

Playing Asian giants during Asian Champions Trophy will be thrilling....

PJ12

Technology to be enabler in attaining sustainability in food production: CS

PJ3



Infiltration Bid Foiled, 2 Militants Killed in Machil Sector: Army

Dr. Ab Qayoom

KUPWARA, MAY 03: Army on Wednesday said to have foiled an infiltration bid by neutralizing two militants in Machil sector along Line of Control. "Based on a specific intelligence input provided by SSP Kupwara of likely infiltration from one of the [militant] launch pads across the Line of Control towards Machhal sector, troops were put on high alert on 01 May", reads a statement issued to HT.

"A well coordinated counter infiltration grid was put in place in this rugged and extremely difficult area. A number of additional ambushes including those of Indian Army and SOG



Kupwara were placed along the alert troops in ambushes likely routes of infiltration. The Turn.....Infiltration Bid.....Pg 02

BJP will form govt in JK with 'full majority': Ravinder Raina

HT News Network

ANANTNAG, MAY 03: Exhorting party leaders to walk the extra mile to reach out to the people, Jammu and Kashmir BJP president Ravinder Raina on Wednesday said the party is all set to form the government in the union territory with "full majority". Talking to reporters on the sidelines of workers' meeting at Khanbal Anantnag, Raina said that the party will ensure that the nation is strengthened, both internally and externally, and is ready to lead the world.



He said people of Jammu and Kashmir have been close to BJP due to sincere and pro-people politics by Prime Minister Narendra Modi who ensured development in every village of J&K. Turn.....BJP will form govt.....Pg 02

MeT predicts more rains, amid dip in temp in J&K



HT News Network

SRINAGAR, MAY 03: Amid fresh rains and below normal temperature at most places Meteorological department predicts a brief spell of light to moderate rain likely in Jammu and Kashmir on Wednesday.

Currently it is raining at some places while weather generally is cloudy at most places of Kashmir and Partly Cloudy in Jammu region amid forecast of a brief spell of light to moderate rain likely at scattered places towards late afternoon or evening, the MeT office said.

It said the weather will remain fair to partly cloudy with brief spells of Rain or thunderstorm can't be ruled out towards late afternoon or evening during May 4-6 in Jammu and Kashmir. There could be rains at many places from May 7-8 also.

MeT office has also advised tourists to keep warm clothes ready as the weather is very likely going to be cold till May 8 while the farmers has been asked to avoid spraying of crops in Jammu region on May 3, 6 and May 8 as there are chances of rain is high in the region.

Currently intermittent light to moderate rains at many places of Kashmir valley including Srinagar and cloudy with light rain at isolated places of Jammu region.

Srinagar recorded a low of 10.4 degree Celsius against 10.6 degree Celsius on the previous night and it was 0.7 degree Celsius above normal for the summer capital of Jammu and Kashmir. The maximum temperature was 0.5 degree Celsius below normal of 22.3 degree Celsius on Wednesday. Turn.....MeT predicts more.....Pg 02

NEWS BRIEF

2 residential houses damaged in Nambla Uri due to heavy landslides'

URI, MAY 03: Two residential houses were damaged by heavy landslides due to incessant rains in Nambla Uri, reports said on Wednesday.

They said houses belong to Showket Shah son of Yousuf Shah and his Son Mustaq Shah at Silpather Nambla Uri. Turn.....2 residential houses.....Pg 02

Wanted drug smuggler arrests in Baramulla: Police

SRINAGAR, MAY 03: Police on Wednesday claimed to have arrested a wanted drug smuggler and recovered contraband substances from his possession in Jammu and Kashmir's Baramulla district.

The accused was identified as Sajid Ahmad Khan a resident of Mohura who was arrested alongwith 1Kg of contraband Charas like substances at Turn.....Wanted drug.....Pg 02

Cloudburst creates panic in Kulgam villages

KULGAM, MAY 03: A flash flood triggered by cloudburst created panic in some villages of Devsar area of south Kashmir's Kulgam district on Wednesday.

Officials informed that the incident took place today afternoon in the upper reaches of the Lammar-Hallan area in Devsar. "There was a sudden Turn.....Cloudburst creates.....Pg 02

'Work on Zojila tunnel in full swing; 6 out of 13 km completed'

GANDERBAL, MAY 03: The work on the much-awaited Zojila tunnel is in full swing, with officials saying that almost 6 out of 13.154 kilometres have been completed so far.

The tunnel is envisaged to provide all-weather connectivity to Ladakh. National Highways and Infrastructure Development Corporation Limited (NHIDCL) has paced up the work to Turn.....Work on Zojila tunnel.....Pg 02

J&K PAB Recommends Rs 1669 Cr Plan Proposals Under Samagra Shiksha For 2023-24

HT News Network

JAMMU, MAY 03: The Project Approval Board (PAB), constituted under the Samagra Shiksha scheme, on Wednesday approved plan proposals worth Rs 1,669 crore for Jammu and Kashmir for the financial year 2023-24, an official spokesman said.

The plan proposals were approved by the board which met here under the chairmanship of Union Secretary, Department of School Education and Literacy (DSEL), Sanjay Kumar, the Turn.....J&K PAB Recommends.....Pg 02

Millets-Based Dishes To Be Served To CAPFs, NDRF Personnel: MHA

HT News Network

NEW DELHI, MAY 03: The Union Home Ministry on Wednesday said millets-based dishes will be served in the meals of the Central Armed Police Forces (CAPFs) and National Disaster Response Force (NDRF).

The decision to introduce 30 per cent millets in the meals has been taken as per the directive of Union Home Minister Amit Shah after detailed discussion with all the forces, an official statement said.

Under the leadership of Prime Minister Narendra Modi, in the International Year of Turn.....Millets-Based.....Pg 02

Amarnath Yatra: Shrine Board releases list of permitted, banned food items for pilgrims at 'langars'

HT News Network

JAMMU, MAY 03: As the 62-day long Shri Amarnath Yatra this year is scheduled to begin from July 1, the Shri Amarnath Shrine Board has released a list of permitted and banned meal, food items at 'langars' (community kitchens) for the pilgrims en route twin tracks to the holy cave shrine located in Anantnag district of Jammu and Kashmir.

Officials said that focus is the health of the pilgrims and in view of that, Langar Turn.....Shrine Board.....Pg 02



From Bihar to Kashmir: This CRPF man with melodious voice captivates audiences

HT News Network

BANDIPORA, MAY 03: For several years, a Central Reserve Police Force (CRPF) personnel stationed in the North Kashmir's Bandipora district has been captivating audiences with his enchanting voice. Of late, he has taken the social media by a storm by singing Kashmiri songs in his melodious voice.

Mrityunjay, who originates from Bihar, has been stationed at the 3rd Battalion of CRPF in Bandipora for the past four years. He has won over crowds with his soulful voice at numerous official functions and celebrations, including Republic Day and Independence Day.

In addition to singing in Hindi, Mrityunjay has gained recognition for his performances in the Kashmiri language as well. He recently sang a Kashmiri song during an Turn.....From Bihar to.....Pg 02

BOTTOM

Pol Science graduate 'Chaspeeda' of Baramulla becomes role model in agri farming



HT News Network

SRINAGAR, MAY 03: Thirty four year old, Chaspeeda Bano of Palhalan village of Baramulla district, an ambitious

agripreneur, has made fortunes with agriculture farming emerging as a role model for womenfolk of the area.

Bano is extending complete support to other women to become financially independent.

A graduate in Political Science, Bano entered into the farming sector seven years ago and with her hardwork and latest practices and regular advice from the Agriculture Department and succeeded in changing her fortunes.

She started growing different vegetables on her eight kanal fertile land and has been not only earning livelihood through it but now she also helps other farmers in her area to turn their agri farming into profitable enterprises.

Chaspeeda has been cultivating organic vegetables like radish, cucumber, tomatoes, potatoes, onions, peas, beans, chillies. She appreciates the officials of Agriculture Department for regularly visiting her farm and encouraging her to adopt new Turn.....Pol Science graduate.....Pg 02

Govt Approves Rs 687 Cr For Upgradation Of Power Distribution Infrastructure In Ladakh

HT News Network

LEH/JAMMU, MAY 03: The Central Government has given its approval for the implementation of Revamped Distribution Sector Scheme (RDSS) in the Union Territory of Ladakh with a sanctioned cost of Rs 687.05 crore, officials said.

The ministry of power conveyed its approval to Turn.....Govt Approves Rs.....Pg 02

Govt has brought greater transparency and accountability to the financial system since 2019: CS



HT News Network

SRINAGAR, MAY 03: Finance Department today organised a day-long workshop on "Transparency and Reforms in Financial Management" at

SKICC here. The workshop was attended by Director General(s) of Finance and Planning Departments, Director(s) Finance in Administrative Departments, FA&CAOs in Administrative

Departments, FAs/CAOs/Accounts officers posted with HODs/DDCs, Treasury officers and other senior officers of the Department.

The focus of the workshop Turn.....Govt has brought.....Pg 02

CONTINUE FROM FRONT PAGE.....

Infiltration Bid.....

braved continuous bad weather marked by incessant rainfall, poor visibility and significant drop in temperature for two consecutive nights. Early morning on 03 May at around 08.30 AM, [militants] were sighted by the troops having infiltrated onto their own side of the Line of Control. Intense firefight ensued resulting in elimination of two [militants].

"Bodies of two [militants] have been recovered along with two AK series rifles, magazines and huge quantities of warlike stores. Further extensive search of the area is under progress."

"Identity of [militants] and affiliated [militant] group is being ascertained", reads the statement.

"This successful intelligence based operation is yet another example of close synergy between Indian Army, JKP and all agencies. The security forces stand steadfast to defeat the nefarious designs of inimical elements supported by our adversary to disrupt peace and harmony of the area", concludes the statement.

BJP will form.....

"Situation in Jammu as well in Kashmir is favourable for BJP due to pro-people steps taken by the Centre". Raina added.

Reacting to Sajad Lone's statement that BJP and NC will form the next government in J&K, Raina said that BJP will win the majority of the seats in J&K and there won't be any need of coalition with the NC.

"People of J&K have extended support to BJP and the party is hopeful that J&K will wholeheartedly support them in yet to be held assembly elections", he said.

MeT predicts.....

Qazigund recorded a low of 8.8 degree Celsius against 9.0 degree Celsius a day ago and it was 0.3 degree Celsius above normal for the gateway of Kashmir.

Pahalgam recorded a low of 5.2 degree Celsius against 6.5 degree Celsius on the previous night and it was 0.3 degree Celsius above normal for the famous tourist hot spot in south Kashmir.

Kokernag recorded a low of 7.4 degree Celsius against 8.3 degree Celsius on the previous night and it was 1.0 degree Celsius below normal for the picnic spot of south Kashmir.

Gulmarg recorded a low of 3.5 degree Celsius against 3.9 degree Celsius a day ago and it was 0.8 degree Celsius below normal for the world famous skiing resort in north Kashmir's Baramulla district.

Kupwara recorded a low of 8.7 degree Celsius against 8.1 degree Celsius on the previous night and it was 0.3 degree Celsius above normal for the frontier district of north Kashmir, the MeT office said.

J&K PAB.....

spokesman said. He said the meeting was held online for plan approvals and was attended by Principal Secretary, School Education, Alok Kumar, Joint Secretaries of DSEL, Srija and Vipam Kumar, Director Finance Shobit and officers from the J&K Union Territory administration besides other stakeholders concerned.

"J&K is witnessing tremendous improvement in every sphere of growth and development in recent years. Both the J&K and the central governments are initiating all efforts towards establishing a robust education system in J&K," Alok Kumar said.

He said the students of government schools are now capable of competing with students of private schools. Referring to the plan proposals, he said it is the largest-ever budget recommended in the PAB meeting for various interventions since 2018-19.

"Civil works, strengthening of infrastructure vocational education, digital initiatives and innovations captured the maximum share of the budget besides a good chunk has been recommended for the gender and equity," the Principal Secretary said.

He said establishment of school education excellence hub shall be taken up this year with financial implication of Rs 8.70 crore, which shall house the Vidya Samiksha Kendra along with innovation centre and auditorium to be used for implementation of Samagra Shiksha Interventions, which shall act as resource centre and will be unique in nature.

He said more than 700 additional classrooms and 450 toilets besides 1,800 works on dilapidated buildings, library rooms and computer rooms shall be taken up in the year 2023-24.

Three Netaji Subhash Chandra Bose Avasiya Vidyalayas shall be constructed with financial implication of Rs 10.50 crore, he said, adding 36,680 metre boundary wall shall be constructed in schools for the safety and security of students and 52 Teacher Quarters for those working in far flung areas shall be taken up.

Similarly, open gyms shall be estab-

lished in 188 schools (one in each zone) besides the security and safety equipment, training for teachers and girls, establishment of innovation labs, ICT labs, vocational labs shall be the part of the innovation interventions, he said.

Millets-Based.....

Millets-2023, the Ministry of Home Affairs has taken a momentous decision to introduce millets in the meals of personnel of CAPFs and the NDRF, it said.

Recognising the importance of millets and creating a domestic and global demand along with providing nutritious food to people, the United Nations declared 2023 the International Year of Millets.

Millets are good for health and also beneficial for farmers and environment friendly. The millets are energy dense, drought resistant, with lower water requirements and can be grown with ease in arid soils, hilly terrain and is less susceptible to pests.

Some of the important benefits of millets are – good source of proteins, gluten-free; low in Glycemic Index (GI); and rich in dietary fibre, micronutrients including calcium, iron, phosphorus etc, and phyto-chemicals, thus boosting the nutritional profile of a soldier's diet.

The Home Ministry had asked all the forces to take action for introduction of millets-based menu. The forces have shown an overwhelming response and are eager to introduce millets in meals on regular basis. Millets will also be extensively used in various functions and events of CAPFs and NDRF.

Millets will be made available in Kendriya Police Kalyan Bhandar, grocery shops of the campuses and ration stores by setting up the dedicated counters/corners.

The forces will organise training of cooks in preparing millets-based dishes through reputed institutes in this field. To generate awareness among the troops and their family members for use of millets, the services of dieticians and expert agencies will be utilised.

Beside this, various events, exhibitions, seminars, webinars, workshops and symposiums will be conducted on 'Know Your Millets'.

International Year of Millets – 2023 will provide an opportunity to increase global production, efficient processing and better use of crop rotation and promote millets as a major component of the food basket, the statement said. (Agencies)

Shrine Board.....

organisations have been asked to serve only nutritious and healthy meals to the pilgrims en route to the cave shrine. "No junk and fried food will be allowed but only nutritious meals will be served at around 120 langars to be established this year for the pilgrims at twin routes leading to the cave shrine," they added.

The Shri Amarnath Shrine Board (SASB) has also circulated a menu (permitted, banned), applicable to all langar organizations, food stalls, shops and other establishments to remain operational during the yatra period, said an official.

He further stated that the District Magistrates of Ganderbal and Anantnag will ensure action against those who violate the guidelines. The meals in the Permitted Menu included Cereals, Pulses, Green Vegetables, Potato, Saag, Nutrela Soya Chunks), Besan Curry, Plain Dal, Green Salad, Fruits and Sprouts, Plain Rice, Zeera Rice, Khichdi and Nutrela Rice, Roti / Phulka, Dal Roti, Missi Roti, Makkhi ki Roti (unfried, without oil / butter), Tandoori Roti, Bread / Kulcha / Double Roti, Rusk, Chocolate, Biscuits, Roasted Chana and Jaggery, Sambar, Idli, Uttapam, Poha, Vegetable sandwich (without cream / butter / cheese), Bread Jam, Kashmiri Naan (girida) and steamed Dumplings (vegetable Momos), Herbal Tea, Coffee, Low Fat Curd, Sharbat, Lemon Squash / Water, Low Fat Milk, Fruit Juice, Vegetable Soup, Mineral Water, Glucose (in standard packet form), Kheer (Rice / Sabudana), White Oats (Daliya), Figs, Raisins, Apricots, Other Dry fruits (only roasted / raw), Low Fat Milk Sawain, Honey, Boiled Sweets (candy), Roasted papad, Khakra, Til Ka Ladoo, Dhokla, Chikki (Guchak), Reweri, Phulian Makhane, Murmara, Dry Petha, Amla Muraba, Fruit Muraba and Green Coconut.

Meanwhile the items completely banned are all Non Veg foods, Alcohol, Tobacco, Gutka, Pan Masala, Smoking, other intoxicants, Heavy Pullav / Fried Rice, Poori, Bathura, Piza, Burgar, Stuffed Parantha, Dosa and Fried Roti, Bread with Butter, Cream Based Foods, Pickle, Chutney, Fried Papad, Chowmein and all other Fried / Fast Food, Cold Drinks and Karrah, Halwa, Jalebi, Gulab Jamun, Laddu Khoya Burfi, Rasgulla and all other Halwai items, Crunchy Snacks (high in fat and salts) chips / Kurkure, matthi,

Namkeen Mixture, Pakora, Samosa, Fried Dry Fruits and all other Deep Fried Items.

In 2022, the 43-day yatra started on June 30 and concluded on August 11 on the occasion of Raksha Bandhan. In total, 3.65 pilgrims performed darshan at the cave shrine of Amarnath in 2022. The figure was the highest in the past five years.

However, 16 pilgrims died and several went missing due to the cloudburst in July during the yatra that remained suspended for three days.

From Bihar to.....

official function, which was received with rapturous applause from the audience, resulting in a standing ovation. According to Mrityunjay, he has made a conscientious effort to immerse himself in the culture of Kashmir, and has learned to sing Kashmiri songs in order to showcase them to the people. He shared that when he arrived in Kashmir, he was struck by the beauty and emotional depth of Kashmiri music.

"I studied them meticulously and practiced until I felt confident enough to perform them without any hesitation or error," he told the news agency—Kashmir News Observer (KNO). "I have a particular fondness for Kashmiri folk songs because of their captivating melodies and poignant lyrics. In fact, this was the primary reason why I was so eager to learn the Kashmiri language."

It was on Independence Day in 2020 that Mrityunjay first caught the attention of the public, when a brief video clip of him singing the famous Kashmiri song "Nigaro" was shared on Facebook. His performance was met with widespread acclaim online, with many praising his melodious voice and undeniable talent.

"I have always found inspiration in Kashmiri songs, to the point where I find myself constantly humming their melodies," he shared. While Mrityunjay has experience singing in various languages, he admits that he feels a special connection to Kashmiri music.

As the head of the CRPF band in Bandipora, he and his team performs at numerous events throughout the year, particularly on Independence Day and Republic Day eves. Whenever word gets out that Mrityunjay will be performing, people flock in droves to listen to his captivating voice and musical prowess.

practices in the field. "A new Hi-Tech green house is being established which will further help me to grow vegetables round the year. It will definitely add to my income substantially," she says.

Chapeeda Bano is becoming a role model for many farmers and youth in the district who regularly visit her farm to take her expert advice and regarding increasing the quality and quantity of the produce.

Chapeeda Bano bats for promotion of organic farming which she says is a low cost production. "Quality produce has the opportunity to get good premium price and organic production is economically viable. In fact my organic farming and its produce has provided a viable income to me which encourages me to do more hard work. Farming has provided me with financial security," she said.

Agriculture Department has praised her unique agriculture techniques. Bano also grows onion seedlings on four kanal of land which she sells in October and has been promoting the same to the people and farmers over the years.

"We sell our onion seedlings to Kupwara, Bandipora and other areas of Kashmir. We also sell the seedlings to the local markets," she said.

She produces at least 150 quintals of tomatoes every year which has helped her to improve her financial condition and become an example for other farmers in the village.

"This year we sold our tomato produce to different areas including Kargil and other parts of Kashmir. We also sold the same to the local markets and mandis," she said.

She is being introduced into Indoor Agriculture activities like Mushroom and Protected Cultivation. Her annual income from Agriculture farming enterprise is Rs.8-10 Lakh. She invests good income to strengthen her enterprise for further growth.

Govt Approves.....

RDSS for implementation in Ladakh, they said. In this regard, an agreement was signed between chief engineer, Distribution, Ladakh Power Development Department (LPDD), Tsewang Paljor and executive director WAPCOS Limited A K Gahlot in the presence of Administrative Secretary Power, Ladakh, Ravinder Kumar, they added.

The scheme includes the grid connectivity of the Changthang region, down-line infrastructure in the Zanskar region along with other loss reduction works in

the Leh and Kargil districts of Ladakh, they said.

The ministry of power also approved the appointment of WAPCOS, a Government of India undertaking as the project management agency (PMA) for the implementation of RDSS in Ladakh.

The Revamped Distribution Sector Scheme aims to improve operational efficiencies and financial sustainability, by providing result-linked financial assistance to DISCOMs for strengthening of supply infrastructure based on meeting pre-qualifying criteria and achieving basic minimum benchmarks. (Agencies)

Govt has.....

was to apprise the participants about the priorities of the government and implementation of its schemes through digital platforms for better outcomes at the field level.

Chief Secretary Dr Arun Kumar Mehta who was Chief Guest on the occasion highlighted major reforms taken up by J&K government to bring greater transparency and accountability in the financial system making it more robust and outcome oriented. He said that since 2019 many reforms had been taken in the financial management system which has resulted in producing far better outcomes.

Chief Secretary said that the key reforms introduced by the government in its financial structure envisaging added transparency and accountability and has brought UT's fiscal system at par with any other system in the country. He maintained that implementation of transformative reforms such as Budget Estimation and Allocation Monitoring System (BEAMS), online submission of bills through J&K PaySys, mandatory administrative approvals, technical sanctions and e-tendering, digital payments, GFR, GEM and related measures have greatly helped the financial systems in J&K to be efficient, transparent and result oriented.

Dr Mehta complimented the finance department for bringing in necessary changes for the overhaul of the system and said that the department has been at the forefront in eradication of corruption at all levels. "Today we could safely conclude that the financial system in J&K is one of the most transparent systems anywhere and is among the key changes that have taken roots in the UT after 2019" he added.

Chief Secretary said that the government has completed 92000 works during 2022-23 which was unthinkable in the recent past as the number of completed works would be around 9000 before 2019.

He also said that the feedback taken from the panchayats is highly encouraging as no complaint is being received from them regarding the works. He said that works are taking place 3-4 times more on the same amount of money and without facing any obstacles as this year 43000 works have been completed in panchayats which was just about 3000 before this system was put in place. He said that the officers involved in this transformation should feel proud to be part of this journey.

Regarding the number of beneficiaries receiving old age pension, widow pension, the CS said that number of beneficiaries has increased from 4.5 lakh to 10 lakh without putting any further burden on the state exchequer. He also said that 11.5 lakh beneficiaries have been weeded out from the CAPD department without anyone complaining about the same. He said that the money is reaching where it is intended to reach and there is no siphoning of public money now due to DBT and digitisation of services.

He recalled that the officers of the finance department are the protectors of the public exchequer and they should make this department most happening department in the country and achieve the financial discipline for achieving saturation of all the beneficiary led schemes.

Dr Mehta said that promoting good governance in the financial management has been one of the core objectives of the government and people are able to oversee works being executed in their areas on a real time basis on EMPOWERMENT portal.

CS also reiterated that the government has zero tolerance against any kind of irregularity in any recruitment process undertaken by any recruiting agency of the J&K Government. He assured that the confidence of our youth in these institutions is paramount for the administration and it would be safeguarded at any cost to ensure that the government jobs are acquired by deserving

candidates on merit only.

Some of the main topics which came under discussion during this day-long workshop includes Role of GST as a fulcrum of J&K's Own Tax Revenues, People's participation through EMPOWERMENT/ JAN-BAGHIDARI, E-Audit and performance auditing, PFMS and CNA/SNA Module, Introduction of IT in GP Fund, Co-relation between Finance and Investigations, and Digital Payments & DBT.

2 residential.....

Mustaq Ahmad Shah told GNS that on 28 April his house was damaged due to landslides and last night his father's house was also damaged due to Landslides. He accused PMGSY of negligence, saying that road construction in their area was started in 2017 but is still to be completed.

He said the department did not construct protection walls on road and many families continue to face the threat of damage due to landslides.

AEE PMGSY Uri Kursheed Ahmad Mir denied any negligence and told GNS that huge landslides occurred in the area due to incessant rains.

Meanwhile Tehsildar Uri Rayees Ahmad told GNS that a team of revenue department visited spot and assessed the losses. He said officials of PMGSY department were also called on the spot. He further said people of the area were asked to remain cautious.

Wanted drug.....

Noorkhah Crossing during checking. The vehicle in which he was travelling from Uri towards Boniyar was also seized, police said.

Police said that Sajid upon seeing the checking party tried to flee from the spot but was apprehended tactfully.

A case under Narcotic Drugs and Psychotropic Substances (NDPS) Act registered in Police Station Boniyar and investigations set in motion, police added.

Cloudburst.....

downflow of water soon after the cloudburst took place," they said. Naib- Tehsildar Lammar, Hyder Hussain told CNS that no fatality or injuries to anyone have been reported from the area.

He said water gushes into some structures while the situation is under control as there have been no reports of any loss of life or property so far.

Meanwhile, the local administration has swung into action and is closely monitoring the situation. The officials have deployed rescue teams in the affected areas. They are working tirelessly to ensure the safety of the residents.

The officials have also urged the people to cooperate with them and follow the safety guidelines. The local administration has assured the residents of all possible assistance and support in the aftermath of the incident.

'Work on Zojila.....

ensure the timely completion of the tunnel, the officials said. Burhan Andrabi, Senior Manager of NHISDCL told the news agency—Kashmir News Observer (KNO) that out of the total 13.154 kilometre-long tunnel; six kilometres of excavation has been completed. Besides, two bridges sub-structure has also been completed and the work on the third bridge is going on, he added.

The work on the tunnel was started in 2021. The highway will have two twin-tube tunnels, 4 bridges, and 2 snow galleries and a 2.3 km cut and cover structure. The distance from Baltal to Minamarg will come down to 13 km from the present 40 km; the travel time is expected to be cut by an hour and a half, and the journey is expected to be less strenuous. The project is expected to lead to the integrated development of both the union territories of J&K and Ladakh.

Adil Ahmad, a labourer from Ganderbal working on the project, told KNO that despite many hurdles, they toiled hard. "Many times, the work got suspended, but we courageously proceeded along notwithstanding the cold harsh climate," he said.

Another labourer, Aijaz Ahmad, said the facilities being provided to them are good. "We are hopeful that our hard work will yield good results," he said.

The tunnel will provide all-weather connectivity between Ladakh and Kashmir, which is otherwise hampered during winters as the Zojila pass is covered in snow and avalanches.



Technology to be enabler in attaining sustainability in food production: CS

Says J&K is going to be 2nd to none in adopting advanced technology and practices in Agriculture

SRINAGAR, MAY 03: Chief Secretary, Dr Arun Kumar Mehta today remarked that our Research Institutions including that of Agricultural Universities should be ready to embrace future technological innovations and modern practices. Dr Mehta was speaking in the inaugural session of the 3-Day SAPI Annual Conference & Symposium held on the theme 'Technology driven physiological capacity building in livestock for food security and sustainability (SAPICON-2023)' at Sher-e-Kashmir University of Agricultural Sciences & Technology (SKUAST) here.

On the occasion the Chief Secretary applauded the organizers of the conference for conducting it on such a significant theme. He said that such conferences are necessary for building capacities of students, faculty as well as scientists to ensure their readiness for future challenges. He sensitized the participants of the conference that if they are not ready to accept the challenge of investing in technology somebody

else is going to do so and leave them behind. Dr Mehta advised the Agricultural University to draw an action plan based upon the suggestions of experts and scientists to tackle future problems. He impressed upon them that the future is going to be technology and knowledge driven and there is need to prepare for accepting the challenges. Elucidating he maintained that the technologies like gene editing and gene splicing are becoming modern realities now. He said that the days are not far when the world would see production of meat and other products in manners that may look like fiction today. He stated that many technological advances we witness currently were unthinkable of just few decades back. He urged that undue resistance to change is not the optimal way forward. Being careful but not being paralysed holds the key to prosperous future. The Chief Secretary further recalled that from the last couple of years J&K has made big strides in adoption of modern



technology even in governance and offering of different services to public. He reiterated that J&K is going to be 2nd to none in swiftly adopting the modern technology, tools and methods to attain sustainability in food production and livestock development either. He called the conference sig-

nificant and timely when the population of the world has surpassed the mark of 7 billion and is ever increasing. He made out that technology is going to play a major role in ensuring food and nutritional security for world population in the years ahead. He maintained that none can afford to be technologi-

cally impaired. As far as the progress of agriculture in the UT is concerned, the Chief Secretary remarked that we have earmarked a robust plan of Rs 5000 Cr for development of agriculture here. He observed that the important programmes like attaining sustainability in mut-

ton, poultry, fish, wool, fodder production mentioned here should be our focus areas as around 40% of our agricultural income consists from that of livestock farming. During the conference it was given out that in view of ever increasing world population the food and nutritional security with zero hunger goals poses a challenge for us. It was revealed that livestock accounts for 40% of global agricultural GDP, provides over 33% of the world's protein intake and 7% of global kilocalorie consumption. The demand for meat and milk in 2050 is projected to grow by 73% and 58% respectively. It was therefore envisaged that the precision, smart livestock farming is inevitable that must integrate all the techniques, skills, knowledge and innovations to produce safe, sufficient, affordable, accessible and sustainable animal food with minimum environmental impacts. So the future livestock farming must be technology driven farming, as was added

during this conference. Present theme of the conference is aimed to provide some leads using available advanced technologies like IoT, AI & ML, next-gen biotechnological tools in livestock farming to make it more smart, efficient, resilient, environment friendly and sustainable. The conference is going to provide platform to scientists, researchers, students, entrepreneurs, management personnel, extension workers, planners, decision makers and other stakeholders from all over the country and abroad to share expertise and experiences, discuss issues and concerns related to traditional methods of livestock farming. It would encourage them to suggest strategy to overcome the constraints for augmenting safe, nutritious, clean, affordable and accessible livestock production. This conference will also open up frontier areas of research to scientists and technocrats to augment the smart livestock production imbued with socio-economic issues.

In a surprise, NC to campaign for Congress in Punjab by-poll

SRINAGAR, MAY 03: Jammu & Kashmir may not be enthused about a by-poll for Lok Sabha seat in Punjab, but a regional political party from the erstwhile state will hit the campaign trail in the neighbouring state in support of Congress. In a surprising political development, National Conference has asked its senior leader and former legislator Javed Rana to campaign for Congress in the seat. "I have been asked by the party leadership to go to Punjab and campaign for Congress," Rana, who is a tribal leader, told news agency—Kashmir News Observer (KNO). Rana, who represented Mendhar Assembly segment in the J&K legislative Assembly, said that he is leaving for Punjab tomorrow. The Congress's decision to rope in NC for campaign seems to be part of its strategy to woo minuscule Muslim vote bank in the segment. Top leaders of AAP, Congress and Akali Dal thronged Masjids of Jalandhar on Eid-ul-Fitr. Interestingly, the NC is campaigning for the Congress at a time when there is no formal alliance between the two parties and despite its good relations with Akali Dal. Last week, former CM and National Conference vice-president Omar Abdullah attended the last rites of Akali stalwart Prakash Singh Badal at his native village in Punjab.

Sopore's Yaseen colony inundated due to faulty drainage

SOPORE, MAY 03: Inhabitants of Yaseen Colony in Sopore town have expressed resentment against the authorities for failing to repair faulty drainage system and removal of encroachment over Irrigation and Flood Control department canal. As per the locals, a little rain causes water-logging in the said area. "It is a flood-like situation in our locality as the accumulated water overflowed from faulty drains and encroached canals directly entered into our houses," said Bashir Ahmed, a local told news agency—Kashmir News Observer (KNO). He said that the authorities concerned have failed to repair the faulty drainage system and also they had never desilted canals in their area. There is no proper drainage system while the concerned department has miserably failed to take any step in this regard, the residents said. "We have been moving from pillar to post, besides concerned departments were informed time and again but nothing has been done in this regard," they added. The locals appealed to administration as well as the concerned department to look into the matter and redress their grievances at the earliest. Officials at the I&FC were not available for their comment.

School Edu Deptt Kulgam orders closure of Pvt coaching institutes from 9:45 am to 4:15 pm

Prohibited Govt teachers from teaching in Pvt coaching institutes

SRINAGAR, MAY 03: The School Education Department in south Kashmir's Kulgam district Wednesday ordered private coaching institutes not to function during the schooling hours. Officials of the School Education Department of the district said the orders were issued to keep the academic going smoothly. According to the news agency—Kashmir News Observer (KNO), Chief Education Officer

(CEO) Kulgam said, "In the backdrop of complaint pouring public at large and in the interest of smooth functioning of the regular all the registered coaching centre owners are put under strict instructions to keep their coaching centres closed from 9:45 am to 4:15 pm excluding in holidays so that the class work of the students is not affected." It also warned the government teachers of strict actions if found practising in the private coaching institutes.

"The government employees of the Education Department are strictly advised to refrain from engaging in private coaching which is sheer violation of government orders and invites action as warranted under rules," the CEO also. It also said that if any negligence in this behalfs found, the department will take serious and strict actions under rules without any further notice. Pertinently, the government in the previous academic session

had announced prohibition on any activity or assignment including the private tuitions by teaching faculty of School Education Department. The government has said that it has observed that some members of teaching faculty of School Education Department are undertaking coaching assignments in private institutions and coaching centres even during school hours in violation of Rule 10 of the Jammu and Kashmir Government Employees (Con-

duct) Rules, 1971 as well as Chapter (IV) Section 28 of RTE Act, 2009." The department in a circular issued in 2022 has also said that the Rule-10 of the Jammu and Kashmir Government Employees (Conduct) Rules, 1971 states, "No Government employee, whether on leave or active service, shall except with the previous sanction of the government engage directly or indirectly in any trade or business or undertake any other employment."

Child guidance, wellbeing Clinic started at SMGS hospital Jammu

Clinic to help children suffering from mental health issues, says Principal GMC Jammu

SRINAGAR, MAY 03: With a rise in the number of children suffering mental health issues, authorities at Sri Maharaja Gulab Singh (SMGS) started a child guidance and wellbeing clinic on Wednesday. A doctor of the hospital told news agency—Kashmir News Observer (KNO), that child psychology and counseling services were started in SMGS Hospital Jammu by the team (comprising Faculty of Department of Psychiatric Diseases, Child Psychologist, Social Counselor, Special Educator) led by Dr. Mannu Arora, Professor & Head, Department of Psychiatric Diseases, GMC, Jammu. He said that the aim behind the move is to help children suffering from emotional, social or psychological disorder. Principal Government Medical College, Jammu, Dr Shashi Sudhan Sharma after inaugurating the clinic appreciated the coordinated efforts of Department of Psychiatric and Department of Pediatrics for starting a special clinic in the Hospital. She said that the clinic will help the children suffering from mental health issues, attention deficit, hyperactive disorder, obsessive compulsive disorder and learning disability. Professor and Head, Department of Psychiatric Diseases, Dr Manu Arora said that their team is running the Child Guidance and Well Being Clinic in Psychiatric Diseases Hospital Jammu under UNICEF program and under the guidance and support



of Principal, Government Medical College, Jammu and in coordination with HoD Pediatrics, Coordinator DEIC and Medical Superintendent, SMGS Hospital, Jammu. "We have started this clinic on OPD basis in SMGS Hospital which will cover more children requiring attention and care regarding their mental health issues," Dr Arora said. He conveyed that the clinic will function every Wednesday on a weekly basis from 12 to 2 pm and the team will work with the parents in counseling sessions. They will be helped to understand their child's behavior and sort out mental health

issues. Head of Department of Pediatrics, Dr Ghanshyam Saini said that many children suffering with mental health issues will be benefited in the clinic. He mentioned that a number of children especially adolescents are not able to share a problem with family members due to fear, hesitation/guilt or shame, whereas, finds it easy to share their problem with a Child Counsellor. He said that if such children are left untreated, it can affect their educational profile and deviation in a very adverse manner and parents have to play their role as well.

Dangling electric wires, decaying electric poles pose threat to Pulwama, Shopian residents

PULWAMA, MAY 03: Dangling electric wires tied with trees, worn out poles are posing grave threat to the lives of people as well as to their property in several villages of South Kashmir's Pulwama and Shopian districts. As per news agency—Kashmir News Observer (KNO), the residents of Rakh and Zahid Bagh areas of Pulwama district alleged that they are living under constant fear due to low lying electric wires tied with trees in their villages. They said that the electric lines touch roofs of houses and trees on roads posing risk to life and property and due to low lying overhead transmission lines. "We have been requesting the concerned department to replace the dangling and damaged electric wires and poles but our pleas fell on deaf ears," said Tawseef Ahmad a resident of Rakh village. He said that in several last back to village programmes every year they demanded electric poles and wires in the area on ground but nothing has been done. "All low tension wires in our village have been tied with trees in absence of poles due to which the wires are very low and the wires are very weak which often get damaged," said Muhammad Younis, another local. The residents of Darbagh village in Shopian district said that they are living under constant fear due to low lying wires in the area. They claimed that they have taken up their issues with administration several times but on ground nothing has been done. An official of the PDD acknowledged that power infrastructure needs to be enhanced in the area and the department is working to replace wires and poles in the areas.

DDC Anantnag presides over the Block Diwas at Bijbehara

Says Block Diwas is the perfect example of 'Jan Baghidari'

HT News Network

ANANTNAG, MAY 03: The District Development Commissioner, (DDC) Anantnag, SFHamid today presided over the block Diwas held at Bijbehara block of the district.

On the occasion, PRIs and the general public put forth their suggestions regarding the various developmental aspects of the area before the DDC.

The DDC while addressing the gathering said that District Administration is taking every effort to address the issues of the general and genuine nature. He said that mass participation and positive response of people indicates the importance of Block Diwas. He gave on spot direction



to concerned departments for redressal of issues projected in Block Diwas. He thanked the people for their participation and turned the programme into an interacting cum participatory event. The DDC directed the concerned officer to conduct awareness camps regarding employment generation schemes so that

maximum youth get benefited besides. He also directed for technical guidance to orchardists, agriculturists by the concerned officers. He further directed for departmental coordination and cooperation for early redressal of the genuine demands of the public and the line officers assured early compliance.

SFHamid on the occasion said that District Administration is committed to provide the better facilities and for any assistance the doors of DDC are always open for the general public.

The programme was attended by ADDC Anantnag, SE R&B, JD Planing, SDM Bijbehara, CMO, CHO, CEO, DSHO, BDO PRI members and other officers of line departments besides the large number of locals.

Block Diwas was also held in block Vessu which was presided over by ADC (G) various demands and issues of community nature were raised by the PRIs and people at Bijbehara and Vessu block and the concerned officers were on spot directed for the redressal of the genuine demands of the public.

Block Diwas held at Kulgam; DC gives patient hearing to public

Farooq Rather

KULGAM, MAY 03: Providing an effective and accessible grievances redressal platform, the District Administration Kulgam today organized Block Diwas in three blocks of the district at Devsar, Kulgam and D.H Pora to take appraisal of the public issues, grievances and demands.

At all the three places officers remained available for people and listened to their issues and grievances for early redressal.

The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat presided over the outreach camp at Kulgam where he listened to the issues and grievances of the people.

PRIs, delegations, individuals from Redwani, Sangas, Tangmarg, Gundpora,



Turigam, Khee Jogipora, Gopalpora, Zangalpora and other areas participated in this grievances redressal camp and apprised the DC about issues of public importance besides projected various developmental requirements in their areas.

All the issues of people were listened to by the DC patiently and some of the

the same in Gram Panchayat Plans.

He added that gram sabha with proactive participation is the best platform to prioritize the developmental requirements and ensure proper planning for overall development of villages. At all the three places officers remained available for people and listened to their issues and grievances for early redressal.

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Bar Association Baramulla bids adieu to outgoing PD&SJ, Mobile Magistrate

HT News Network

BARAMULLA, MAY 03: Bar Association Baramulla today organized a grand and impressive farewell function here to bid adieu to the outgoing Principal District & Sessions Judge Baramulla, Mohammad Yousuf Wani and Mobile Magistrate Baramulla Sajad-ur Rehman. Ist Additional District and Sessions Judge Baramulla Shabir Ahmad Malik, NIA Judge, Pawan Kumar, Munsif Judge Baramulla, Zahoor Ahmad Ganie, President Bar Association Baramulla, Farooq-U-Din besides Bar Members, Advocates and other concerned participated in the farewell function. All the Bar Members, Advocates present in the function lauded the working style and leadership qualities of both the judges and extended their best wishes for their new assignment. Speaking on the occasion, President, Bar Association Baramulla said that the Principal District and Sessions Judge and Mobile Magistrate.

SDM Karnah reviews functioning of schools

HT News Network

KUPWARA, MAY 3: SDM Karnah, Dr. Gulzar Ahmad Rather today took a review of Education Sector including On going examinations, Academics, Rationalisation of Teaching Staff in a meeting of Education officers of Karnah sub division. Principals of Higher Secondary Schools, ZEO Tangdar, ZEO Chamkote and Headmasters of High Schools attended the meeting. The SDM also took review of Drinking water, electrification, infrastructure and cleaning of schools. He directed the officers to make teachers and school staff punctual to ensure smooth functioning of the schools.

DC Bandipora chairs NCORD, COTPA meeting Appeals parents to keep vigil on the behavior & activities of their wards

HT News Network

BANDIPORA, MAY 03: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Tuesday chaired a meeting of District Level Committee under Narco-Coordination Center (NCORD) Mechanism and Cigarette and Other Tobacco Products Prohibition Act (COTPA) at Conference Hall of Mini Secretariat, here.

Vice Chairperson District Development Council Kowsar Shafeeq was pres-

ent on the occasion. The meeting discussed in detail ways and means to curb the drug menace and the role of various stakeholders. It also discussed the alarming issue of drug addiction and abuse and strategies to tackle this issue. On the occasion, the DC discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling, abuse, besides, cultivation of illicit poppy and cannabis in the district. He highlighted the need for



coordinated efforts between government agencies, healthcare providers, civil society organizations, and community leaders to effectively address the drug problem. Dr. Owais stressed

on more intensive awareness campaigns to educate the public on the dangers of drug abuse, improved access to addiction treatment and support services, and stronger regulation of

the pharmaceutical shops to prevent the illegal distribution of banned drugs.

The DC also highlighted the role of various stakeholders in addressing the drug crisis, including law enforcement agencies, healthcare professionals, educators, parents, and religious heads.

He emphasized the importance of collaboration and a unified approach in order to combat the drug menace effectively.

Dr. Owais said that we must work in coordination

to address this issue and ensure that our communities are equipped with the knowledge and resources they need to prevent drug abuse and support those struggling with addiction.

He urged the participants to spread the message of "Say No to Drugs" in order to save youth from this menace. SSP Bandipora, Lakshay Sharma on the occasion highlighted the role of parents and religious heads in preventing drug abuse among children and youth.

Block Diwas witnesses huge public participation at Pampore

HT News Network

PULWAMA, MAY 03: The District Development Commissioner (DDC) Pulwama, Basharat Qayoom today presided over Weekly Block Diwas at Town Hall, MC, Pampore.

People from various areas of the tehsil flagged-off developmental issues, grievances pertaining to construction of Indoor Stadium at Pampore and Konibal, adequate drinking water availability, uninterrupted power supply, road connectivity and other rural development works and public welfare measures before the DDC.

The DDC listened to all public issues and demands and issued directions to the



concerned officers for resolving and meeting the demands on priority basis. Certain issues of emergent nature were redressed on the spot.

Speaking on the occasion, DDC said that Block Diwas is transforming the contours of local governance and is an effective mechanism of people's participation besides a reflection of peoples' confidence in public institutions.

It leads to a better connection between the

Administration and people and ensures effective planning and implementation of developmental goals through vibrant participation of stakeholders, added DDC.

Hestressed upon the officers to prioritize the demands and redress them within the stipulated timelines.

The DDC exhorted upon the departments and PRIs to work in tandem in order to benefit the common masses of the area.

DC Kupwara inaugurates J&K bank's first of its kind Cash Recycler Machine

CRM will be having cash deposit, drawal and fake currency detection facility

HT News Network

KUPWARA, MAY 03: In a bid to provide the latest technological banking facilities to its customers, J&K Bank today operationalized a Cash Recycler Machine (CRM) at Sub District Hospital Kupwara.

Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray inaugurated the first of its kind CRM at Sub District Hospital Kupwara.

He congratulated J&K Bank for its contribution in rendering world-class banking facilities to the people. He informed that the bank will open more such CRMs at Handwara and Kralpora.

The DC asked the people to take advantage of this facility at their convenience.

The first of its kind CRM at Sub District Hospital Kupwara is laced with latest technological banking facilities. It will help people of the area in depositing cash beyond banking hours and even on holidays as CRM will remain open 24x7.

CRM will be having fake currency detec-



tion, instant messaging and note denomination wise receipt facility.

On the occasion, the Zonal Head reaffirmed the bank's commitment to providing world-class banking facilities and services to the people of Kupwara district, regardless of their location or status.

The installation of CRM will address issues related to cash withdrawals and deposits by the people while also reducing footfall at Business Units.

CRM located at SDH Kupwara is mapped with J&K Bank Branch Old Chowk.

VC J&K KVIB presides over daylong Awareness camp at Watergam Baramulla

HT News Network

BARAMULLA, MAY 03: In a bid to ensure that the benefits of Employment Generation schemes are provided to the youth at a grassroots level, a daylong awareness camp was today organised by Jammu and Kashmir Khadi and Village Industries Board (J&K KVIB) at Watergam Baramulla wherein a series of events were carried out to aware the people about the government sponsored self oriented schemes. The programme was attended by Vice Chairperson J&K KVIB, Dr. Hina Shafi Bhat as a chief guest while the programme was also attended by officers from district administration/banks, senior officers from Board and large number of aspirant entrepreneurs and educated unemployed youth of the area. During the awareness camp, the officers gave



detailed presentations about the modalities involved in implementation of employment generation programmes viz. PMEGP, JKREGP and other schemes. A detailed deliberation took place wherein the stakeholders were informed that these schemes are online and aspirant entrepreneurs can apply online for availing financial assistance under these schemes.

Addressing the participants, Dr. Hina stated that J&K KVIB is working in a focused manner and the endeavor is to ensure that the benefits of all Employment Generation Schemes are percolated among the target population. She enjoined upon the prospective entrepreneurs especially women to come forward and channelise their energy for Nation building.

District Admin Ganderbal holds mega grievance redressal camp at Gund

HT News Network

GANDERBAL, MAY 03: Continuing with its endeavor to reach out to the people at their doorsteps to redress their grievances, the District Administration Ganderbal today chaired a public grievances redressal camp at far flung area of block Gund as part of weekly Block Diwas programme.

The camp was held at Govt. Higher Secondary School Hariganwan and was presided over by the Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani.

The programme was highly appreciated and witnessed overwhelming participation of PRIs, prominent citizens and local youth delegations from adjacent villages of block Gund who apprised the ADDC of various issues pertaining to their area.

On the occasion, the delegations raised several demands of public importance especially augmentation of basic facilities including, upgradation of PHC Gund, Play Ground, dearth of staff in schools, upgradation of middle school, upgradation of old water Supply Schemes, upgradation of roads, lack of transport facilities from Kangan to various areas of Gund block and others.

PUBLIC NOTICE

I Have lost my Father's Death certificate woh died on 16 /11 2009 Now I am applying for its duplicate certificate if anybody has any objection in this regard He/She may contact with concerned authorities within 7 days from the date of publication of this notice after that no objection shall be entertained

Name..... GHULAM RASOOL MALIK
S/o ABDUL REHMAN MALIK
R/o. DURHAMA WATERGAM
BlockWAGOORA Dist.....BARAMULLA

PUBLIC NOTICE
NAME CHANGE

The Electricity connection with Consumer ID No 0206050009476 Registered in the name of Abdul Ahad Malik R/O Pathpora Narbal Budgam is to be transferred in the favour of Arif Ahmad Malik S/O Abdul Ahad Malik R/O Pathpora Narbal Budgam. Anybody having any objection, May Contact Assistant Executive Engineer PDD Sub Division Narbal Budgam within a period of 7 days. After that no objection will be entertained in any case. Owner Name

Arif Ahmad Malik
S/O Abdul Ahad Malik
R/O Pathpora Narbal Budgam

PUBLIC NOTICE

I am applying for the pesticides and fertilizers license in the name of Tauha Pesticides Chotipora Achabal if anybody have any objection in this regard He/She may file the objection in Plant Chief Horticulture Office Baramulla and Plant Protection Office Ial Mandi Srinagar within seven days after that no objection will be entertained.

Prop:- Irfan Mohammad
S/O:- Ghulam Mohammad Lone
R/O:- Chotipora Achabal Rafiabad

Div Com e-launches mobile App "Azaala" developed by District Admin Rajouri to receive & redress public grievances

'e- Platform provides one stop solution to all public issues'

HT News Network

JAMMU, MAY 03: Divisional Commissioner Jammu, Ramesh Kumar, today e-launched an innovative mobile app 'Azaala' created by the district administration of Rajouri to receive and resolve public grievances. This app provides a one-stop solution to citizens to register their complaints and grievances with ease.

During the launch ceremony, the Deputy Commissioner Rajouri, Vikas Kundal, briefed the Divisional Commissioner about the specifications and working of the App. Any person can submit his/her grievance(s) by entering their mobile number. The app can be installed from the Google Play Store and after installation, the complainant can lodge a complaint either through the WhatsApp number



mentioned in the app or through email, Twitter, or Facebook. The app provides an option for OTP verification for secure and reliable complaint registra-

tion. Moreover, any complaint through WhatsApp, Twitter, or Facebook can directly be accessed by the Nodal

Officer who will immediately forward it to the concerned officer for redressal in the minimum possible time. The Divisional Commissioner Jam-

mu conducted a demonstration during the launch to explore the overall grievance redressal mechanism and functioning of the App. He appreciated the initiative of the district administration of Rajouri and advised the Deputy Commissioner to regularly review grievances received, redressed, and feedback.

The Azaala App is a significant step towards promoting transparency and accountability in the functioning of the government, and it will go a long way in enhancing citizen satisfaction.

The Deputy Commissioner Rajouri informed that a phone-in programme has also been started by the district administration to listen to the grievances of the public. He emphasized that technology is being used to provide a better grievance redressal mechanism in the district. The team of officers who worked under the

guidance of DC Rajouri in the innovative App were ADC, Rajeev Khajuria; ACR, Imran Kataria; DIO NIC, Muzaffar Hussain Mir; ADIO, Ashwani Sharma; DIO, Narinder Kumar.

Additional Commissioner, Pankaj Katoch; Assistant Commissioner Central, Pritam Lal Thappa; Deputy Director Planning, Munish Dutta were also present during the launch. The Azaala App is a significant step towards promoting transparency and accountability in the functioning of the government, and it will go a long way in enhancing citizen satisfaction.

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Special awareness campaign held at DPL Doda under SVEEP

HT News Network

DODA, MAY 03: A special campaign was today organized at the District Police Line (DPL) Doda under the Systematic Voters' Education and Electoral Participation programme (SVEEP) to raise awareness among police personnel and security personnel regarding the ongoing Special Summary Revision of Electoral Rolls. The objective was to encourage enrollment of left-out voters and increase their participation in the electoral process. During the campaign, the form 6.7 and 8 regarding election process was also distributed to the police personnel. The campaign was attended by several officers, including Deputy District Election Officer Doda, Amresh Kotwal; Dy.SP DAR, Susheel Kumar; Election Naib Tehsildar (ENT), Anrez Singh Jasrotia and RI DPL Sanjay Manhas. They were all actively involved in the special campaign and helped in spreading awareness among the police and security personnel. The officers explained the importance of voter enrollment and participation in the electoral process. They also highlighted the significance of every vote in shaping the future of the country. The campaign aimed to create a sense of responsibility among police and security personnel towards their duty as citizens to participate in the electoral process.

SMVD College of Nursing holds 43rd Governing Body Meeting

HT News Network

JAMMU, MAY 03: The 43rd Meeting of Governing Body (GB) of Shri Mata Vaishno Devi College of Nursing was held today at Kalika Dham Jammu under the Chairmanship of Suresh Kumar Sharma, Judge (Retd.), Hon'ble Member SMVDSB. The Meeting was attended by Anshul Garg, Chief Executive Officer, SMVDSB; Dr. Shakti Gupta, Director, AIIMS, Jammu; Dr. Sunil Sharma, Joint CEO; Dr. Gopal Sharma, Asstt. CEO, SMVDSB; Sharda M. Potukuchi, Associate Prof. Dean, Faculty of Biotechnology, SMVDU; Dr. J.P. Singh, Neuro Surgeon & Clinical Director, SMVDNSH and Dr. Shailla Cannie, Principal, SMVDCoN. Besides reviewing the progress of its earlier decisions, the GB had exhaustive deliberations on various forward looking proposals for excellence of the Nursing College. The GB also finalized on the contours of admission to 1st Batch of "Post-graduate Program in Healthcare Quality and Patient Safety Management" being shortly rolled out by the College. Issues connected with admission of students to the Academic Session 2022-23 of B.Sc Nursing Course were discussed and decisions aimed at future corrections were taken.

The GB appreciated the steps taken by SMVDCoN towards acquiring NAAC Accreditation and emphasised expediting the process to achieve Autonomous Status at an early date. In the same context, the impediments towards early execution of infrastructure additions,

Chairperson DDC inaugurates works of WSS scheme at Kaghote

HT News Network

UDHAMPUR, MAY 03: Chairman District Development Council Udhampur, Lal Chand today inaugurated work of WSS Scheme Kaghote in Block Ramnagar under Jal Jeevan Mission. BDC Chairman Ramnagar Des Raj, Superintendent Engineer (Hydraulic circle Reasi-Udhampur) R.K. Mahajan, Sarpanch Kaghote-B Sunil kumar, PRI Members, AEE Jal Shakti Sub-Division Ramnagar, Junior Engineer Concerned, Contractor of the Project and a large number of local public of the area attended the inauguration of work.

The WSS Kaghote project will be executed at a cost of Rs. 9.63 crore. The project is a Lift Water Supply Scheme and will cater three panchayats i.e Bhatyari, Khagote-A and Khagote-B

having 1100 uncovered households. The project, once completed, will benefit every household in the vicinity by providing clean tap water and the problems of dearth of potable water will be fully eliminated in these Panchayats" said the DDC Chairman. The Chairperson District Development Council Udhampur congratulated the PRI Members and public of the area. He appreciated the PRI Members for developmental activities being carried out in the Panchayats. Additionally, the Chairperson acknowledged the Jal Shakti Department officers' efforts and urged them to see to it that all approved projects were started and finished in scheduled time to provide tap water to every home and habitation.

Speaking on the occasion, Chairperson BDC Ramnagar also congratulated.

DC Kathua presides over LG's Special Governance Camps for West Pakistani Refugees

HT News Network

KATHUA, MAY 03: Deputy Commissioner Kathua Rakesh Minhas today presided over the ongoing LG's Special Governance Camps for West Pakistani Refugees (WPRs) of 1947. The DC Kathua was accompanied by ACR, Vishav Pratap Singh, Tehsildar Kathua and other District & Sectoral Officers. The camp was set up at the Office Building of Patwar Halqa, near District Employment & Counselling Centre Kathua to provide essential services to the WPRs, including documentation, healthcare, education and livelihood support.

On the occasion, the DC inspected the facilities being provided in the camps and to obtain the feedback from the beneficiaries,



besides ensuring that they receive all necessary services and support. The DC also met with the WPRs and listened to their grievances. He also reviewed the progress of the ongoing camps and directed the concerned officials to ensure that all necessary services are provided to the WPRs. Speaking on the occasion, Rakesh Minhas said, "The LG's Special Governance Camps are an important initiative aimed at providing essential services to the West Pakistani Refugees. These

camps will go a long way in addressing the issues faced by the WPRs, including documentation, healthcare, education, and livelihood support. He said that these camps are meant to provide One Stop Platform for Providing all the services. We are committed to extending all necessary support to the community members, and we will ensure that all their grievances are addressed.

The DC also appreciated the efforts of the officials and staff involved in the organization and manage-

ment of the camps. He urged them to continue working with dedication and commitment to ensure that the WPRs receive all necessary services and support. He also laid emphasis on saturating all the welfare schemes vis a vis WPRs.

The DC further called upon the officers/officials to provide these services to the community members in their respective offices also apart from these scheduled camps. Pertinently, the LG's Special Governance Camps for West Pakistani Refugees of 1947 being organised by the Government of Jammu and Kashmir with the aim of providing essential services to the WPRs. In Kathua, a complete schedule was issued in advance and these camps have been set up in various locations across the district.

Block Diwas held at Bhalla Block

HT News Network

BHADERWAH, MAY 03: Weekly Block Diwas was today held at Bhalla block of District Doda to redress the grievances of people.

A large number of locals and PRIs participated in the Block Diwas to project their demands and issues of public importance before the officers of different departments. The PRI members raised issues of public importance and demanded their early redressal.

The event was chaired by ADC Bhaderwah Chowdhary Dilmir, who listened to the participants. The government officers also provided various services and resolved many issues on the spot pertaining to their respective departments. PRI members and Local participants projected various demands before ADC, who assured them of early redressal.

The program was attended by Tehsildar Bhalla, BDO Bhalla, ExEn I&FC, AEE Jal Shakti, AEE R&B and representatives of various other departments viz Forest, Floriculture, Horticulture, Agriculture, RDD,



Fisheries, Revenue and others were present. The PRI members and locals demanded new road links and blacktopping of all existing roads in Bhalla block. The demand of drinking water supply to every village and electrification of all villages was also projected by the locals and PRI members. Registration of forest land to the occupants under Forest Rights Act was also demanded by the concerned participants. The event was chaired by ADC Bhaderwah Chowdhary Dilmir, who listened to the participants.

DC reviews working of CEO office; inspects Traffic management in Doda Township

HT News Network

DODA, MAY 03: Deputy Commissioner (DC) Doda, Vishesh Paul Mahajan today conducted an inspection of the Office of the Chief Education Officer and reviewed the working of the office.

He checked the arrival/attendance register, functioning of the Biometric attendance system, movement register of the employees and service deliverance. He further directed the officer and staff to maintain work culture and punctuality and ensure prompt redressal of public grievances.

He said that district administration won't tolerate irresponsible behavior of any employee towards



their duties and the complaint regarding the unauthorised absence of any employee shall be dealt with strictly. The DC Doda also inspected the traffic management and cleanliness in Doda town and issued strict directions regarding the traffic congestion/wrong parking etc.

He directed the authorities to take strict action against the violators of traf-

fic rules, wrong parking and roadside encroachment. He directed the Traffic/Police and ARTO to work in close coordination and act tough against violators, who cause a lot of inconvenience to common people.

ADC, Dr Ravi Kumar Bharti; CEO, Parshotam Goria; ARTO, Rajesh Gupta and Traffic/Police officials were also present during the inspection.

SVEEP campaign: Enrolment of eligible electors on rise in District Kishtwar

Debates, Symposiums & Nukkad Nataks among other activities being held to mobilize masses

HT News Network

KISHTWAR, MAY 03: District Administration Kishtwar, under the aegis of District Election Officer (Deputy Commissioner), Dr Devansh Yadav, has conducted a series of awareness activities across the district under the Systematic Voters' Education and Electoral Participation (SVEEP) Programme to spread awareness about ongoing Special Summary Revision of Electoral Rolls (SSR).

During the mega awareness events being held in all the three assembly Constituencies of the district, hundreds of students, staff, PRIs, and the general public took part in the SVEEP activities. The election department



enrolled scores of eligible electors who have attained the age of 18 years as on April 1, 2023. The SVEEP activities including symposiums, debates, rangoli competitions, rallies in colleges and other educational institutions are in progress in the district to educate youth, women and PwDs about the revision process.

The Nukkad Nataks are attracting a huge number of youth wherein a professional team is sensitising the masses especially youth and women to get registered during this ongoing SSR.

Besides encouraging registrations, the existing electors are being encouraged by the Nukkad Natak team to verify their particulars with regard to their name, address and age.

The public is being encouraged to get registered through online mode which is simple as electors need not to travel to ERO/AERO/BLO offices for the same. The awareness about online portals of Election Commission of India like www.nvsp.in and Voter Helpline app is also being spread among the public and youth.

DC Poonch reviews functioning of Revenue Department

HT News Network

POONCH, MAY 03: Deputy Commissioner Poonch, Yasin M. Choudhary today chaired an introductory meeting with the revenue officers/officials of the district here in the conference hall of the DC office.

The meeting was first with any department after the incumbent joined office as Deputy Commissioner Poonch.

The meeting held threadbare deliberations and DC was apprised about various Revenue related matters including recording of Jam-



abandies, progress under SVAMITVA, digitization of revenue records, Aapki Zameen Aapki Nigrani, Evacuee properties, digitization of cadastral maps, DILRMP and various other

revenue related issues. At the outset, the chair was given a detailed account of different Revenue related indicators of the district through a PowerPoint presentation.

The chair was told that the department has achieved 100% saturation with respect to Scanning of Revenue records, generation of land passbooks and Jamabandis. The Deputy Commissioner expressed his satisfaction over the achievements. Furthermore, he instructed the department to achieve the remaining targets well within the stipulated time frame.

The availability of buildings/infrastructure, field staff and the status of ongoing construction of revenue buildings in the district were also discussed.

EDITORIAL

Unemployment and the Violent Behaviour Among Youth...

The rise of unemployment among youth in Kashmir has been a persistent issue for several years. The lack of opportunities has left a vast majority of young people in the region without meaningful work or prospects for the future. This has led to a sense of frustration and disillusionment, with some youth turning to violent behavior as a way of expressing their anger and seeking attention.

The problem lies in the lack of economic opportunities and job creation in the area, which has created a sense of hopelessness and frustration among young people.

The impact of unemployment on the youth in Kashmir cannot be overstated. A lack of job opportunities has led to a sense of hopelessness, with many feeling like they have no purpose or future. The psychological impact of this can be devastating, leading to a range of mental health issues and a loss of self-worth.

In addition to the psychological impact, the rise of unemployment has also led to an increase in violent behavior among the youth. This can manifest in a range of ways, from petty crime and vandalism to more serious acts of violence. The lack of prospects and opportunities has left many feeling angry and frustrated, with some turning to violence as a way of expressing these feelings.

The impact of this violent behavior is significant, affecting not only the youth themselves but also the wider society.

Moreover, the incessant political instability in the region has had a devastating impact on the local economy, with businesses shutting down and investments drying up. As a result, the unemployment rate among youth in Kashmir has risen to an alarming level, with many young people struggling to find work.

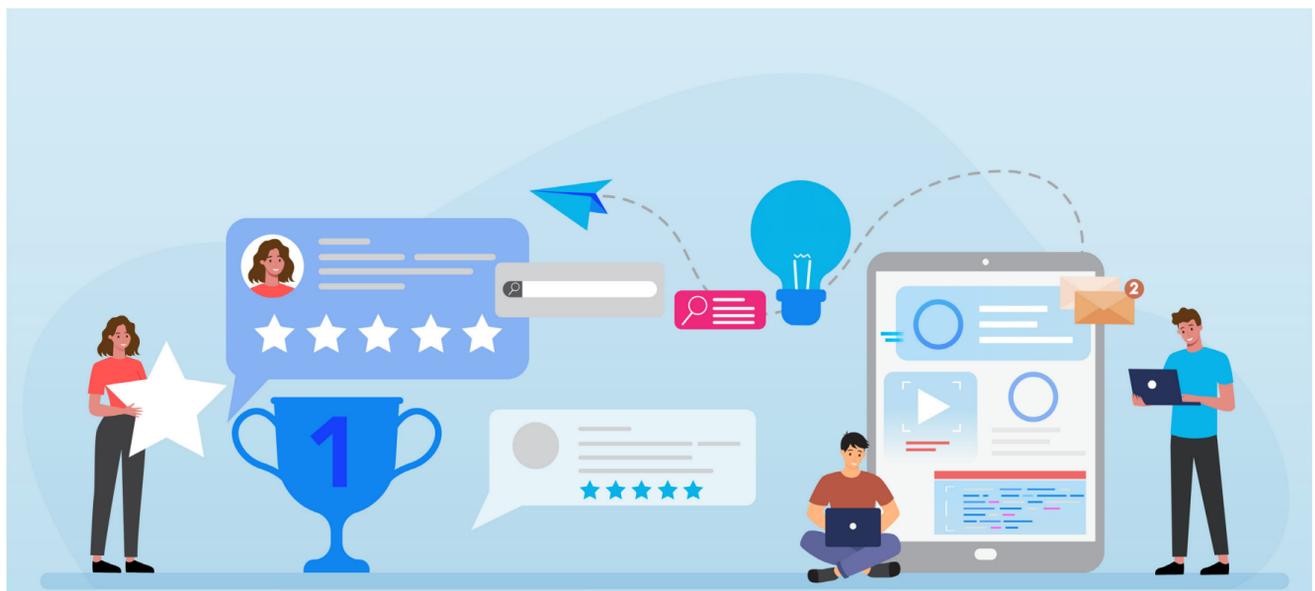
The consequences of this trend are profound. When young people are unable to find employment, they become disenchanted with the system and are more likely to engage in violent behavior. This is particularly true in regions like Kashmir, where there is a history of conflict and political unrest. Young people who are unable to find work may feel that they have nothing to lose and may be more willing to resort to violent means to achieve their goals.

Moreover, the lack of economic opportunities has a ripple effect on social norms in the region. Unemployed youth are more likely to engage in drug abuse, gambling, and other illicit activities, which can lead to a breakdown of social order and an increase in crime. Additionally, young people who are unable to find work may become more susceptible to extremist ideologies, leading to further instability in the region.

To address this issue, the government must take immediate steps to create job opportunities in the region. This will require a concerted effort to attract investment, promote entrepreneurship, and provide training and education to young people. In addition, the government must work to address the underlying causes of the conflict in the region, which has had a debilitating effect on the local economy.

It is also essential for civil society organizations and community leaders to play an active role in addressing the problem of youth unemployment in Kashmir. They can provide mentoring and support to young people, create networks and opportunities for employment, and promote a culture of entrepreneurship and innovation.

In conclusion, the rise of unemployment among youth in Kashmir is a grave concern that requires urgent attention. Failure to address this issue will lead to a further breakdown of social norms in the region and threaten the stability of the area. By investing in job creation, promoting entrepreneurship and innovation, and providing training and education to young people, we can create a brighter future for the youth of Kashmir and promote a more peaceful and prosperous society for all.



The Rise of Digital Media


VIJAY GARG

Today amidst the immense popularity and prevalence of electronic and digital media we find it difficult to imagine that there must have been a time when print media was invented. The earliest civilizations relied on oral communication. If there was a news to be told they ran to spread the word to others who did the same finally spreading the news to everyone. After that people began to write the news in picture form and in crude languages where symbols stood for words and letters. And then with the invention of paper and printing press print media came into existence. And after that there was no turning back.

Print media is the printed version of telling news primarily through newspapers and magazines. Before coming of the printing press, printed materials had to be written by hand. It was quite a long process which made mass distribution impossible.

Until a few years ago, print media (newspapers, magazines) was the main source of news and entertainment. But now digital media (websites, apps, social media) is giving a tough competition to print media resulting in debates on the importance of both of them.

ADVANTAGES OF PRINT MEDIA

1. Print media is more trustworthy because once the news is published, it cannot be modified and deleted. But in digital media, we can modify or delete the content. The newspapers and magazine publishers are extra careful when publishing news or articles. So print media is more trustworthy than digital media.

2. Reading print media can save a lot of time because all the content is compiled in a newspaper or magazine.

3. These days all the study and work involve screen time for many. In this situation print media is like a break and relief. Now more and more people want some Digital Detox time. And then print media is super useful for them.

4. When we read newspapers there will be no distractions and we can totally focus on it. It is an advantage of print media over digital media.

5. In some remote areas in India internet access is still very limited. And then print media is a blessing for them to stay updated with the latest happenings around the world.

DISADVANTAGES OF PRINT MEDIA

1. It is just a one-way communication. It gives information to the public but consumers cannot share their opinions. It's in a way not user friendly.

2. To search for an old article in a newspaper or magazine archive is a very difficult task.

3. Print media cannot target a specific audience but digital media can show different ads to a different type of audience and thus generate more revenue.

4. Print media is not helpful for people with disabilities. For eg, digital media helps people with visual impairment by giving audio versions of the content.

ADVANTAGES OF DIGITAL MEDIA

1. Digital media gives fast updates and keeps us aware and abreast with latest happenings, while print media is a slower version than digital one. It makes digital media a more proper option to get news instantly, in a more hassle-free manner.

2. Digital media is two-way communication. Consumers can share their opinions, thoughts and feedback in an instant. It gives readers a sense of community.

3. It is eco-friendly while print media needs paper got from trees resulting in their destruction

Today consumers are exposed to a lot of digital media as much as print. There is a growing prevalence of smartphones and tablets and the wireless networks that connect them mean that more and more people view digital devices. It also means more and more consumers view ads on digital devices. For

marketing and advertising digital media has many benefits. It can be less expensive than print media depending on the details of each campaign. Digital campaigns can also be produced, launched and updated faster than print. Digital media is interactive in multiple ways. Promotion on social media allows marketers to communicate directly with consumers using messaging, commenting, tweeting, wall posting etc to answer questions and offer incentives. Users are able to search for a digital document. Digital ads allow for more control over who sees than print ads so marketers can target them more easily towards specific demographics. Many digital ads can generate consumer information as well offering insight over who exactly is viewing the ads.

on a large-scale level.

4. The famous newspapers are also establishing their own online news portals. It is because of the growing importance of digital media.

5. Small companies can advertise easily on digital media platforms because it is less expensive than advertising on print media.

6. Digital media platforms can generate revenue from old contents too. So they will get more revenue and can invest more to update the quality of content.

7. Digital media is democratic unlike print media which is privatized often run by big businesses.

8. Smartphone users are increasing rapidly and so many digital media platforms are offering

content for free due to advertisements.

DISADVANTAGES OF DIGITAL MEDIA

1. As anyone can generate content easily for digital media, fake news is on the rise. So unless they are famous and have a good name digital media platforms are not trustworthy by the public.

2. Print media publishes only important news. But digital media platforms publish everything small to big so they contain a lot of unnecessary news.

3. Staring at the screen for a long time results in health problems too.

4. Many digital media publish content throughout the day. So people can check for new content always and so people are getting addicted to news and entertainment content a lot too much. It is causing 'Headline Stress Disorder' for most of them.

DIGITAL VS PRINT MEDIA

Today consumers are exposed to a lot of digital media as much as print. There is a growing prevalence of smartphones and tablets and the wireless networks that connect them mean that more and more people view digital devices. It also means more and more consumers view ads on digital devices. For marketing and advertising digital media has many benefits. It can be less expensive than print media depending on the details of each campaign. Digital campaigns can also be produced, launched and updated faster than print. Digital media is interactive in multiple ways. Promotion on social media allows marketers to communicate directly with consumers using messaging, commenting, tweeting, wall posting etc to answer questions and offer incentives. Users are able to search for a digital document. Digital ads allow for more control over who sees than print ads so marketers can target them more easily towards specific demographics. Many digital ads can generate consumer information as well offering insight over who exactly is viewing the ads. For e.g, Google AdWords and Facebook Ads offer analysis on user trends and successful referrals generated by the advertisements.

But yes there is a particular charm in print media which can never die out. It offers a more physical, tangible medium to consumers. It engages them on a more personal level and provides old-school charm which can not be done by digital media. Print ads have a localized presence that's much harder to achieve by digital media. Signs and banners create attention and help consumers to physically find you. Posters, flyers and other print media can be distributed in a community to help generate exposure and direct consumers to you.

Now if we pop up a question which of the media is better, print or digital we can have a balanced and justified answer---it's both.

CONCLUSION

Each medium has unique advantages so a good campaign should incorporate both digital and print media. The best ad campaigns use the right combination of media, depending on market size and scope, demographic targets, products or services on offer, budgetary considerations and other factors. Certain consumers are best reached on digital media but others still prefer print. The right combination of media channels allows best communication with the entire consumer audience and also maximizes the campaign's return on investment.

Both print and digital media have their own advantages and disadvantages and have a solid user base. So if we consider the present trends the consumers of digital media are increasing at a rapid rate and the share of print media is going down. But it is not exactly dying. With the increasing literacy rates print too is having a stronghold. So we can say that print and digital media are co-existing quite happily.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

The Complex Factors Contributing to the Rise of Prostitution: A Nuanced Approach Needed



IRFAN ATTARI KASHMIRI

The Rise of Prostitution: Understanding the Factors Behind it

Prostitution is the act of engaging in sexual activities in exchange for money or other forms of compensation. It is a contentious issue that has been debated for years, and the practice has seen a rise in recent times. There are several reasons for the increase in prostitution, including economic, social, and cultural factors.

Economic Hardship and Prostitution: How Unemployment is Driving the Industry

One of the primary reasons for the increase in prostitution is the state of the global economy. Economic downturns and high levels of unemployment have left many people struggling to make ends meet. As a result, some individuals turn to prostitution as a means of earning money quickly and easily. This is particularly true for women who are often disproportionately affected by economic hardship.

Coercion and Trauma: Social Factors Contributing to the Increase in Prostitution

Social factors also play a significant role in the rise of prostitution. Some people are coerced into prostitution by family members

or friends, while others turn to the practice as a result of childhood trauma or abuse. Additionally, there is a significant demand for prostitution among individuals who seek sexual gratification outside of traditional relationships.

Coercion and Trauma: Social Factors Contributing to the Increase in Prostitution

Cultural factors also contribute to the rise of prostitution. In some cultures, prostitution is viewed as a viable and legitimate career option, while in others, it is seen as a taboo and illegal activity. This cultural divide can make it difficult for lawmakers to regulate the practice, leading to an increase in the number of people engaging in prostitution.

Cultural Divide: How Attitudes Toward Prostitution Contribute to Its Rise

The rise in prostitution has several negative consequences for individuals and society as a whole. Prostitution puts individuals at risk of sexually transmitted infections, unwanted pregnancies, and physical violence. It can also contribute to the spread of human trafficking, as vulnerable individuals are forced into prostitution against their will.

Negative Consequences: The Health and Social Risks Associated with Prostitution

Efforts to combat prostitution have been ongoing for many years. Governments have introduced laws that criminalize the practice and impose harsh penalties on those who engage in it. However, these efforts have been largely unsuccessful in eradicating prostitution. In fact, in some cases, the criminalization of prostitution has driven it underground,

making it more difficult to regulate and putting individuals at greater risk

Criminalization and its Consequences: Why Traditional Approaches Are Not Working

One potential solution to the rise in prostitution is to focus on addressing the underlying economic, social, and cultural factors that contribute to it. This might include programs that provide job training and financial support to individuals who are struggling financially. It could also involve education campaigns that aim to change cultural attitudes toward prostitution and increase awareness of the dangers associated with the practice.

Addressing the Root Causes: A Multifaceted Approach to Combating Prostitution

The rise in prostitution is a complex issue that requires a multifaceted approach to address. While efforts to criminalize the practice have been ongoing for many years, they have been largely ineffective in reducing its prevalence. Instead, addressing the underlying economic, social, and cultural factors that contribute to prostitution may be a more effective way of reducing its occurrence and protecting vulnerable individuals from harm.

The Complicated Factors Behind the Rise of Prostitution

Prostitution is a controversial and stigmatized issue that has been present throughout history, and its rise in recent years has brought it to the forefront of public attention. The issue of prostitution is complicated, and there are several factors that have contributed to its increase in recent times.

One of the factors that have contributed to the rise of prostitution is the growth of the global sex industry. With the advent of the internet and social media, the sex industry has grown exponentially, providing an easy avenue for individuals to engage in sex work. The rise of sex tourism, particularly in developing countries, has also contributed to the growth of prostitution.

Another factor that has contributed to the rise of prostitution is the increasing sexualization of society. The objectification of women in the media, advertising, and popular culture has contributed to the normalization of sexual exploitation, making it easier for individuals to justify engaging in prostitution.

From Sex Industry Growth to Drug Addiction: Additional Factors Behind the Increase in Prostitution

Moreover, the increasing use of drugs and alcohol has contributed to the rise of prostitution. Drug and alcohol addiction can be a powerful motivator for individuals to engage in prostitution to support their habits, and can also make individuals more vulnerable to exploitation.

The Stigma of Prostitution: How it Makes it Harder for Sex Workers to Access Support Services

The stigma associated with prostitution also plays a significant role in its increase. Stigmatization of sex workers can make it difficult for them to access support services, including healthcare, education, and housing. Additionally, the criminalization of prostitution can make it more challenging for sex workers to access legal protection

and resources.

A Nuanced Approach: The Key to Reducing the Prevalence of Prostitution

Efforts to reduce the prevalence of prostitution have been ongoing for many years, but they have not been very successful. Some countries have taken a more liberal approach to prostitution, legalizing or decriminalizing the practice. This approach aims to provide sex workers with more protection, improve their working conditions, and reduce the risk of exploitation.

Other countries have taken a more conservative approach, criminalizing prostitution and imposing harsh penalties on those who engage in it. However, this approach has been criticized for making it difficult for sex workers to access support services, and for driving the practice underground, making it harder to regulate and protect individuals.

In conclusion, the rise of prostitution is a complex issue that requires a nuanced approach. Addressing the underlying economic, social, and cultural factors that contribute to prostitution is essential, as is providing sex workers with access to support services and legal protection. Reducing the stigma associated with prostitution is also critical, as it can help to improve the working conditions of sex workers and reduce the risk of exploitation.

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Army Commander Northern Command interacted with survivors of the Poonch terror attack! Every survivor has a story to tell and thus he too had one to relate!



M S NAZKI

Your friends dress like your enemies, and your enemies dress like your friends!

This is how Pak Generals can be summed up who say something and are hell bent on doing something else!

This is the third in the series of stories on the terror attack that took place in Poonch-Mendhar sector! This is the concluding part!

It is almost less than 24 years to the end of the century when both India and Pakistan got the coveted Independence, an effort that was colossal and no less than the French revolution or the Italian one or the American revolution (that began from the Boston Tea Party) or as a matter of fact the Russian one! Revolution and renaissance are all part of history! Four civilizations are studied in detail, the first is Indus valley, the second Greek, the third and fourth the Chinese! There are many others too that got vanquished with time and ages but these four survive in the books of history! If gone into further details each one of these taught mankind just one thing and the line was, 'live as humans. Be kind to the entire human kind and believe in brotherhood and humanity! India believes in that but about the rest I cannot say much!

Now compare India with Pakistan! Pakistan was a part of India but the old legacy beginning from 1947 says that Pakistan always took the pathway of ignorance, arrogance and aggressiveness! India on the other hand took on the roads that were not taken! The result, see the impact of India. The G-20 summit is going to happen in Ladakh! Why? 'India wants the world to live in peace!'

Now coming to the Poonch terror attack, here are some more facts:

Army Commander Northern Command interacted with survivors of the Poonch terror attack! Every survivor has a story to tell and thus he too had one to relate!

Lt. Gen Upendra Dwivedi Army Commander Northern Command reviewed the operational situation after the incident on 20 April 2023. He was briefed on the actions undertaken so far exhorted the troops to be steadfast in their resolve!

The attack is suspected to have been carried out by a group of three to four terrorists. Could be more also! Army Commander Northern Command Lt. General Upendra Dwivedi during his visit to Command Hospital where survivors of the terror attack are being treated, in Udhampur, Jammu and Kashmir.

Army's Northern Commander on Sunday said that



necessary action is underway against the terrorists responsible for the deadly attack on an army truck in Jammu and Kashmir's Poonch district that left five soldiers dead.

A massive search operation to track down the terrorists is underway in Bhata Dhurian following the ambush on the army vehicle carrying fruits and other items to a border village for an Iftar that was to be hosted by the Rashtriya Rifles unit, officials said.

Bhata Dhurian is not an uncommon thing to happen. Last year also in the same area a similar incident happened and the time was about the same but the year was 2022!

The forest is dense, the tree line is thick, the bushes are far too big! This forest cover ensures that the men with horrible ideas can come and strike at will. Not every day but once in a blue moon!

Why not spread it around in the forests? Our soldiers experts in jungle fighting?

This we are saying is because of the fact that wolves or werewolves can only be killed and cooked up in their den!

Just a suggestion that will strike the strategists! Yes one fact more, small hamlets are there in the

jungle! Whether friendly or friendly, the same is not known!

In a tweet on its official handle, the Army's Northern Command shared Lt. Gen Dwivedi's visit to the Command Hospital in Udhampur and his interaction with the survivor of the terror attack.

The commander visited the attack site at Bhata Dhurian, an area that is a preferred infiltration route for terrorists from across the Line of Control because of its topography, dense forest cover and natural caves. Lt. Gen Dwivedi reviewed the security in the border area and the ongoing combing operation to track down the terrorists. While the search operation is underway amid a high alert in the twin border districts of Poonch and Rajouri, the traffic on Rajouri-Poonch highway was restored a couple of days back after remaining suspended since the attack happened. Among those rounded up are two couples from Degwar in Poonch - Iqbal and his wife Mudifa and Salam Din and his wife Rashida. The attackers possibly spent more than a year in Rajouri and Poonch and had adequate knowledge of the terrain. The Jammu and Kashmir Gaznavi Force (JKGF) is said to be active in the area and its commander, Rafiq Ahmed alias Rafiq Nayi, hails from the

region.

Without the help of the locals the same could not have happened! Those who are progressive in the region are on an upward scale as the ladders of progress are being laid but those who believe that Pakistan will be helpful all the time are nothing but on a zero conclusion and calculation (obviously some of the locals)!

Currently, three-four terrorist groups are active in the region of Rajouri and Poonch, the sources said.

Around 30 people detained for questioning, hunt on for terrorists!

Necessary action is being taken against the terrorists responsible for the deadly attack, the Army's Northern Commander Lt. Gen Upendra Dwivedi said

Five soldiers were killed and one was injured after the terrorists attacked the lone Army truck, which was carrying eatables for iftar to a nearby village.

In childhood we thought 'true terror is to wake up one morning and discover that your high school class is running the country! As we become soldiers it is time to go in to search for a monster! In Bhata Dhurian forests several are hiding!'

Some more facts:

Some of the people who passed through the scene of the attack said a traffic sign board put up by the Border Roads Organisation (BRO) bore three bullet marks and the road stretch was strewn with vegetables and fruits.

The officials said Several people have been detained for questioning so far.

The slain soldiers were from a Rashtriya Rifles unit deployed for counter-terror operations.

The terrorists who ambushed the Army truck used steel core bullets, capable of piercing an armoured shield, and decamped with the soldiers' weapons, officials said on April 23.

They said a sniper is believed to have targeted the truck from the front before the other terrorists sprayed bullets and lobbed grenades on it.

Experts from various agencies, including the National Security Guard (NSG) and the National Investigation Agency (NIA), have visited the site of the attack over the past two days and have managed to get a clear picture of the deadly ambush which was laid by the terrorists, the officials said.

Something was going to happen that day and it did! The soldiers in every way died for the 'Indian Nation! The destiny had written the same for them!

'She was a ray of sunshine, a warm summer rain, a bright fire on a cold winter's day, and now she could be dead because she had tried to save the man she loved. She died. If the readers remember, yesterday I talked about a girl known as 'Ayesha'! Her name was not that but little daffodil and she was from the hills of Kohima (Nagaland). That story is next up from my treasures (Majors Diary) because that is what I otherwise have other than technology, books, diaries and a huge quantity of pens! Next up is the story that I have mentioned above!'

"Congress Is Enemy Of Peace And Development": PM Modi In Karnataka

HT News Network

Mulki, Karnataka: In a frontal attack on the Congress, Prime Minister Narendra Modi on Wednesday said the entire politics of the party is based on "divide and rule" policy, and charged it with going across the world defaming the country, when India's democracy and development is being appreciated and respected globally.

Calling Congress the "enemy of peace and development", the Prime Minister also accused it of insulting and abusing India's defence forces.

"Congress is an enemy of peace and development. When Congress is there, investors will flee. Congress protects 'aakas' (bosses) of terror, they encourage appeasement," PM Modi said.

Addressing a public meeting here in Dakshina Kannada district of coastal Karnataka, which is a BJP stronghold, he said Congress' only identity is "appeasement politics".

"Will you (people) allow such Congress to come to power, will you allow Karnataka to get ruined?"



"Across the country whichever state wants peace and development, the first thing people there do is to oust Congress from there. If there is peace in society and the country is progressing, Congress cannot sit peacefully or will not be able to digest it. Congress' entire politics is based on divide and rule policy," he added.

This was the Prime Minister's first poll rally today ahead of the high-stakes Assembly elections in Karnataka with PM Modi scheduled to address two more meetings later in the day.

Alleging that the Congress tries to save those who were arrested for conspiring to spread terror, PM Modi claimed that it not

only withdraws cases against such anti-social elements, but also releases them.

The "reverse-gear" Congress also takes electoral help from anti-national forces, the Prime Minister further alleged.

Noting that the whole country respects and honours our defence forces, PM Modi said the Congress insults and abuses the military brass and soldiers.

The whole world appreciates and respects India's democracy and development, he said, but the Congress is going across the world defaming the country.

"America, Australia, Japan, UK, in every corner of the world India is being appreciated or not? Why?..

It is not because of Modi, it is happening because of your (people's) votes. It's the strength of your votes, which formed a strong and stable government in Delhi," he added.

Highlighting that BJP wants to make Karnataka number one in India, the Prime Minister said: "We want Karnataka to become number one in industrial and agriculture development, fisheries and port. We are working on it." He charged the Congress of looking to make Karnataka the "number one ATM" for its 'Shahi Parivar' (royal family) sitting in Delhi.

Karnataka BJP President Nalin Kumar Kateel and Union Minister Shobha Karandlaje among other BJP leaders were present at the rally. Highlighting that BJP wants to make Karnataka number one in India, the Prime Minister said: "We want Karnataka to become number one in industrial and agriculture development, fisheries and port. We are working on it." He charged the Congress of looking to make Karnataka the "number one ATM" (royal family) sitting in Delhi.

HT News Network

Dibrugarh: India is the world's most vibrant democracy and its image cannot be allowed to be tainted or tarnished by anyone, Vice President Jagdeep Dhankhar said on Wednesday.

Some people are trying to tarnish India's democratic image outside the country by spreading a false narrative that people do not enjoy their rights, Jagdeep Dhankhar said while addressing the 21st convocation of the Dibrugarh University here.

"When all is going well, why should some decry our democracy, talk outside as well as inside the country that we do not have democratic values? I dare say with confidence and without fear of contradictions, India is the most vibrant functional democracy on the planet on this date," he said without naming anyone.

He urged the students that they must find a way out of such "pernicious and sinister narratives are nipped in the bud".

He appealed to students, youth, intelligentsia and media to act as "ambassadors of the country. Believe



in nationalism and run down this narrative". This is a narrative with no factual basis and "we cannot support those who inside and outside the country, tarnish and taint our growth trajectory and democratic values".

Mr Dhankhar did not take any name, but there were allegations that Congress leader Rahul Gandhi criticised the country in London recently.

The Vice President also said that the Parliament is a "place for dialogue, discussion and debate" and not a place for disruption and disturbances.

Jagdeep Dhankhar said that such false narratives are emanating from a few universities outside the country, including in the United States, where some Indian students and faculty

criticise their own country. "You will find a few politicians who will trot around the globe and criticise their country but this is not India's culture. Our former Prime Minister Atal Behari Vajpayee when in opposition was selected by then Prime Minister P V Narasimha Rao to represent the country. This is our culture and we have to believe in our motherland and subscribe to the sublimity of our Vice President Jagdeep Dhankhar To Attend King Charles' Coronation

Pained At Claims Of Enforced Silence In India: Vice President Jagdeep Dhankhar

Pained At Claims Of Enforced Silence In India: Vice President Jagdeep Dhankhar

2018 Amendment To Corruption Act Step In Right

Direction: Vice President 2018 Amendment To Corruption Act Step In Right Direction: Vice President Parliament is a place for dialogue, deliberation, discussion and debate and not a place for disruption and disturbances, the Vice President said.

He asked, "How can we weaponise disruption and disturbances as a political tool? How can we allow this hallowed theatre to be polluted?" It is time that an ecosystem is created so that Parliamentarians respond positively to the spirit and essence of the Constitution, Mr Dhankhar said.

He said that India has emerged as the fastest-growing economy in the world and is now a favoured destination for investments.

"We are now the fifth largest global economy and what is indeed a matter of pride is that we overtook our erstwhile colonial masters. We hope to become the third largest economy of the world by the turn of the current decade," he said.

The Vice President said that the year 2014 was a watershed in India's political history with the nation being respected over the world.

AAP Getting Exposed By The Day: BJP

HT News Network

New Delhi: The BJP said on Wednesday that the Aam Aadmi Party is getting "exposed" by the day as it asked the party to come clean on Delhi Chief Minister Arvind Kejriwal's alleged involvement in the corruption case involving the city's excise policy.

At a press conference, BJP spokesperson Sudhanshu Trivedi cited reports to question if the change in timing of restaurants in the national capital was due to some "commercial deal" involving AAP leaders.

He also referred to reports of the statement made by secretary of former deputy chief minister Manish Sisodia about Mr Kejriwal's alleged presence in a meeting where decision to raise commission for liquor contractors from 2 per cent to 12 per cent was taken to attack the AAP leader.

To a question about the AAP's criticism of probe agency Enforcement Directorate, the BJP leader and Rajya Sabha member said the party has a history of making false allegations and apologising later.

As it has no answer to the charges levelled against its leader, it is resorting to diversionary tactics, he said. The CBI had arrested Mr Sisodia for alleged corruption in the formulation and implementation of the now-scrapped Delhi Excise Policy 2021-22 on February 26, following several rounds of questioning.

PM Modi's Remark Congress Divides Society Sounds "Unreal": Kapil Sibal

HT News Network

New Delhi: Rajya Sabha MP Kapil Sibal on Wednesday said Prime Minister Narendra Modi's remark that the Congress follows divisive politics sounds "unreal", as he cited the censor board's clearance to "The Kerala Story" despite the film allegedly "demonising an entire community." Addressing a public meeting in Karnataka on Tuesday, PM Modi had said the people of Karnataka have to beware of both Congress and the JD(S). They are two separate parties only for show, but they are one by their heart and deeds. Both are dynastic, both promote corruption, and both do politics to divide the society, he had said.

13,000 Doctors On Strike In Madhya Pradesh, Demand Better Facilities

HT News Network

Bhopal: Doctors across government hospitals in Madhya Pradesh on Wednesday started an indefinite strike over a host of demands, including facilities for their colleagues posted in rural areas and putting an end to alleged bureaucratic interference. The agitation is being organised by different medical associations under the umbrella body of Madhya Pradesh Shiksha Swasthi Chikitsak Mahasangh after failed talks with the government. Nearly 13,000 doctors are participating in the protest, claimed the Mahasangh. In February too, the doctors had gone on a similar protest. The protest is likely to affect outpatient services and other essential hospital work. Chief Minister Shivraj Singh Chouhan on Tuesday night held a meeting with the district collectors and divisional commissioners over the impending strike and directed them to ensure the smooth operation.

Considering objections, SC gives 1 mth to HP to publish Shimla Draft Development Plan

HT News Network

Shimla, May 3 (UNI) Supreme court has given one month time to state of Himachal Pradesh to publish Draft Development Plan for Shimla town after considering objections, and the same will not be given effect for one month till the matter is finally heard on the next date of hearing. In the SC on Wednesday, the matter was listed for hearing before the division bench of Justice B.R. Gavai, Justice Vikram Nath and justice Sanjay Karol. After hearing and submission made by a respondent and intervenor applicant Hitanshu Jistu the court deferred the hearing in the matter till July 12, giving one month time to state to consider the objections and submit final published draft of DP. Supreme Court would thereafter examine the DP after publication and also left it open for all aggrieved to challenge and proceed before High court under article 226 for redressal of their grievance and challenged the final draft plan. Appearing for interpleader Architect Hitanshu Jistu advocate Raghav Goel pleaded that state has already vide press note dated 27.04.2022 of HP cabinet decisions approved the DP despite there being notice regarding stay issued in CWPIL.23/2023 by High court



on 12.04.2022 and thus permitted construction and let the state publish the same in accordance with law. It was also pressed by the counsel that in same press release dated 27.04.2022 on official website it was categorically held that IDP stood ceased. He submitted a copy of press note published on state government websites which states that DP was approved. He said that he also moved before Himachal Pradesh High court with the similar plea, however, HC issued stay of DP. The counsel for respondent Yogendra Mohan Sengupta advocate Rahul Chaudhary also stated that NGT has rejected the DP terming it against its earlier order. The respondent sought from the SC to stay the DP as it was being issued without considering their objections and which is against the TCP Act.

Delhi Liquor Policy: How Can Someone Be Charged By Mistake, Asks Arvind Kejriwal

HT News Network

New Delhi: Delhi Chief Minister and AAP convener Arvind Kejriwal on Wednesday claimed attempts were being made to defame the "most honest party of the country", as he wondered how someone's name can be included in a chargesheet by mistake.

His comments came after AAP Rajya Sabha member Sanjay Singh's letter to the Union finance ministry secretary seeking sanction to prosecute Enforcement Department (ED) Director Sanjay Kumar Mishra and Assistant Director Jogender Singh in connection with allegations made against him in the Delhi excise policy case.

ED sources said that the name of the AAP leader appears four times in the agency's charge sheet out of which one reference is wrong and was typed inadvertently.

They said the agency moved a petition before the designated special PMLA court on April 20 to rectify the anomaly in the prosecution complaint (charge sheet) after the "typographical/clerical" error came to notice.

An ED counsel wrote to Sanjay Singh's lawyer on April 29 saying "instead of Rahul Singh, Sanjay Singh was inadvertently



mentioned at only one reference". "The application for correction is much prior to the date of the present notice (Sanjay Singh's notice to the ED on April 22), which demonstrates the bona fide of the agency," the ED counsel said.

In a tweet in Hindi, Arvind Kejriwal said: "Can someone's name be included in a chargesheet by mistake? It is clear from this that the whole case is fake. Prime Minister is doing this just to defame the most honest party of the country and to stop the fastest growing party as part of dirty politics. It is unbecoming of them." The Aam Aadmi Party also claimed that the mention of Mr Singh's name in the ED charge sheet was a "deliberate attempt" to defame the party and its leaders, including Mr Kejriwal.

Wrestler Vinesh Phogat's Charge Against Anurag Thakur Amid #MeToo Protest

HT News Network

New Delhi: India's ace wrestler Vinesh Phogat, who has been protesting at Jantar Mantar with other top grapplers against Wrestling Federation of India (WFI) chief and BJP MP Brij Bhushan Sharan Singh, has said it is tough to stand against a powerful person who is misusing his power and position for a very long time.

The wrestlers are protesting over sexual harassment charges against the WFI chief and demanding his arrest.

Addressing the media, Olympian Vinesh Phogat said yesterday, "It is very difficult to stand against a person who is misusing his power and position for so long."

She revealed that the wrestlers had met an official before they started their protest in Jantar Mantar, for the first time. But, no action was taken.

"Three-four months before we sat at Jantar Mantar, we had met an official, we had told him everything that how women athletes are sexually harassed and mentally tortured when no action was taken, then we sat on Dharna," Vinesh added.

Vinesh Phogat also slammed Union Sports Minister Anurag Thakur for not taking any action and suppressing



the matter by forming a committee. "We ended our protest after talking to Union Sports Minister (Anurag Thakur), and all the athletes had told him about the sexual harassment. By forming a committee, he tried to suppress the matter there; no action was taken that time," she said.

Wrestler Bajrang Punia addressed the allegations that they are protesting against new rules introduced for the selection for the Olympics.

"He (Brij Bhushan) is saying that we have made some rules for the Olympics and therefore these athletes are protesting; firstly, this is not about the Olympics, this is against sexual harassment. And if I talk about the Olympics rule; the federation will take

trials of athletes coming from the Olympics, whoever they want," he said.

Earlier on Saturday, the WFI chief asserted that if he resigns, it would mean that he has accepted the allegations raised by the wrestlers.

Responding to the WFI chief's remark, Vinesh Phogat said all they wanted was justice.

Delhi Police on Friday registered two FIRs against WFI president Singh over allegations of sexual harassment and exploitation of female wrestlers.

The BJP MP said 90 per cent of Haryana players stand with him while only one wrestling family continues to protest at Jantar Mantar.

Earlier on April 26, the wrestlers held a candle march at Jantar Mantar, urging Prime Minister Narendra Modi to listen to their 'Mann Ki Baat'.

While talking to the media, wrestler Sakshee Malikkh said, "We urge PM Modi to listen to our Mann Ki Baat. Even Smriti Irani ji is not listening to us. We are trying to show them the light through this candle march." Over the last six days, the wrestlers have slept and trained at the protest site near Jantar Mantar in the national capital. While talking to the media, wrestler Sakshee Malikkh said, "We urge PM Modi to listen to our Mann Ki Baat."

Senior NCP Leader Quits Post In Protest Over Sharad Pawar's Resignation

HT News Network

New Delhi: A day after Nationalist Congress Party (NCP) chief Sharad Pawar's shock announcement that he was stepping down from his position, the resistance to his move swelled on Wednesday. Senior party leader Jitendra Ahwad offered to resign from his position in the party, while his colleague, Anil Patil, offered to quit as MLA. The resignations have not been accepted yet.

Mr Ahwad, a former minister and the MLA from the Mumbra-Kalwa constituency in Thane city, is considered to be a close aide of Mr Pawar and one of the most influential leaders of the NCP in Maharashtra.

He had also played a key role in forging the Maha Vikas Aghadi alliance with the Congress and the Shiv Sena to form the government in 2019.

"We are requesting him (Sharad Pawar) to at least continue as a president until his Rajya Sabha tenure ends or until the Lok Sabha election. Sharad Pawar is listening to everyone but isn't responding yet," Mr Patil told NDTV.

According to NCP sources, a party worker from the Solapur district named Bhushan Bagal even sent in a letter written in blood requesting Mr Pawar to withdraw his resignation.

Mr Pawar, who had founded the NCP in 1999 after breaking away from the Congress over Sonia Gandhi's foreign origin issue, had announced his decision to resign as the party president on Tuesday, saying he wanted to make way for a new leadership.

As soon as Sharad Pawar, 82, dropped the bombshell on Tuesday afternoon at the launch of his autobiography, NCP leaders crowded the stage. Some leaders wept and many said they would stay put unless the veteran changed his mind.

Pak Government, Imran Khan's Party Agree To Hold General Elections

HT News Network

Islamabad, Pakistan: Pakistan's coalition government and former prime minister Imran Khan's party made "big progress" after they agreed to hold general elections in the entire country on the same day but still differed on the date of the polls.

The decision was taken in overnight parleys to end a deadlock over the timing of provincial and federal elections, an issue that has rocked the country's politics for months.

The talks were being held in the backdrop of the controversy with Khan's Pakistan Tehreek-e-Insaf seeking early polls - particularly in Punjab and Khyber Pakhtunkhwa where assemblies were dissolved in January - and the government maintaining that provincial and federal elections across the country be held on the same day in October. The third and key round of talks between the coalition government and PTI began on Tuesday night to discuss proposals for holding elections on the same day in the country.

"There was no longer any confusion about whether there should be separate elections in one or two provinces [...] and the two sides have agreed that holding elections in the country on the same day was for the betterment," Ishaq Dar was quoted as saying by the Dawn newspaper.

He added that another positive outcome of the talks was that elections would be held under caretaker setups.

However, he added, a consensus was yet



to be reached on the date of the elections.

"We have narrowed down on the date... but we have yet to reach an agreement," he said, adding that both sides would consult their leadership on the matter.

He termed the consensus on holding one-day elections in the country as "big progress". The minister said both sides have shown flexibility and if they continue to work towards a resolution with sincerity, "the third stage (finalisation of the election date), which will be the final stage, will also be successful". Speaking alongside him, PPP's Yousuf Raza Gilani said it was also agreed that both sides would accept the election results. The government side included Ishaq Dar, Khawaja Saad Rafique, Azam Nazeer Tarar and Sardar Ayaz Sadiq from the Pakistan Muslim League-Nawaz

(PML-N) and they are joined by Yusuf Raza Gilani and Syed Naveed Qamar from the Pakistani Peoples Party and other parties in the coalition government. The PTI, which is the main opposition party, fielded its Vice Chairman Shah Mahmood Qureshi, Senior Vice President Fawad Chaudhry and Senator Ali Zafar for talks. Meanwhile, PTI's Qureshi said while briefing the media about the meeting that his party has agreed to the government's proposals of holding elections on the same day under caretaker setups. But, he added, an agreement was yet to be reached on the date for dissolving the National Assembly and Sindh and Balochistan assemblies, as well as the date for elections. Qureshi said the PTI has proposed that these assemblies be dissolved before or on May 14 before polls were held

simultaneously across the country.

The talks being held in the Parliament House were scheduled to begin at 11.00 am on Tuesday but were delayed until 9.00 pm. As the two sides announced last week, they would discuss each other's proposals to end the deadlock over elections.

Earlier, Khan said that the government should dissolve all assemblies by May 14 to pave the way for holding elections in the entire country on the same date. However, the government is not ready to dissolve assemblies. The first round of talks was held on April 27 which went on for two hours and the rivals decided to meet again after consulting their party heads. It was followed by the second round on April 28 when two sessions were held and at the end Dar said each side had tabled two proposals, which would be presented to the respective leadership. The issue of elections has rocked Pakistani politics as Khan demanded snap polls when he was voted out of power in April last year. As he failed to get his goal through protest, Khan dissolved the assemblies in Punjab and Khyber-Pakhtunkhwa in January by using his party's governments in the two provinces. He wanted to put pressure on by the law, elections should be held within 90 days of the dissolution of an assembly. However, the government used delaying tactics by citing a lack of funds and a rise in terrorism to set a date for polls in the two provinces while pushing the narrative that the elections should be held on the same day in the country after the completion of the term of the National Assembly in August.

International police arrest 288 in dark web bust

HT News Network

THE HAGUE: A multi-continental crackdown has halted a major "dark web" marketplace, with international police arresting 288 suspects and recovering more than \$54.8 million in cash and virtual currency, Europol said on Tuesday.

The joint operation called SpecTor by US, British, Brazilian and European law enforcement also netted almost a tonne of drugs and 117 firearms, Europe's policing agency said.

"In an operation coordinated by Europol and involving nine countries, law enforcement have seized the illegal dark web marketplace 'Monopoly Market' and arrested 288 suspects involved in buying or selling drugs on the dark web," the Hague-based Europol said in a statement. "A number of these suspects were considered high-value targets," Europol said.

The sting followed in the wake of a successful 2021 operation by German police in which it seized the Monopoly Market's criminal infrastructure.

"Europol has been compiling intelligence packages based on troves of evidence provided by the German authorities," Europol said.

"These target packages, created by cross-matching and analysing the collected data and evidence served as the basis for hundreds of national investigations," it said.

"As a result, 288 vendors and buyers who engaged in tens of thousands of sales of licit goods were arrested across Europe, Britain, the United States and Brazil," Europol said.

The largest number of arrests were in the United States with 153, Britain 55, Germany 52 and the Netherlands, 10.

Police got back \$53.4 million in cash and virtual currency and seized 850 kilogrammes of drugs, the majority composing of amphetamines, Europol said.

8 Students, Guard Killed In Serbia School Shooting, Teen Gunman Arrested

HT News Network

Belgrade: A 14-year-old boy shot his teacher in a Belgrade classroom on Wednesday morning before opening fire on other students and security guards, killing eight pupils and a security guard, Serbia's interior ministry said.

Milan Milosevic, the father of one of the pupils at the Vladislav Ribnikar elementary school, said his daughter was in the class where the gun was fired.

"She managed to escape. (The boy) ... first shot the teacher and then he started shooting randomly," Milosevic told broadcaster N1.

Milan Nedeljkovic, mayor of the central Vracar district where the school is located, said doctors were fighting to save the teacher's life.

The interior ministry statement said eight children and a security guard had been killed and six children had been hospitalised along with the teacher.

Police said a seventh-grade student had been arrested. "I saw the security guard lying under the table. I saw two girls with blood on their shirts. They say he (the shooter) was quiet and a good pupil. He recently joined their class," added Milosevic, who had rushed to the school after the shooting.

Officers in helmets and bulletproof vests cordoned off the area around the school.

"I saw kids running out from the school, screaming. Parents came, they were in panic. Later I heard three shots," a girl who attends a high school adjacent to Vladislav Ribnikar told state TV RTS.

Casualties are being treated and an investigation into the motives behind shooting is under way, police said in a statement.

Mass shootings are comparatively rare in Serbia, which has very strict gun laws. But the western Balkans are awash with hundreds of thousands of illegal weapons following wars and unrest in the 1990s.

UN Sounds Alarm About Diminishing Press Freedom

HT News Network

United Nations: Press freedom is under attack in every corner of the globe, with journalists continually harassed, jailed and killed, UN officials and media outlets warned Tuesday.

Speaking ahead of World Press Freedom Day on Wednesday, UN Secretary-General Antonio Guterres issued a rallying cry for journalists and media worldwide.

"All our freedom depends on press freedom," he said in a video message, calling it the "foundation of democracy and justice" and the "lifeline of human rights."

"But in every corner of the world, freedom of the press is under attack," Guterres added, addressing a conference held at UN headquarters in New York.

Highlighting the problem, UNESCO awarded its 2023 World Press Freedom Prize to three Iranian women, two journalists and a human rights activist, who have been jailed.

While Guterres did not cast blame on specific countries, other speakers highlighted individual cases, such as that of Wall Street Journal reporter Evan Gershkovich, detained in Russia on espionage charges he has rejected.

"The fight for press freedom, the fight for Evan's release is a fight for everybody's freedom," Wall Street Journal publisher Almar Latour told the forum.

Dozens of news organizations have denounced the charges against Gershkovich as unfounded, while US President Joe Biden has called his imprisonment "totally illegal."

UN chief slams Taliban over curbs on women rights

HT News Network

DOHA: UN chief Antonio Guterres made a new attack on the Taliban government's "unprecedented" curbs on Afghan women's rights on Tuesday as he highlighted international fears over stability in the crisis-stricken state.

Meanwhile, Afghan Foreign Minister Amir Khan Muttuqi will visit Islamabad at the end of the week for talks with Pakistani and Chinese officials, his ministry said.

The United Nations is reviewing its Afghan operations after the Taliban authorities banned women working for aid agencies, but Guterres said leading powers at a two-day meeting in Doha wanted new efforts to try to change its policies.

The review will only be completed on Friday and the UN has said it faces an "appalling choice" over whether to stay in Afghanistan.

Afghan FM to visit Islamabad at end of week for talks with Pakistani, Chinese officials, ministry says

But Guterres told a press conference: "Throughout the past decades, we stayed, and we delivered. And we are determined to seek the necessary conditions to keep delivering. To achieve our objectives we cannot disengage and many (in the meeting) called for engagement to be more effective."

The UN secretary general called the talks to seek new ways to pressure the Taliban government after it banned Afghan women from working for UN agencies and NGOs.



That added to international outrage after they were also barred from almost all secondary and university education and most government jobs.

The talks involved envoys from the United States, Russia, China and 20 other countries and organisations, including major European donors and neighbours such as Pakistan. Taliban authorities were not invited however and Guterres said he was not ready to meet them "today", though he did not discount a future meeting.

Taliban rejection
The head of the Taliban representative office in Doha, Suhail Shaheen, said that excluding a representative at the meeting could prove "counter-productive".

"Putting pressure doesn't help in solution of issues," Shaheen told AFP in a written statement. "The world should listen to us. By denying our legitimate rights and not inviting us to meetings about Afghanistan or not listening to us, they neither can change the reality which is IEA (the Islamic Emirate of Afghanistan) nor can find a palatable solution which is a need."

Air strikes heard in Sudan's capital after more truce pledges

HT News Network

Air strikes were heard in Khartoum on Wednesday, a Reuters witness said, even as warring factions agreed to a new seven-day ceasefire from Thursday, undermining chances for a lasting truce that would help ease a deepening humanitarian crisis.

United Nations aid chief Martin Griffiths arrived in Port Sudan to "reaffirm" his commitment to the Sudanese people. His spokesperson said improving humanitarian access through guarantees of safe passage would be a priority.

The conflict has also created a humanitarian crisis, with around 100,000 people forced to flee with little food or water to neighbouring countries, the United Nations said.

Aid deliveries have been held up in a nation where about one-third of people already relied on humanitarian assistance. A broader disaster could be in the making as Sudan's impoverished neighbours grapple with the influx of refugees.

Previous ceasefire agreements between the army and a paramilitary force, whose power struggle erupted into full-blown conflict in mid-April, have ranged from 24 to 72 hours, but none have been fully observed.



South Sudan's foreign ministry said in a statement on Tuesday that mediation championed by its president, Salva Kiir, had led both sides to agree on a weeklong truce from Thursday to May 11 and to name envoys for peace talks.

The current ceasefire was due to expire on Wednesday. It was unclear, however, how army chief General Abdel Fattah al-Burhan and paramilitary Rapid Support Forces (RSF) leader General Mohamed Hamdan Dagalo would proceed.

Army jets have been bombing RSF units dug into residential districts of the capital region. The conflict has also spread to Sudan's western Darfur region where the RSF emerged from tribal militias that fought alongside government forces to crush rebels in a brutal civil war dating back 20 years.

The commanders of the army and RSF, who had shared power as part of an internationally backed transition towards free elections and civilian government, have shown no sign of backing down, yet neither side seems able to secure a quick victory.

Saudi economy edging closer to reducing dependence on oil: IMF official

HT News Network

Government-led reforms and the growth of private investment in new sectors will help support non-oil economic growth in Saudi Arabia amid an expected sharp slowdown in overall growth this year, a senior International Monetary Fund (IMF) official said.

The Saudi economy grew 8.7 per cent last year, as high oil prices boosted revenue and led to the kingdom's first budget surplus in almost 10 years. The IMF projects that Saudi Gross Domestic Product (GDP) growth will more than halve to 3.1pc this year, in line with the forecast for Middle East oil exporters. The forecast, however, is higher than the 2.6pc



growth rate that the IMF projected in January. Several Organisation of the Petroleum Exporting Countries Plus (Opec+) member states, led by Saudi Arabia, the world's top crude oil exporter, recently announced surprise cuts to oil production from May, initially driving up global prices, although global worries and an uncertain demand outlook are weigh-

ing on prices. "This year, with the implementation of the new Opec+ quotas, we expect the oil sector to slow down," Jihad Azour, director for the Middle East and Central Asia at the IMF, told Reuters, adding that the impact on the kingdom's budget depended on prices.

"The drop in production will affect growth because output will decline, but revenues could grow and this

could have a positive impact on both external accounts, the reserves, and the budget deficit," he said. "Clearly, the strategy over the last five to six years has helped the Saudi economy, and also the public finances, to be less dependent on the cycle of oil." Saudi Arabia has embarked on an ambitious economic transformation plan known as Vision 2030, investing billions to diversify into sectors such as tourism, launch massive infrastructure projects, and develop the financial and private sectors. "The size of the non-oil economy is growing and it's mainly driven by the private sector," Azour said. UAE non-oil business activity surges in April. People take pictures with their mobiles outside the Dubai Mall.

Riots in Kenya as opposition protests 'cost of living'

HT News Network

NAIROBI: Kenyan riot police fired tear gas on opposition MPs on Tuesday as sporadic violence erupted during fresh anti-government demonstrations over a cost-of-living crisis and last year's disputed election.

Tear gas canisters were launched at members of opposition leader Raila Odinga's Azimio la Umoja (One Kenya) coalition near President William Ruto's office in downtown Nairobi, according to footage of the incident.

Kenya's Interior Minister Kithure Kindiki said there had been several acts of violence, arson and looting in the capital and in western Kenya by "hordes of criminals masquerading as political protesters" and insisted they would not be tolerated. He also confirmed the arrest of 46 people over various criminal acts. Odinga's side had last month announced a halt to demonstrations to allow bipartisan talks to try to resolve its dispute with the Ruto government. But it later said it was resuming protest action as dialogue stalled, with Azimio insisting it should not be a parliamentary process as demanded by Ruto's side. Protesters also set fires and used rocks to block roads in and out of Odinga's lakeside stronghold of Kisumu in western Kenya, they said. The March unrest had drawn international calls for restraint after police fired tear gas on demonstrators, including Odinga's motorcade.

Plan for ADF, AB&AP for year 2023-24 approved at Kulgam

HT News Network

KULGAM, MAY 03: In order to discuss and finalize developmental plan under Area Development Fund (ADF), Aspirational Block and Aspirational Panchayats for year 2023-24, a meeting of District Development Council Kulgam was today held here under the chairmanship of District Development Commissioner (DDC) Kulgam, Dr. Bilal Mohi-Ud-Din-Bhat at Resthouse Chawalgam, here. DDC Chairperson Mohd Afzal Parrey was present in the meeting. At the outset, JD Planning Zahid Sajjad apprised the council about the achievements of last financial year 2022-23 besides listing the

projects of vital importance completed within stipulated time. He informed that during the financial year 2022-23, 2300 works under District Capex were completed with an expenditure of Rs. 61.07 crore. It was also informed that 90 off funds stands also utilised under CSS schemes and almost 16000 works were completed under MGNREGA at a cost of Rs 54 crore. During the meeting, the council was also informed that under the JJM programme out of 61267 FHTCs, 34000 connections have been provided and by the end of June the district shall achieve the target of 51000 connections through completion of various works under the programme which is in full swing right now.



After a threadbare discussion, the council approved plans of Area Development Fund, Aspirational Block and Aspirational Panchayats for year 2023-24 of Rs. 57.32 crore which has been formulated by DDC, BDC and Panchayat Raj Institutions after holding Gram Sabhas and in

compliance to Panchayat Raj Act. The DDC informed the council that the district has an achievement of almost 90% under various programmes implemented in the district which is also reflected through the deliverables of the various departments. The focus areas of plan 2023-24 have been Skill Development, Education, Health, Power Development, Agriculture, Rural Infrastructure, Sports and other vital sectors. Speaking on the occasion the DDC said that PRIs have an instrumental role in development and will explore every possibility for productive utilization of resources. He added that PRIs and District Administration will work in coordination and cohesion so as to

develop the district on various fronts. The meeting was attended by ADDC, DDC members, JD-Planning, ACD, BDC Chairpersons and other officers. The focus areas of plan 2023-24 have been Skill Development, Education, Health, Power Development, Agriculture, Rural Infrastructure, Sports and other vital sectors. Speaking on the occasion the DDC said that PRIs have an instrumental role in development and will explore every possibility for productive utilization of resources. He added that PRIs and District Administration will work in coordination and cohesion so as to develop the district on various fronts.

Union Secretary chairs PAB meeting; recommends Rs 1669 cr plan proposals for 2023-24 under Samagra Shiksha

UT, Center govt committed towards establishing a robust education system in J&K: Alok Kumar

HT News Network

JAMMU, MAY 3: Union Secretary, Department of School Education and Literacy (DSEL), Union Ministry of Education, Sanjay Kumar, today chaired meeting of Project Approval Board (PAB) constituted for plan approvals under Samagra Shiksha.

The Board recommended plan proposals worth Rs 1669 crore for the financial year 2023-24 for the 2 Union Territory of Jammu and Kashmir under Samagra Shiksha. The meeting, which was held online for plan approvals for the

year 2023-24, was attended by Principal Secretary, School Education, Alok Kumar, Joint Secretaries of DoSEL, Srijia (Economic Advisor) and Vipin Kumar (JS), Director Finance, Shobit and officers from J&K administration including Director SCERT, Prakshit Manhas, Project Director Samagra Shiksha, Deep Raj, Director School Education, Jammu, Ashok Sharma, Director School Education, Kashmir, Tassaduq Hussain, Special Secretary, Kanta Devi and Joint Director Planning, Parshotam Kumar besides other concerned stakeholders. During the meeting, Secretary



DoSEL, complimented the UT government for registering substantial increase in Gross Enrolment Ratio at Secondary and Senior Secondary level for the past 3 years. While speaking on the occasion, Alok Kumar said that J&K is witnessing tremendous growth and development in every sphere of

education system in J&K. The students of government schools are now capable of competing with students of private schools. Civil works, strengthening of infrastructure vocational education, digital Initiatives and Innovations captured the maximum share of the Budget besides good chunk has been recommended for the gender and equity", informed the Principal Secretary. Alok Kumar informed that establishment of school education excellence hub shall be taken up this year with financial implication of Rs. 8.70 crore, which shall house the Vidya Samiksha Kendra.

DC Budgam holds Block Diwas at village Chraripora of Pakherpora Block

HT News Network



BUDGAM, MAY 03: The Deputy Commissioner (DC) Budgam, Akshay Labroo today conducted a public grievances redressal camp as part of weekly Block Diwas at Panchayat Halqa Chraripora in Block Pakherpora of Budgam. The programme was held at Panchayat Ghar Chraripora wherein PRIs, elders and local youth delegations from villages Chraripora, Mehndipora, Shankerpora and other adjacent villages participated.

The DC assured people that all their genuine demands shall be taken up and discussed with all the concerned departments and speedy disposal will be ensured.

He called for prompt redressal of public issues to ensure better service delivery to people.

Among others, ADDC Budgam, Dr. Akhramullah Tak; ADC Budgam, Dr. Nasir; JD Planning, Rafiq Ahmad; SDM Chadoora, Executive Engineers of all wings, Tehsildar, BDO and all District and sectoral officers, officials were present on the occasion.

District administration Kupwara intensifies war against drugs

350 drug-addict youth rescued and rehabilitated, 429 more identified,

HT News Network

KUPWARA, MAY 3: District administration Kupwara has rescued and rehabilitated around 350 youth of different areas of the district from the drug menace.

Meanwhile more than 429 Drug-addict Patients have been identified from different areas of Kupwara district with the help of local ASHAs, Lumberdars, Chowkidars and PRIs who will get proper treatment and rehabilitation at Drug De-addiction and Rehabilitation centre Kupwara.

In the meantime District Administration Kupwara has upscaled its war against drugs. In order to combat menace of drug abuse a multi-pronged strategy is being implemented in the district. On one hand, Police has launched a massive crackdown on drug peddling and drug abuse by conducting raids across the district to curb the menace of drug abuse and to break the supply chain of drugs. On the other hand Rehabilitation, Counselling and Guidance policy is being implemented on ground to properly treat and rehabilitate the



victims of drug abuse. Administration is taking adequate remedial measures with the aim to safeguard the youth from dangerous exposure to different kinds of drug abuse. 190 counselling sessions of drug De-addiction were conducted in the district and 43 drug de-addiction awareness programmes were organised across the district by health department. A comprehensive action plan is being implemented by education department in the district where Seminars, rallies, debates, Oratory competitions, moral education sessions in school assemblies and painting competitions regarding ill effects of drug abuse are being organised.

Health and Wellness clubs in all the high schools and Higher secondary schools have been re-organized. Sale of Tobacco products has been banned in the peripheral areas of schools and other educational institutions. Identification of drug addicts and suspects in schools and educational institutions has been launched. CCTV cameras have been installed in all hospitals, medical stores of towns. Periodic inspection of medical stores is being conducted and licence of medical stores are being checked and verified.

Drug addiction hot-spot areas of Kupwara district have been mapped to reach out directly to drug victims.

Property accumulated by Drug-Dealers and Peddlers is being verified and steps are being taken to confiscate this illegal property. Better coordination among enforcing agencies have been ensured for greater deterrence to combat dangerous trade of drug-trafficking in Kupwara district.

Deputy Commissioner Kupwara has emphasised upon all enforcing agencies to work with cooperation, coordination and collaboration in war against drugs.

HT News Network

BANDIPORA, MAY 03: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan today chaired a meeting here to discuss various cases of natural calamities.

During the meeting, several cases related to natural calamities were discussed and the officials reviewed the status of relief measures provided to the affected people.

After a detailed discussion, the officials recommended relief for nine cases of natural calamities. The officials emphasized the need to expedite the relief process and ensure that the affected people are provided with necessary assistance.

The officials also discussed measures to mitigate the impact of natural calamities in the future. They stressed the importance of creating awareness among the people about the measures that can be taken to minimize the damage caused by natural calamities.

Among others, the meeting was attended by ADC, ACR, CAO, DTO, DSHO, Ex. Engineer R&B Bandipora and Sumbal, Tehsildar Bandipora, Aloosa and Hajin.

The officials expressed their commitment to providing relief to the affected people and ensuring that necessary steps are taken to prevent such calamities in the future.

Director Agriculture inaugurates two Hi-tech Poly houses at Narkara Budgam

HT News Network

SRINAGAR, MAY 03: The Director Agriculture Kashmir, Chowdhury Mohammad today inaugurated two hi-tech polyhouses at Narkara Budgam. He also visited adjacent areas of Narkara and took stock of the Agriculture scenario in the area.

Speaking on the occasion, Director Agriculture highlighted the importance of Hi-tech poly houses and said that to explore the potential in the vegetable sector hi-tech polyhouses can play a big role.

He said that the department has established hi-tech polyhouses in all the districts of Kashmir division in order to ensure round the year availability of seedling of different vegetable crops to the farming community of the division. Director Agriculture also held interaction with the farmers of different areas and took feedback from them regarding the implementation of different schemes and programmes in the district.

Amid prevailing weather conditions Director Agriculture said that special advisories are being issued by the department so that the precautionary measures could be ensured by the concerned farmers. He directed the officers/field staff to work in close coordination with the farming community.

Deputy Director Agriculture planning Mohammad Younis Chowdhury and some other officers were present on the occasion. Amid prevailing weather conditions Director Agriculture said that special advisories are being issued by the department so that the precautionary measures could be ensured by the concerned farmers. He directed the officers/field staff to work in close coordination with the farming community.

G-20 Summit: Walkathon organised at Pulwama

HT News Network

PULWAMA, MAY 03: The Deputy Commissioner (DC) Pulwama, Basharat Qayoom today flagged-off the 'Run for G-20 Walkathon' from DC Office Complex Pulwama, here.

The walkathon was organized by District Youth Services and Sports Pulwama wherein hundreds of school children from various educational zones, faculty, and non-teaching staff participated in the event, which later



culminated at Government Degree College Boys Pulwama.

Speaking with regard to the event, DC said that the event is aimed at disseminating the message of India's G20 Presidency among the people in general and school children in particular.

He complimented

that the general people will have the proper knowledge regarding the summit.

He further directed the departments to organise seminars and debate competitions in all educational institutions over India attaining the presidency of G-20.

While interacting with students, DC educated them that India's G20 presidency is a momentous occasion that gives us an opportunity to place priorities and narratives on the global agenda.

DDC Shopian presides over Block Diwas programme at Gagren

HT News Network

SHOPIAN, MAY 03: In order to listen and redress the grievances/issues of people at their doorsteps, the District Development Commissioner (DDC) Shopian, Faz Lul Haseeb today presided over the weekly Block Diwas programme at Gagren, Shopian.

Among others, the programme was attended by Additional Deputy Commissioner, Shopian Yar Ali Khan, besides district/sectoral officers, PRIs and general masses of various areas.

During the programme, various public issues, demands and grievances were put forth by public representatives and people of the villages including



Ramnagri, Chotipora, Heerpura, Gagren, etc.

DDC heard all projected grievances patiently and issued directions for resolving the issues on priority. Many grievances were addressed on spot while assuring people that the rest of the grievances will be redressed in a time bound manner. Officers present at the venue also responded to various queries and issues raised by the people.

The DDC instructed officers to resolve the public grievances and prioritise other developmental requirements flagged-off by the people. He also instructed concerned to keep an account of issues raised during the public outreach camp.

Later, the DDC visited Nagbal area of the district and paid obeisance at Tirath Raj Kapil Mochan Temple.

Tips to Keep Your Makeup Intact in Summer

Seasons change, and so should your makeup routine. Applying makeup, in general, can be difficult. But applying it on a sweltering hot day—well, that's a real challenge. The toughest job in summer is to keep your makeup intact in the scorching heat. With the sun blazing right upon us, your look will have to stand up to high temperatures. While we don't have any control over the weather, we can definitely make some significant changes in our makeup routine to adjust according to the season to prevent makeup from melting off into nothingness.

The golden rule for summer makeup is "soft, delicate and very sparing." Water-based and powder make-up items are better during summer. Waterproof make-up cosmetics are also available. For example, waterproof mascaras and eyeliners will prevent eye makeup from running during the hot and humid season. Waterproof or water-resistant lip colours and lip liners are also available. Or, go for matte (non-shiny) lipstick and add just a dab of gloss in the centre for a delicious pout.

1---Always begin with a clean face.

Cleansing the skin with plenty of cool water before make-up is most important. Use your face cleanser to get rid of all the excess oil and refresh your skin. After cleansing, use chilled rose water to tone and cool the skin. This is not only refreshing but also helps to close the pores. Dip cotton wool pads in it and wipe the skin. Also, pat briskly on the skin to stimulate circulation and add a glow. If the skin is oily, apply an astringent lotion, using cotton wool.

2---Blotting paper-----

Blotting papers can be your best friend if you tend to sweat on the face. Keep blotting paper handy to slick off any excess oil over the

will stay on throughout the day, keeping it easier to maintain in hot weather. Make sure your makeup is minimal and lightweight to keep up with the easy breezy vibe of the summer season! Avoid rich, thick

4--Go for waterproof mascara Use mascara wisely.

First, swipe a few coats of non-waterproof mascara. Then a coat

face and helps cool down the skin. Use one which has hyaluronic acid to soften lines and blur imperfections, it can help you stay cool. The less you sweat, the less damage is done to your makeup. You can also try adding a splash of a naturally-cooling essential oil, like peppermint, to keep your face cool. Just make sure to dilute any essential oil you use with a carrier oil, like olive oil, before applying it to your face.

6---Tips to make your make-up last longer in summer:

Use waterproof make-up in summer to cope with perspiration.

Wrap an ice cube in a clean cloth and wipe the face with it, just for a few seconds. This helps to close the pores. For oily skin, apply astringent lotion with cotton wool, to close pores and reduce oiliness. After a few minutes, apply a water-based foundation, blending with a damp sponge for a smooth finish. Add a drop or two of water, before applying, to provide a lighter coverage. Then apply powder to "set" the foundation. When you apply powder, press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer. Use powder eye shadows and powder blush-on.

If you use kajal, after applying it on the lower lid, just below the eyelashes, apply a line of grey or brown eyeshadow over it. This prevents smudging and helps makeup last longer. Blot the make-up with a tissue. Applying foundation on the lips before helps lipstick last longer. The author is an international fame beauty expert. If you use kajal, after applying it on the lower lid, just below the eyelashes, apply a line of grey or brown eyeshadow over it. This prevents smudging and helps makeup.



SHAHNAZ HUSSAIN'S BEAUTY TIPS HT EXCLUSIVE



face or T-zone and be ready for touch-ups! They are great at absorbing shine, oil, and sweat and keeping your makeup looking great. Apply a loose powder in key areas where makeup tends to disappear first, such as around the nostrils, T-zone, and under the eyes. For extra security, use a finishing spray.

3---The fewer products

You use, the better your makeup

moisturizers, heavy concealers and foundations that would easily melt off and opt for a lighter formula that contains sunscreen. Your skin will feel less sticky and be able to breathe more easily if you wear less makeup. Use products that are multi-functional, which works as a moisturiser, SPF and foundation all in one. Make sure the SPF is above 30 and has a broad spectrum

or two of waterproof mascara to save yourself from the embarrassment and sticks to your eyelids even on a hot and sweaty day

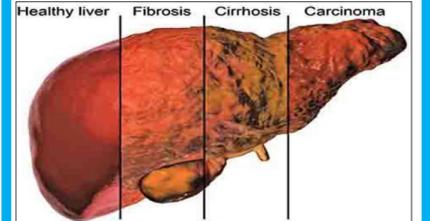
This way, there won't be any smudges on top and it will be easy to clean the makeup off your lashes when you get back home

5---Invest in a good primer.

Waterproof primer is the most ideal in the hot summer season. Look for a primer that hydrates the

NEWS 5 ways fatty liver can affect your mental well-being

"Your liver is responsible for over 500 functions in the body. This makes it essential for us to build a healthy and clean liver."



Whether it's fatty liver, thyroid imbalances, stubborn fat, or skin and hair issues, your liver is responsible. When your liver functions are compromised, these can be stalled too," says Luke Coutinho, Holistic Nutrition and Lifestyle – Integrative and Lifestyle Medicine, Founder of You Care - All about YOU. (Getty Images/iStockphoto)

"Non-alcoholic fatty liver disease (NAFLD) is a public health problem that is becoming increasingly common over the past few years, affecting over one-third adults in India. It is common in people with diabetes, obesity, and/or high blood cholesterol, but can also develop in their absence. As the name suggests, patients with NAFLD have excessive fat deposition in their liver. It can progress to end-stage liver disease or cirrhosis, and even liver cancer. It is usually asymptomatic, due to which the patients are unaware of the disease until it has progressed to an advanced stage," says

Dr Rohit Mehtani, Assistant Professor, Department of Hepatology, Amrita Hospital, Faridabad.

"Apart from the risk of progressive liver disease, patients with NAFLD are more likely to have mental health problems than the general population. These include depression, anxiety, sleep disturbances, cognitive decline, and poor quality of life. There is around 13% more prevalence of major depressive disorder including suicidal ideation and attempts in patients with NAFLD than those without. They also have difficulty in adhering to treatment recommendations including diet and exercise due to the negative coping mechanism of denial and self-blame associated with the overall health perception. People with NAFLD also tend to have a poor sleep quality due to sleep disturbances such as sleep apnoea and insomnia. This causes feeling of tiredness throughout the day, irritable behaviour, and inability to concentrate. They may also have poor memory, reduced attention span, and difficulty with problem-solving, which worsens as the severity of liver disease increases," adds Dr Mehtani.

Dr Shubham Vatsya, Consultant Gastroenterology, Fortis Escorts Hospital, Faridabad says that growing evidence suggests a positive association between metabolic syndrome and certain mental health problems like depression, anxiety, and chronic stress.

"The association of fatty liver with disorder of mental health is postulated due to unhealthy lifestyle leading to both mental health issues and obesity and in turn fatty liver disease, substance abuse like alcohol abuse leading to both mental health issues as well as fatty liver, gut dysbiosis which can lead to both fatty liver as well as mental health issues, dysfunction of the Hypothalamic Pituitary axis which can cause both fatty liver as well as mental health problems together and obesity which can lead to multiple issues of mental health and metabolic syndrome and in turn fatty liver," says Dr Vatsya.

Sesame Seeds Health Benefits: Know How To Add Til To Your Daily Diet

There is a saying "good things come in small packages" and it stands true for seeds. Seeds, swarming with proteins, vitamins and minerals are a boon for the body. Sesame seeds (til), for instance, are a storehouse of nutrients and provide wholesome health benefits. Apart from making crunchy til laddoos, as dips or as a garnish for bread and desserts, sesame seeds are abundant in lesser-known health-promoting properties. Nutritionist Anjali Mukerjee, in her health segment of "seeds for health", lists down the benefits of sesame seeds and how to use them in the diet. Impressive health benefits of



anaemia."

Sesame seeds are a rich source of "healthy fats which lower cholesterol levels, prevent constipation and improve metabolism."

These seeds also contain Methionine, which helps in keeping the liver healthy as well as the cholesterol levels under control.

Another element found in sesame seeds is tryptophan (also known as the calming nutrient). It facilitates good sleep and promotes skin and hair health.

While white sesame seeds are rich sources of calcium, black and red sesame seeds are loaded with "iron, thus helping in treating

ommended for cooking as the composition of the oil is highly stable at high temperatures and does not get rancid easily.

You can also make a paste of sesame seeds. Add crushed garlic, lime juice and salt (As per taste) to sesame seeds and use it as a dip for raw vegetables. You could sprinkle some soaked and roasted sesame seeds on salads and smoothies as well.

Tahini paste is also another way of consuming these nutritious seeds. Tahini is made by soaking, roasting and crushing around 2 tablespoons of sesame seeds, making it excellent for boosting immunity.

According to the nutritionist, first pan roast some sesame seeds and grind them with water or milk. Now, drink this emulsion. You can consume it plain or can also add some jaggery for a sweet flavour. This combination is recommended for treating anaemia.

"Til oil is the best way to incorporate the seeds' benefits into your routine regularly," said Anjali Mukerjee. It is highly recommended for cooking as the composition of the oil is highly stable at high temperatures and does not get rancid easily.

The International Agency for Research on Cancer (IARC) classifies acrylamide as a "probable human carcinogen."

The authors then studied zebrafish, a common animal model in research because of their genetic similarities to humans, per the National Institutes of Health. Zebrafish who were exposed to acrylamide for 180 days were less social and showed "anxiety- and depressive-like behaviors," the authors wrote, though they acknowledged fish activity can't be directly compared with human anxiety and depression.

"Even with such a large sample size, it's hard to tease out the impact of different behaviors, like eating fried food," says Leah Groppo, RD, a clinical dietitian and diabetes educator at Stanford Health Care.

Does Eating Fried Foods Really Put Us at Risk for Depression and Anxiety?

Can eating french fries put you at risk for depression? A recent study found a connection between regularly eating fried foods (especially potatoes) and depression and anxiety—but some health experts think it would be premature to "hold the fries" based on these findings alone.

The research, published on April 23 in the Proceedings of the National Academy of Sciences (PNAS), found that eating a lot of fried foods was strongly associated with a greater likelihood of depression and anxiety, especially in men and younger people.

Western dietary patterns have been unfavorably linked with poor mental health, according to the authors. These findings "highlight the significance of reducing fried food consumption for mental health," they wrote.

The study—and some of the news headlines about the mental health risks of fries—have been met with skepticism from members of the healthcare community.

French Fries Don't Land People in the Hospital for Depression "I've worked in a hospital setting for over a decade helping people who experience severe depression. French fries don't land people in



hospital," tweeted psychologist Jonathan N. Stea, PhD, in response to headlines about the study.

"Also recognizing that association does not equal causality. It may be depressed people are more likely to eat french fries as a comfort food," responded Joel Shulkin, MD, a pediatrician at Johns Hopkins All Children's Hospital in St. Petersburg, Florida, in a later tweet.

What Connection Did the Study Actually Find?

To investigate how regularly eating fried foods might impact

depression and anxiety, the authors used data on over 140,000 people from a biobank and followed them for an average of 11 years.

Frequent fried food consumption, "especially fried potato consumption," was associated with a 12 percent higher risk of anxiety and a 7 percent higher risk of depression.

The authors of the paper singled out acrylamide—a byproduct produced in starchy foods when they are fried, baked, roasted, or otherwise cooked at high temperatures—as a potential cause for the mental health changes.

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Playing Asian giants during Asian Champions Trophy will be thrilling: Harmanpreet Singh

BENGALURU, MAY 3: With three months to go for the Asian Champions Trophy in Chennai, there is an air of excitement among the members of the Indian Men's Hockey Team who are eager to play on home turf again.

This will be the seventh edition of the coveted Asian Champions Trophy and it is scheduled to be held from August 3 to 12 serving as a precursor to the Hangzhou Asian Games in September.

Barring playing Japan at home at the FIH Odisha Hockey Men's World Cup 2023 Bhubaneswar-Rourkela, it's been a while since India took on Asian

giants on the home turf, particularly in South India where international hockey is returning after a gap of 16 years.

"It will be quite a thrilling experience not just for us but also for the spectators. I am hopeful all the hockey fans will turn up in big numbers again to watch us play against some of our top rivals in the Asian continent," expressed Harmanpreet Singh on the sidelines of their training session in SAI, Bengaluru.

The team is currently preparing for the European leg of the FIH Hockey Pro League under newly-appointed Chief Coach Craig Fulton.

"We had our first meeting



with new Chief Coach Craig Fulton on Saturday morning. He brings great energy to every session and has a well-structured plan for us this year. We

have good momentum right now, having done well in the home games of the Pro League. The idea is to go into the European leg with the same confi-

dence," he said.

"We will have a good 45 days to prepare for the Hero Asian Champions Trophy Chennai 2023 after we return from the

Pro League. Doing well in the Asian Champions Trophy at home will definitely set us up for a good show in the Asian Games. We are thankful to the Tamil Nadu government for extending their support and hosting this mega event in Chennai," added Harmanpreet.

While the team continues to improve on their shortcomings, they have also added new success mantras to their routine.

"Since this is going to be a tough year with back-to-back events, we are working on keeping ourselves fresh mentally and physically. Yoga has been added to our weekly routine and it has helped a great deal in chan-

nelizing our focus and has done a world of good to our flexibility as

well," added the skipper who is leading the charge for maximum goals in the ongoing Pro League.

The Indian Men's Team won the Asian Champions Trophy Title in the inaugural edition held in 2011 and beat Pakistan in the Final to win the Title in 2016. In the following edition in 2018, India were joint winners with Pakistan after rain affected the proceedings of the Final held in Muscat. In the previous edition in 2021 held in Dhaka, the Indian Team finished the campaign with a Bronze Medal.

MI never had an iota of doubt in Suryakumar Yadav's skill & talent: Mohammed Kaif

KOLKATA, MAY 03: Upbeat with their win against Rajasthan Royals at home, Mumbai Indians will take on a confident Punjab Kings in their next away game in IPL 2023.

If MI got the better of RR, PBKS defeated CSK in the latter's den in Chennai and picked up two vital points as the traffic jam in the middle of the table continues.

For Mumbai, the biggest positive in the match against Rajasthan Royals was Suryakumar Yadav's return to form. The vice-captain sent a statement with his fiery half-century against RR and sounded an alarm for the opposition.

Former India cricketer Mohammed Kaif stressed Mumbai Indians never doubted SKY's talent and skills despite a dud show in the first half of the tournament and the Mumbai team has started paying back.

Speaking on Star Sports' Cricket Live, Kaif said, "Mumbai Indians always had faith in Suryakumar Yadav. They have been backing him right from the start and no one had an iota



of doubt over his talent and capability. With his knock against RR, he's proven his worth. SKY has once again proved why he's rated so highly as a batter. These are good signs for Mumbai Indians."

In a clash between the 3rd and 4th place teams in the table, Lucknow Super Giants take on Chennai Super Kings in a clash that might well see the victor leap to the top of the table.

Former South Africa cricketer Imran Tahir highlighted

the advantage that LSG will have as they face Dhoni and his men in a home setting.

Tahir said "The Lucknow team is different at home and away from home. It becomes very strong in the house as the conditions suit it. Lucknow will have to take advantage of home matches as they have to play their next match at home against CSK, which is a tough team."

Tahir also spoke on how MS Dhoni is nurturing the talent of the youngsters in the CSK squad

and bringing out the best in the team.

He said, "CSK is going through a transition phase. MS Dhoni is preparing CSK for the future, he's nurturing young talents like Shivam Dube, Akash Singh, Tushar Deshpande, etc. for Indian cricket. The best thing about Dhoni is that he's very approachable in the dressing room and at the hotel, and that is the reason why players flourish at CSK."

Meanwhile, on Tuesday, Delhi Capitals prevented a strong Gujarat Titans side from chasing down a meagre 130 and won the game by 5 runs. The credit for DC's morale-boosting win goes to their bowlers, especially, Ishant Sharma. The senior India pacer threw in his experience in the game and prevented GT from crossing the winning line in yet another low-scoring thriller in IPL.

Former India cricketer Mohammed Kaif lauded Ishant Sharma for using the knuckle balls beautifully against in-form GT batters.

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