being diagnosed. Endometriosis is a medical condition characterized by the growth of tissue similar to the lining of the uterus outside the uterus, leading to Infertility and pain. This tissue can develop in various areas within the pelvis, including the ovaries, fallopian tubes, and other pelvic organs, as well as on organs outside the pelvis, such as the bladder and intestines. In some rare cases, the endometrial tissue can even grow in other parts of the body, such as the brain or lungs. This tissue growing outside the uterus reacts to hormonal changes like the tissue growing inside. As a result, it thickens and disintegrates during each menstrual cycle. However, unlike the tissue within the uterus, it has no outlet, leading to inflammation, scarring, and pain. Apart from causing pain and discomfort, endometriosis can also adversely affect a woman's fertility. It can lead to Infertility through various means, including impairing the quality of

eggs produced by the ovaries, which is commonly due to inflammation and scarring in the ovaries. The condition can also impact the fallopian tubes, making it chal-

sis is still unknown. However, one of the most common theories suggests that endometrial tissue can move back through the fallopian tubes during menstruation and

The symptoms of endometriosis can vary, but some common ones include the following:
Painful periods (dysmenorrhea)
Pain during sex (dyspareunia)



The exact cause of endometriosis is still unknown. However, one of the most common theories suggests that endometrial tissue can move back through the fallopian tubes during menstruation and attach itself to other organs.

lenging for the egg and sperm to unite. In addition, endometriosis can impede the implantation of a fertilized egg. The formation of adhesions and scar tissue in the uterus caused by the condition can make it challenging for the embryo to implant and develop. The exact cause of endometri-

attach itself to other organs. Another theory suggests that the endometrial tissue can spread via the bloodstream or lymphatic system. In addition, there may also be an aspect of genetic predisposition, as endometriosis tends to be passed over from one generation to another within the family.

Chronic pelvic pain
Frequent urination
Heavy or irregular period
Infertility
Many women with endometriosis also experience fatigue, bloating, and digestive problems. Diagnosing the condition can be challenging due to its vague symp-

toms that resemble other medical conditions. While there is no cure for endometriosis, various symptoms can be treated individually, helping a woman conceive via the proper fertility medications and procedures like intrauterine insemination (IUI) or in vitro fertilization (IVF). To alleviate pain during periods, nonsteroidal anti-inflammatory drugs (NSAIDs), like aspirin or ibuprofen, can provide relief. Hormonal treatments, such as birth control pills or an intra-uterine device (IUD), can also manage symptoms by preventing ovulation and limiting endometrial tissue growth. However, if the condition is severe, surgery may be necessary to remove endometrial and scar tissue. Endometriosis can significantly impact a woman's quality of life. Chronic pain, fatigue, and digestive issues can hinder work or social activities. The condition can also be emotionally exhausting, as women may feel frustrated and unsupported by their loved ones and medical professionals. As a result, it is crucial to seek medical assistance if an individual is experiencing symptoms of endometriosis or Infertility. Timely diagnosis and treatment can aid in symptom management and boost the possibility of conception. And now, with various assistance methods available to manage this condition, women should come forward and seek medical treatment for it.

Arthritis: The Latest on Joint Replacement, Repair, and New Treatments

For the millions of Americans who live with arthritis (inflammation of the joints that can affect one or multiple joints), the condition can significantly impact one's quality of life.

For those who have osteoarthritis, the degenerative disease is caused by the regular mechanical wear-and-tear on the joints over time. Those who have rheumatoid arthritis find the autoimmune disease causing pain and inflammation throughout their body, with their own immune systems attacking the tissue lining in their joints.

Arthritis can affect one's ability to get around easily, perform common everyday tasks, and simply live in comfort without inflammation and pain.

About 24% of all adults in the United States have arthritis, which is a leading cause of work disability, leading to a total annual cost of wages lost and escalating medical bills totaling \$303.5 billion, according to the Centers for Disease Control and Prevention (CDC) Trusted Source.

Many may have to turn to joint repair and replacement procedures as a way to treat their arthritis. It's so common that about 790,000 total knee replacements and 450,000 hip replacements are performed each year in the U.S., a number that will only keep growing as the nation's population ages, reports the American College of Rheumatology.

To address this need, a range of technological innovations and advancements in treatment have emerged in recent years to create more long-lasting, effective treatments to repair joints affected by arthritis.

Healthline spoke with experts about the latest advancements — from growing new cartilage cells to using injectables to spur more efficient healing — in joint repair

for arthritis, and what's next as we look to the future of the field. The state of joint repair today



When asked to assess the overall state of the field of joint repair and replacement, Dr. Susan Goodman, an attending rheumatologist at the Hospital for Special Surgery in New York, said she believes we are "looking at a future with no need for joint replacements."

But to get to that point, she told Healthline that "there are several significant hurdles ahead."

"For a condition such as rheumatoid arthritis [RA], the problem of joint damage develops from the unchecked inflammation that erodes cartilage. For patients with RA, it is critical to control the inflammatory disease so that the "new" or engineered cartilage doesn't get damaged

in the same way," Goodman said. "For the time being, since artificial/engineered tissue has only been used in small areas of the damaged joint, it would not be a solution for patients with inflammatory arthritis who have abnormalities in their entire joint."

When it comes to joints like the knee, which "are very susceptible to mechanical forces of weight and impact," a condition like obesity "will also lead to damage in the engineered joint."

Dr. Kristofer Jones, a board-certified, fellowship-trained orthopedic surgeon who specializes in sports-related musculoskeletal injuries of the knee, shoulder, and elbow, told Healthline that we are ahead of where we were 10 to 15 years ago and "a lot of new research has come out" along with a lot of new products that look at "alternative ways to resurface new cartilage," with either a patient's own cells or using allograft tissue, or transplanted tissue between patients.

"The research shows these new tissue types are certainly durable and provide patients with long-lasting pain relief, but the issue is the progression of joint degeneration in other areas of the knee," Jones added.

He said it's not uncommon to have performed a cartilage transplant procedure to address one part of the knee and then two or three years later see the same patient experience degeneration in other areas, with new symptoms.

"We are good right now at resurfacing small-to-medium size lesions with the durable tissue, but we haven't quite figured out how to turn off the 'button' that has started in some of these patients where you are looking at progressive joint degeneration in other areas," Jones explained.

Face packs to get rid of Sun Tan during Summer

Summer has arrived and most of us are excited to step out for workouts, meet friends, and take that much-needed vacation. On the other hand, stepping out on a sunny day can result in some serious sun tan as a result of unprotected exposure to the sun's rays. Skin tanning is one of the most common and severe problems during summer when the sun's heat is more intense. The risk rises if tanning leads to sunburn. While sunscreen, on most days, can be your savior, it isn't always fully effective. If your skin is excessively tanned, face packs can smoothen, moisturize, and protect your skin. These Ayurvedic face pack recipes will not only keep your tanning under control but also enhance your skin's health. Natural ingredients like saffron, turmeric, cucumber, lemon, oranges, ripe papaya, almonds, turmeric, yogurt,

buttermilk, tomato, etc., help to remove tan. These are certainly safer than chemical bleaches and actually benefit the skin in other ways too. For example, cucumber has an astringent effect, while turmeric is a natural antiseptic and skin softener. Yogurt and buttermilk also help to nourish and soften the skin. Similarly, almond is extremely nourishing for the skin, apart from its gradual skin-lightening effect. Such ingredients keep the skin healthy and preserve its youthful properties. Here are some anti-tan face packs: Add a little turmeric (haldi) to gram flour (besan) and curd into a paste and apply daily. Wash it off after 20 to 30 minutes. Mix one teaspoon each honey and orange juice with egg white. Apply on the face and wash off after 20 minutes. It removes tan and also nourishes the skin, making it soft and smooth. Cucumber juice (or pulp) and water-



SHAHNAZ HUSSAIN'S BEAUTY TIPS HT EXCLUSIVE



melon can be mixed with two teaspoons of powdered milk. Put the

ingredients in a blender, for a smooth paste. Apply on the face and neck and

rinse off with water after half an hour. Mix cucumber and ripe papaya pulp with curd and two teaspoons of oats. Lemon juice can also be added. Apply on the face and neck, twice a week. Wash it off after half an hour. Add cream of milk, a pinch of turmeric, and oats to tomato pulp and half a teaspoon of honey. Apply on the face, to remove tan and nourish the skin. Take honey and yogurt and add a few tablespoons of red wine. Apply this on the face and leave it on for 20 minutes. Rinse with plain water. This removes tan and adds a glow. Mix ground almonds with curd and a pinch of turmeric. Apply on the face. After 15 minutes, rub gently with circular movements. Wash it off with water. For oily skin, mix multani mitti with rose water and lemon juice into a paste. Apply on the face and wash off when it dries. Mix together two teaspoons of honey,

little milk, and rose water, dried and powdered lemon peels into a paste. Apply two or three times a week on the face and neck. Wash it off after 20 minutes. Soak one tablespoon of moong dal in water for a few hours. Make a paste and add one tablespoon of tomato pulp. Apply on the face with a light massage. Wash off with water after 20 minutes. Take one tablespoon of choker (wheat bran), one teaspoon of each orange peel powder and curd, and one tablespoon of aloe vera gel. Mix together and apply on the skin, washing it off after 30 minutes. The author is an international fame beauty expert and is called the herbal queen of India

Thanks and Regards
Dr. G.L. Mahajan, PhD New Delhi
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NEWS

Weight Loss Tips:

What Is Red Rice?

6 Reasons Why You Should Add It To Your Diet

Long and granular rice called "red rice" usually has a reddish tint from the pigment anthocyanin, which is water soluble. Red rice, which is available in full- or partially-hulled variants, has a nutty flavour and a higher nutritional value than polished rice.

Red rice is a type of rice that is commonly grown in Asian countries, particularly in India, Sri Lanka, and Indonesia. This unique variety of rice gets its distinctive red colour from its outer layer, called the bran. This is the same part that is removed when producing white rice. Read on as we discuss the many reasons why you should consider adding red rice to your diet.

1. High in antioxidants

Red rice is loaded with antioxidants such as anthocyanins, which are responsible for the grain's brilliant red colour. These antioxidants help neutralise free radicals in the body, thereby preventing or slowing cell damage that could lead to various diseases such as cancer, heart disease, and diabetes.

2. Rich in fibre

Red rice is also rich in fibre and low in fat, making it an ideal food for weight loss or management. Fibre is essential in the digestion process as it helps improve bowel movements, prevent constipation, and reduce cholesterol levels in the body. Diets rich in fibre also help maintain healthy blood sugar levels, which can lower the risk of developing type 2 diabetes.

3. Packed with vitamins and minerals

Red rice is packed with vitamins and minerals essential for good health. It is an excellent source of vitamin B6, which helps the body produce red blood cells and neurotransmitters that regulate mood, and vitamin E, an antioxidant that helps maintain healthy skin and may lower the risk of certain cancers. Additionally, red rice contains potassium, iron, and magnesium that help maintain healthy bones, blood pressure, and metabolism.

4. Gluten-free

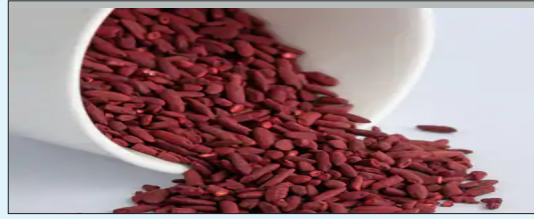
Red rice is naturally gluten-free, making it an excellent option for people with celiac disease, gluten intolerance, or a wheat allergy. Eating gluten can cause severe abdominal pain, diarrhoea, and other digestive problems for people with these conditions. Therefore, incorporating red rice into their diet can provide a healthy alternative to gluten-rich grains like wheat, rye, and barley.

5. Versatility

Red rice can be incorporated into various recipes, making it a versatile grain in the kitchen. It can be used in salads, soups, stir-fried dishes, or served as a side dish. Red rice is also a great substitute for regular rice in recipes like rice puddings or rice flour tortillas, giving them a nutty flavour and a boost of nutrients.

6. Reduce the risk of cancer

Studies have shown that red rice may reduce the risk of certain cancers such as colon cancer, breast cancer, and prostate cancer. This is due to the presence of antioxidants and anti-inflammatory compounds in the rice. These compounds help prevent the growth and spread of cancer cells, improving the overall health of the body. In conclusion, incorporating red rice into your diet can deliver numerous health benefits. This delicious grain is a rich source of antioxidants and fibre, is gluten-free, packed with vitamins and minerals, versatile in the kitchen, and may help reduce the risk of certain cancers.



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Whoever builds a Masjid for the sake of Allah Almighty, like a sparrow's nest or even smaller, Allah Almighty will build for him a house in Paradise. [Ibne Mahah]
"Whoever builds a mosque, desiring thereby Allah's pleasure, Allah builds for him the like of it in paradise." [Bukhari]

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