



Srinagar  
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VC- JK-KVIB visits Kulgam;  
presides over Awareness  
programme at Ashmuji

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Rashid, out of form? Try  
telling Royals that

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# Rajnath Singh Visits Rajouri, Reviews Security Situation

HT News Network

**RAJOURI/JAMMU, MAY 6:** Defence Minister Rajnath Singh on Saturday took stock of the security situation in Jammu and Kashmir's border districts of Rajouri and Poonch, where terrorists have killed 35 people, including 26 soldiers, in eight attacks since October 2021.

The visit of the defence minister to Rajouri comes a day after five elite para commandos of the army were killed during an anti-terrorist operation in the forested Kandi area of the district.

Singh, accompanied by Army chief General Manoj Pande and Jammu and

Turn.....Rajnath Singh.....Pg 02



People using umbrellas to protect themselves from rain, in Srinagar on Saturday

## NEWS BRIEF

### SIU Raids House Of Active HM militant In Kulgam

**SRINAGAR, MAY 6:** Special Investigation Unit of Kashmir Police conducted searches in the house of a active Hizb-ul-Mujahideen militant in south Kashmir's Kulgam district on Saturday.

In a statement issued, the police spokesman said that continuing its crackdown on terror elements, Special Investigation Unit (SIU) Kulgam today, conducted searches in the residential

Turn.....SIU Raids House.....Pg 02

### Woman dies in Srinagar fire

**SRINAGAR, MAY 6:** A woman died after a fire broke out in her house due to a leak in an LPG cylinder in Srinagar's old city on Saturday morning, officials said.

The incident took place in the Ali Kadal area.

Officials said the victim identified as Nafeesa was alone in her house when the fire broke out.

"She was probably killed when the cylinder in her kitchen caught fire,"

Turn.....Woman dies.....Pg 02

### Army Grounds ALH Dhruv Fleet Following May 4 Crash In J&K

**NEW DELHI, MAY 6:** The Army has grounded the entire fleet of Advanced Light Helicopter (ALH) Dhruv following the crash of one of the choppers in Jammu and Kashmir on Thursday, military sources said.

An ALH Dhruv with three people on board crashed following a "hard

Turn.....Army Grounds ALH.....Pg 02

### 11 Driver Injured In Road Accident In Kulgam

**SRINAGAR, MAY 6:** At least 12 people were injured after their vehicle overturned on the Khudwani bypass road in Jammu and Kashmir's Kulgam district on Saturday, officials said.

The passengers, all tourists, and the vehicle's driver have been admitted to a hospital and their condition has been stated to be stable, they said.

The officials said a case has been registered.

## LG, Army Pay Homage To Paratrooper Killed In Rajouri Terror Attack



HT News Network

**JAMMU, MAY 6:** Jammu & Kashmir Lieutenant Governor Manoj Sinha and officials from the Indian Army on Saturday paid homage to five soldiers

martyred in an IED explosion in Rajouri district, officials said on Saturday.

"The entire nation stands shoulder to shoulder with the families of the brave martyrs. Grateful nation will always be



indebted to their unparalleled valour," the Lt Governor said.

Besides the five soldiers, a major was injured in the explosion which took place Friday in the thickly forested Kandi area of Rajouri district

where an operation was underway to flush out terrorists, they had earlier said.

According to the latest reports, the fire fighting between terrorists and

Turn.....LG, Army Pay Homage.....Pg 02

### Dates for G20 event declared, countdown begins: Div Com

HT News Network

**SRINAGAR, MAY 6:** Jammu and Kashmir administration on Saturday said that the dates for G20 event have been declared

Turn.....Dates for G20.....Pg 02

### Ceasefire aftermath: Adventure tourism activities ignite hopes on Kashmir borders

HT News Network

**SRINAGAR, MAY 6:** Beginning of the adventure tourism activities at Tee Pee woods in the lap of Bungus valley in northern district of Kupwara is igniting hopes among the local populace. Drangyari village in Bungus Valley, a no go zone two years back, is seeing a new dawn with people

Turn.....Ceasefire aftermath.....Pg 02



## G20 will showcase J&K as a global tourist destination: Official

300 Destinations Selected  
For Promoting Film  
Tourism In J&K This Year,  
Says Sec Tourism

HT News Network

**SRINAGAR, MAY 6:** The upcoming G20 meeting which will be held here is a great opportunity to promote Jammu and Kashmir's tourism potential globally as it will show the world that the union territory is a wonderful destination for all, an official said on Saturday.

The third G20 Tourism Working Group Meeting will be held in Srinagar from May 21 to 23.

Speaking to reporters on the sidelines of the trailer launch of the movie "Welcome to Kashmir" at Inox Cinema here, Tourism Secretary Syed Abid Rasheed Shah said the department has identified 300 new destinations for film shootings and will facilitate production houses.

"The third G20 Tourism Working Group Meeting is taking place in Kashmir which in itself is a major international event. I do not think



such a big international event has taken place in Jammu and Kashmir ever before," he said.

"Whether it is adventure tourism or leisure tourism, or our focus areas of film tourism and MICE tourism, we are working to attract the attention of the world and this event is a major opportunity to promote it at the global scale. The event will show the world that Jammu and Kashmir is a wonderful destination for all to come and enjoy," he added.

Jammu and Kashmir was a prime destination for film tourism in the 1960s and 70s.

Efforts of the Department of Tourism and the administration are aimed at making the union territory the prime destination for film tourism once again so that people come

Turn.....G20 will showcase.....Pg 02

### J&K's sex ratio at birth better than national average: NHM Director

HT News Network

**SRINAGAR, MAY 6:** The sex ratio at birth in Jammu and Kashmir is better than national average while sex determination is being regulated through effective implementation of PCPNDT, NHM Director Ayushi Sudan said on Saturday.

Turn.....J&K's sex ratio.....Pg 02

## Most of the Smart City works to be completed by 15th of this month: Officers to CS



HT News Network

**SRINAGAR, MAY 06:** Chief Secretary, Dr Arun Kumar Mehta today impressed upon the officers

## Kashmir braces for another wet spell

HT News Network

**SRINAGAR, MAY 6:** The Meteorological department has predicted more rains and thunderstorms from Saturday evening which may continue for next two days.

The weather on Saturday is generally cloudy at most of the places in Kashmir.

MeT said rain or thunderstorm is most likely to commence from late afternoon or evening at many places of Kashmir, Zojila-Drass and

Turn.....Kashmir braces.....Pg 02

## Lightning Strike Kills 4 Including A Couple In Kashmir

HT News Network

**SRINAGAR, MAY 6:** Four people including a couple were killed after lightning struck in Jammu and Kashmir's Budgam and Pulwama districts on Saturday.

A couple identified as Hilal Ahmed Hanji

Turn.....Lightning Strike.....Pg 02

## LeT Militant From Kulgam Killed In Kunzer Encounter

HT News Network

**SRINAGAR, MAY 06:** A Lashker-e-Toiba militant was killed in an encounter with joint team of police, army and paramilitary CRPF in Baramulla district on Saturday.

A Police spokesperson said, "Acting on a specific input regarding the presence of

Turn.....LeT Militant.....Pg 02

of the Srinagar Smart City Ltd (SSCL) including District and Divisional Administration to enhance necessary resources on all the sites where

Turn.....Most of the Smart.....Pg 02









# Srinagar Admin conducts inspection of several markets in Shahr-e-Khaas

Food Safety team lifted samples of Desi Ghee, packed drinking water, Packed Milk, Ready to Eat food items

**SRINAGAR, MAY 06:** On the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad, the team of Food Safety Department today conducted a special drive in various markets of Shahr-e-Khaas in Srinagar City and SIDCO Industrial estate Khanmouh, to check the quality food items being manufactured / sold to consumers

A team of Officers headed by Assistant Commissioner Food Safety Designated Officer under FSSA Srinagar, Yameen ul Nabi carried out a surprise

market checking in several areas of the City and lifted samples of different food items including Desi Ghee, Packed Drinking water. Packed milk and Ready to Eat Food items from across across City for analytical purposes

The team also attended the complainants received against a restaurant in the District.

On the occasion, the Market Checking Team observed the erring Food Business Operators not to indulge in violations of Food Safety Regulations and insanitary conditions which are



against public health failing which a hefty compound will be imposed upon them in future, which can even lead to closure of facility.

Meanwhile, the Deputy Commissioner Srinagar has impressed upon all food business operators not to indulge in operating Food Business with out proper Licence / Registration under Food Safety and Standards Act.

He also advised the FBOs to obtain licence / registration under FSS Act, failing which action under the Act will be initiated against the violators.

## School Edu Deptt to act tough against teachers evading ATD-2023

**SRINAGAR, MAY 06:** The School Education Department Thursday said that it will likely post those teachers in Zone-IV and V who will have stay of three or more years and will try to evade transfers under ATD-2023.

According to the news agency—Kashmir News Observer (KNO), Director of School Education Jammu (DSEJ) in a press conference has said that the teachers who have stay of three or more years will have to apply for the transfers

“Some of the teachers who have a stay of three or more years have a concept that they will go unnoticed if they didn't apply for their transfer but I want to inform those teachers that if they didn't apply for it, they will definitely get transferred to Zone-IV and V,” DSEJ said. Earlier, the department in the Annual Transfer Drive announcement has said that eligible employees not applying for transfer despite having a mature stay shall be transferred by the Department anywhere as per the requirement of the Department.

It also said that the preferences for posting shall be that an employee who is working in Zone-I shall opt for Zone- II, III, IV and V. An employee who is working in Zone-II shall opt for Zone- I, III, IV and V. An employee who is working in Zone-III shall opt for Zone-I, II, IV and V. An employee who is working in Zone-IV shall opt for Zone- I, II, III and V. An employee who is working in Zone-V shall opt for Zone- I, II, III and IV. According to the School Education Department, Zone-I falls within municipal limit of district headquarter, Zone-II outside municipal limit upto 20km from district headquarter, Zone-III beyond 20km to 40Kms from district headquarter, Zone-IV beyond 40kms and above from district headquarter and also where change of residence is required. In addition, those schools where there is no motorable road and walking distance from the nearest motorable road is 7 KMs or more one way.

## School Edu Deptt seek details of toppers, innovative students for deputation of International Conference on Nanotechnology

**SRINAGAR, MAY 06:** The School Education Department Saturday sought details of ten toppers or innovative students of each district for deputation of International Conference on 'Nanotechnology for Better Living' under the G-20 programme.

According to the news agency—Kashmir News Observer (KNO), Director of School Education Kashmir (DSEK), has said that it will depute at least ten student toppers or Innovators per district preferably of 11th and 12th Class for International Conference on Nanotechnology for Better Living under G-20 programme.

The director said that the 8th edition of biennial International Conference on Nanotechnology for Better Living (NBL-23) is being organised by NIT Srinagar in association with the prestigious institutions and organisation including IIT BHU from May-25-29, which marks the birth anniversary of a Physicist and an inventor Daniel Gabriel Fahrenheit.

He said that a fabulous fusion of biological, chemical, physical, agriculture and health services are expected to provide a vibrant platform to present and discuss path breaking research ideas in nanotechnologies and shall be an interface between academia and industries.

“There is also a need to develop young minds for Nano-science and we have made arrangements for the pre-conference tutorials for school children who are supposed to work for the Sustainable Development Goals (SDGs), a shared plan to save the planet,” DSEK said.

The director added that the dedicated sessions, 'Seeding Nano-science



to Young Minds' and "Nurturing minds for a better world" shall be conducted during the conclave by leading stalwarts, thus handing over this multidisciplinary science to our young and smart generation.

“A galaxy of local innovators and entrepreneurs shall be the part of the summit, along with our own bright students,” DSEK said.

The director accordingly directed the CEOs of the region to depute ten student toppers or Innovators (among

toppers from your district in INSPIRE and related innovative model competitions with genuine innovative model) from their respective district for the scientific event on May-23 which marks the inaugural day) at SKUAST-K Srinagar.

“You are further requested to provide the list of students from your district along with their models or innovations as per format along with details of escort teacher,” DSEK informed CEOs.

## Justice Tashi Rabstan calls on LG Ladakh Brig. (Dr.) B.D. Mishra (Retd.)

**LEH, MAY 06:** Justice Tashi Rabstan, Judge High Court of J&K and Ladakh and Administrative Judge for District Leh and Kargil also Chairperson Juvenile Justice Committee, High Court of J&K and Ladakh called on Lieutenant Governor of Ladakh Brig. (Dr.) B.D. Mishra (Retd.) at Raj Niwas, Leh.

Justice Tashi Rabstan apprised the LG about the various issues faced by the litigants of Ladakh who have to travel to either Jammu or Srinagar to file their cases in the High Court of J&K and Ladakh as there is no separate bench for Ladakh. He further informed that in other parts of our country several High Courts are common for two or more States/UTs but separate benches for the respective States/UTs have been established. Likewise, a separate bench of the High Court of J&K and Ladakh can be established for UT of Ladakh and until such time a circuit bench can function at Ladakh.

Justice Tashi also informed the LG Ladakh about the ongoing infrastructure projects of the judiciary in both the Districts of Leh and Kargil.

Subsequently, Justice Tashi visited MelongThang, Leh where the new District Court Complex, ADR Centre and High Court Guest House is coming up. Justice Tashi was received by Mr. Y.P. Sharma, Pr. District and



Sessions Judge Leh, Ms. Spalzes Angmo, Member Secretary, Ladakh Legal Services Authority, Mr. Tsewang Phunsog, Chief Judicial Magistrate Leh, Advocate Mohd. Shafi, Bar President Leh along with other members of the Bar and Chief Engineer PWD and R&B. The Chief Engineer, apprised Justice Tashi about the construction work carried out till date and also assure that the timelines fixed for completion of the first phase shall be meted. Justice Tashi along with other judicial officers also planted saplings in the new Court Complex.

At Noon, Justice Tashi took a review meeting with the Administration of UT of Ladakh regarding the agenda points approved in the earlier meeting held on December 16, 2022 which was attended by Dr. Pawan Kotwal, Principal Secretary to Government, Department of Revenue, Planning, Health & Medical Education, Mr. Ajit Kumar Sahu, Secretary GAD, Hospitality and Protocol, Mr. Fayaz Ahmad Sheikh, Secretary to Government, Department of Law and Justice, Ms. Padma Angmo, Secretary Social Welfare and Tribal Affairs Department (present virtually), Sheikh Junaid Ahmad, DIG Leh-Kargil, Mr. Shrikant Balasahab Suse, Deputy Commissioner Leh, Member Secretary, Juvenile Justice Committee, High Court of J&K and Ladakh, Pr. District and Sessions Judge, Leh, Member Secretary, Ladakh Legal Services Authority, other judicial officers and officers of Civil Administration of UT of Ladakh.

Later on, Justice Tashi visited the existing Court Complex Leh where he was given a ceremonial Guard of Honour whereafter Justice Tashi inspected all the Courts, Advocate Chambers, District Court Library and Record Room. During a short meeting with the judicial officers, Justice Tashi impressed upon them to work with dedication and decide the old matters on priority basis so that the trust and faith of common man gets further cemented in the judicial system. He further urged the Judges to persuade the parties to settle their disputes through ADR mechanism especially through the mode of Mediation. During the court visit SSP Leh, P.D Nitya along with other police officers was also present.

In the evening, Justice Tashi along with Mr. Amit Kumar Gupta, Member Secretary, Juvenile Justice Committee, High Court of J&K and Ladakh visited the observation home, office of Child Welfare Committee, Office of Principal Magistrate, Juvenile Justice Board, One Stop Centre and Nari Niketan located at Dambuchan, Leh and interacted with the officers and staff of JJB, CWC, DCPU and Superintendent Nari Niketan besides girl inmates residing in the Nari Niketan and listened to the issues raised by the inmates of Nari Niketan. The District Child Protection Officer who was present on spot informed the Judge that presently nine girls were residing in the Nari Niketan and all are getting education in a Government school. Justice Tashi noticed during the inspection that the Government was providing a meager amount of Rs One Hundred per day per child which was quite less and issued on the spot instructions to the concerned to take necessary steps for getting the said amount enhanced.

Thereafter, Justice Tashi also visited Bal Ashram at Housing Colony near Door Darshan Kendra, Leh and took stock of facilities being provided to male inmates residing there. Justice Tashi spent a considerable time with the inmates and on being informed about the scarcity of water in the said Ashram directed PDJ, Leh to take up the issue of deficient water supply to the Bal Ashram with the Chief Engineer, Leh and ensure that arrangements are made at the earliest for supplying sufficient water to the said Ashram. Justice Tashi assured the inmates of Nari Niketan and Bal Ashram to take up the issues projected during his visit with the higher authorities in the department for their resolution.

# Faculty of Agriculture Wadura SKUAST-K celebrated Earth Day-2023

Dr. Ab Qayoom

**SOPORE, MAY 06:** Yesterday the Faculty of Agriculture (FOA) Wadura SKUAST-K celebrated Earth Day-2023. The Earth Day was organized by Division of Agronomy in collaboration with Ministry of Earth Science, Govt. of India at Conference Hall of Faculty of Agriculture Wadura Campus, SKUAST-K. The Earth Day-2023 theme is 'Invest in Our Planet', calling for people and businesses to work together towards building a healthy economy for the planet. The objective of the event was to highlight the importance of Earth and its natural resources in human life, create awareness about the role of scientists in environmental protection, and discuss the global climate crisis. The programme started with a



welcome address by Prof. Raihana Habib Kanth (DFA). She highlighted the theme of the programme and reminded us of the role of the Earth in its resources and in our lives. She also precisely describes major initiatives undertaken by the SKUAST-K towards a greener & cleaner nation. Prof. Haroon Rashid Naik, Director Planning & Monitoring, SKUAST-K, who was the Guest of Honour, said that nature has bestowed Kashmir with rich beautiful resources which make it binding on every citizen to contribute their part towards preservation and conservation of natural resources. The Chief Guest of this programme was Mr. Showkat Husain Mir, Executive Director JKIDC & Director Finance, J&K Govt., in his address said that it took millions of years to formulate natural resources on

earth, but their overutilization in the name of development will put our future generations at a high risk of natural calamities. He also emphasized that our traditional knowledge system and wisdom about nature have always guided us to adopt a sustainable lifestyle. Therefore, each one of us should understand our duty to devote our time to the conservation of the environment. He also held a counseling session with the students. The event was celebrated by organizing a plantation drive, elocution, painting and photography competition. The winners of the competitions conducted during the event were felicitated by the Dean with certificates and prizes. The programme was attended by heads of various divisions, scientists and more than 150 UG/PG students of the faculty & students of nearby schools.



## DDC Chairperson Ganderbal chairs DPC meeting to approve DCP 2023-24

### HT News Network

GANDERBAL, MAY 06: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq along with Deputy Commissioner (DC) Ganderbal, Shyambir today chaired a meeting of District Planning Committee (DPC) to approve the District Capex Plan (DCP) 2023-24 at VC Room, here.

At the outset, a detailed discussion was held regarding the plan submitted by the DDC members, BDC members, PRIs and line departments under District Capex Budget 2023-24.

Chief Planning Officer Ganderbal, Irfan Giri informed the meeting that 1449 works were approved including 354 works of DDCs, 71 BDCs and 881 works of PRIs.

It was informed that the plan has been formulated as per the approved ceiling conveyed by the Finance department in close consultation with PRIs.

The DC also enquired about the status of works completed in previous financial year and CPO informed that



100 percent works are physically completed besides cent percent budget was utilized. He further informed that around 400 works are also completed under B2V1, B2V2 and B2V3 in the district.

Speaking on the occasion, the DC complimented all line departments and PRI members for ensuring 100 percent completions of funds during last year.

While approving the District Capex Plan 2023-24, the DC stressed upon

all the officers to work with same dedication and added zeal to complete all approved works in a stipulated time frame adding that district administration is committed to ensure equitable development in the district to benefit the general public.

The meeting was attended by President Municipal Council Ganderbal, Chief Planning Officer, and Executive Engineers of various engineering wings besides other concerned committee members.

## VC- JK-KVIB visits Kulgam; presides over Awareness programme at Ashmuji

### Farooq Rather

KULGAM, MAY 06: The Vice Chairperson JK KVIB, Dr Hina Shafi Bhat today visited Kulgam and presided over an awareness camp cum interactive session organised under the banner of G-20 at Awami Park Ashmuji, here.

The programme was attended by BDC, PRI members; senior officers from the Board, officers from District Administration, and a large number of educated and unemployed youth besides prospective entrepreneurs of the area.

Addressing the occasion, Dr. Hina stated that the Government is committed to extend every type of hand-holding support for seamless growth and development of the Industrial Sector, and create a supportive and conducive



entrepreneurial atmosphere. She added that recently, the upper project ceilings under PMEGP have been enhanced under manufacturing sector from Rs. 25 to 50 lacs and under service sector from Rs. 10 lacs to Rs. 20 lacs and enjoined upon the educated, unemployed youth/ aspirant entrepreneurs to channelize their energy and enthusiasm for Nation Building

by establishment self-employment enterprises.

Calling the Panchayat Raj Institutions as drivers of rural economy, she enjoined upon the line departments and bankers to utilize their services in identification of genuine and deserving candidates under employment generation programmes.

She further underlined the need for close coordination and synchronization

among the line departments and bankers to ensure that the benefits of these schemes are percolated among the target population.

She also stressed upon the concerned officers of KVIB Kulgam to make tangible efforts and cover maximum youth to make them self-reliant by extending financial assistance through the schemes and programmes of KVIB for establishment of self-employment enterprises.

Earlier, officers from the Board and bankers gave a detailed presentation about the modalities involved in implementation of JKREGP and PMEGP.

The stakeholders were informed that these schemes are online and aspirant entrepreneurs can apply online for availing financial assistance under these schemes.

## SVAMITA meeting held at Anantnag

### HT News Network

ANANTNAG, MAY 06: The Additional Deputy Commissioner (ADC) Anantnag, S. M Ashraf today chaired a meeting, here regarding the SVAMITVA scheme, a central scheme of the Ministry of Panchayat Raj.

The scheme was launched nationwide by the Prime Minister on National Panchayat Raj Day on April 24, 2021, and aims to establish clear ownership of property in rural inhabited (Abadi) areas by mapping the land parcels using drone technology and providing record of rights to the village household owners with the issuance of legal ownership cards (property cards) to the property owners.

The scheme seeks to create accurate land records for rural planning, reduce property-related disputes, and bring financial stability to citizens in rural India by enabling them to use their property as a financial asset for taking loans and other financial benefits, as well as creating survey infrastructure and GIS maps.

During the meeting, the ACR Anantnag apprised the ADC that multiple training sessions had been held at the SDM and Tehsil level, and a ground station had been established at Doru. He assured the survey central team of every possible help and directed concerned officers accordingly. The ADC directed the line officers to provide full support to the team of surveyors, as well as provide every logistic support. The meeting was attended by the ACR, Tehsildar Headquarters, BDOs, and the assigned central team.

## Drug demand reduction programme held at GHSS Bandipora

### HT News Network

BANDIPORA, MAY 06: An outreach program on Drug Demand Reduction was today organised by the District Drug De-addiction Centre Bandipora in collaboration with District Administration Bandipora at Govt Girls Higher Secondary School Bandipora, here. The programme was attended by a huge gathering of students and the staff members of the institution along With SMDC members and members from Municipal Council Bandipora. Speakers during the programme gave an in-depth briefing about the menace of drug addiction prevalent in Kashmir valley. Sofi Sameena, Medical Expert discussed about the symptoms associated with the addiction and Javad Ahmad, programme expert talked about withdrawal symptoms of drug addiction and intervention provided by experts at the rehabilitation center in Kashmir.

## Progress under PM KISAN scheme reviewed at Kupwara

### HT News Network

KUPWARA, MAY 06: On the directions of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray, Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat today chaired a joint meeting of Revenue and Agriculture Officers to review the online integration of Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) data with Revenue Records of beneficiaries on the Portal.

ADC Handwara, Nazir Ahmad Mir was also present in the meeting.

The ADC Kupwara took

a detailed review with regard to bulk uploading of Revenue Record of PM-KISAN beneficiaries, mutation of eligible beneficiaries on account of pending inheritance mutations, completion of e-KYC process and saturation of bank accounts of PM-KISAN.

The chair was apprised that revenue records of 64379 beneficiaries have been uploaded on the portal as on date. Besides, eKYC of 89170 beneficiaries, NPCI of 79687 beneficiaries, self registration of 919 farmers and 39 Aadhaar corrections have also been done. The categorization of pendencies on account of various



reasons was also discussed in detail.

The concerned Tehsildars were directed to hold mutation camps in the district in mission mode to cover all

the eligible beneficiaries having land holding in their name so that they can receive the benefits of the scheme.

During the meeting, it

was informed that a large number of farmers are in possession of cultivable land but mutation is pending and directions have been passed to the Agriculture Depart-

ment to approach Revenue Authorities for Mutation with the result they will become eligible for receiving installments under the PM KISAN scheme.

On the occasion, the ADC asked officers to ensure all eligible beneficiaries are covered under the scheme and asked them to activate their field staff and integrate PM-KISAN data with Revenue record and e-KYC process of the scheme by 15th of this month.

SDM Lolah, District Agriculture Officer, LDM, Tehsildars and other concerned officers attended the meeting.

### G-20 Summit: DC Kulgam chairs security coordination meeting

### Farooq Rather

KULGAM, MAY 06: Ahead of G-20 engagements scheduled this month, a high level meeting of civil and police officers was today held under the chairmanship of Deputy Commissioner (DC) Kulgam, Dr. Bilal-Mohi-Ud-Din-Bhat and SSP Kulgam Sahil Sarangal at Mini-Secretariat, Kulgam.

The meeting was attended by ADDC Showkat Ahmad Rather, ADC Viqar Ahmed, A-SP Shabir Ahmad, ACR, ACD, SDPOs and all district and sectoral officers.

During the meeting, the DC took an elaborate review of security arrangements.

After threadbare discussion, directions were passed to civil and police officers with regard to measures and requisite steps



which are to be taken by them in view of the scheduled G-20 meeting.

All the officers were strictly directed to follow the instructions and directions, without any fail and decipher highest level of professional conduct.

### Government of Jammu and Kashmir Office of the Executive Engineer R&B Division Spore

M/s Mushtaq Ahmad Ahanger  
S/o Ghulam Nabi Ahanger  
R/o: Azad Gunj Baramulla  
Regd No: 627- BK/SE.PWD/DEE/2012-13

No ..813-17  
Dated .6.%23

Subject: Balance work of 09 roomed, School building for Middle School Patoosa under RMSA.  
Reference: - This office allotment no. issued under 1455-57 dated 26-05-2022

- Whereas the above noted work stands allotted to you vide Superintending Engineer's No: 1455-57 dated 26-05-2022 prior to this letter of intent was issued vide this office no. 5307-08 dated: 05-09-2020.
- Whereas date of start of work was reckoned from 07-09-2020 and the work was to be completed within 35 days but despite lapse of more than 30 months, you have not completed the same.
- Whereas various notices for resumption of work were served to you vide Assistant Executive Engineer (R&B) Sub-Division Rafiabab's No: 368-70 dated: 29-09-2020, No: 718-20 dated: 06-02-2021, No: 144-46 dated: 11-05-2021, No: 94-96 dated: 22-04-2021 and No: 1049-50 dated: 16-11-2022.
- Whereas this office has also served notices issued under No: 14779-80 dated: 15-02-2021, No: 911-12 dated: 28-04-2021 and 13400-01 dated: 19-11-2022.
- Whereas you have wasted the time of the department and this clearly shows you are not interested in execution of work.
- Whereas as the work is approved under "RMSA" and the education department is pressing hard for early completion of the building.
- Whereas you are given one more mercy chance to start the work within 03 days from the date of issuance of this notice.

Keeping in view the above mentioned facts, You are finally notified through print media to start the work within 03 days from the date of issuance of this notice, failing which the work shall be put to fresh tenders at your risk and cost besides other penal action as per conditions of the contract.

In case of failure, you will be debarred for participating in tendering process as per NIT condition/ Bid declaration form.

DIPK-1173/23  
Dated 6.5.23

Sd  
Executive  
Engineer R&B Division Spore

## Handicrafts & Handloom Kashmir organises Paintings Exhibition at Arts Emporium

### HT News Network

SRINAGAR, MAY 06: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri on Saturday inaugurated two-day painting exhibition at Government Arts Emporium Srinagar.

On the inaugural day, visitors had the chance to view and appreciate the paintings created by Iftikhar Wani and Er. Shazia Basharat. The exhibition features a diverse range of artwork, showcasing the talent and creativity of the participating artists.

The opening reception was well-attended, with visitors enjoying the creative work and meeting the artists behind the artwork.

Speaking on the occasion, the Div Com said that the event is a celebration of our city's natural beauty and cultural heritage, and we are delighted to see so many people come out to support our local artists.

The Department of Handicrafts and Handloom Kashmir has dedicated its services to bringing painting out of the studio into open-air settings to bridge gap between artists and the masses through the depart-



ment's 'Know Your Artisan' initiative post recognition of Srinagar as the UNESCO's Creative City in the field of Craft and Folk Art. The exhibition holds a special corner to portray various scenes of Shere-e-Khaas (Srinagar City) by Iftikhar Wani.

The works in this exhibition represent the many unique ways artists can interpret a similar scene and be inspired by their relationship to the environment and we are thrilled with the success of our Exhibition event, said the Director Handicrafts and Handloom Kashmir.

Exhibitions of the same magnitude shall be continued to highlight the artisans of the valley, said an official.

## Secretary Tourism directs for establishment of dedicated tourist service helpline immediately, stakeholder meetings on first Saturday of every month

### HT News Network

SRINAGAR, MAY 06: Secretary Tourism & Culture, Dr. Syed Abid Rasheed Shah today directed constitution of helpline cum grievance redressal facility at TRC Srinagar/Jammu for tourists. He announced a regular monthly stakeholder consultation with the office bearers of various trade bodies of tourism sector to identify areas for improvement and devise strategies to overcome any challenges.

The directions were issued today during a marathon meeting-cum-interaction the Tourism Secretary had with the stakeholders of the tourism industry to discuss and evaluate the existing facilities, identify areas for improvement as well as address any issues affecting the sector.

Director, Tourism, Kashmir, Raja Yaqoob and other officers of Tourism Department were present on the occasion.

Dr. Abid highlighted the need for con-



tinuously upgrading facilities and services at tourist locations to meet evolving traveler expectations and attract more tourists towards Jammu & Kashmir. He emphasized the significance of maintaining world-class facilities and services at tourist destinations to attract more domestic and international visitors towards the region.

The Tourism Secretary also highlighted the role played by tourism in economic growth and employment generation and said that there is need for constant evaluation and improvement in facilities at tourist destinations to stay competitive in the global tourism landscape.



# Judicial Academy organizes one day Orientation Programme on POCSO Act, 2012

Act instrumental in providing robust justice mechanism for victims of sexual abuse: Justice Sindhu Sharmas

## HT News Network

JAMMU, MAY 06: Under the patronage of Justice N. Kotiswar Singh, Chief Justice, High Court of Jammu & Kashmir and Ladakh, (Patron-in-Chief, J&K Judicial Academy) and guidance of Justice Sindhu Sharma, Chairperson, Governing Committee for J&K Judicial Academy and Justice Vinod Chatterji Koul, Justice Javed Iqbal Wani, and Justice Wasim Sadiq Nargal, Members of Governing Committee, J&K Judicial Academy organized One day Orientation Programme on POCSO Act, 2012 via physical as well as virtual mode for Presiding Officers of POCSO Courts of the UTs of Jammu & Kashmir and Ladakh at Judicial Academy, Jammu.

Judge, High Court of J&K and Ladakh and Chairperson, Governing Committee for Judicial Academy in the presence of Justice Vinod Chatterji Koul, Judge, High Court of J&K and Ladakh and Member, Governing Committee for Judicial Academy and Kikar Singh Parihar, Former District & Sessions Judge, who were the resource person in the orientation programme. The training programme was conducted by Y.P. Bourney, Director, J&K Judicial Academy.

Justice Sindhu Sharma, in her inaugural address, stated that POCSO Act, 2012 intends to protect the child through all stages of judicial process and gives paramount importance to the principle of best interest of the child. She observed that the Act has been instrumental in providing a robust justice mechanism for the vic-



tims of sexual abuse and has highlighted the significance of child rights and safety. She emphasised that the Act covers punishment for both non-penetrative sexual assault and aggravated penetrative sexual assault.

In the inaugural session, Justice Vinod Chatterji Koul underlined the purpose of imparting training is to

offences and introducing child-friendly judicial mechanisms for dealing with such offences effectively in a time bound manner.

Y.P. Bourney, Director, J&K Judicial Academy presented the welcome address and gave an overview of the programme. He said that despite the existence of such comprehensive child sexual abuse laws in our country, the scale of such abuse is staggering. The POCSO Act is aimed at to make the criminal justice system more child-friendly and to prevent re-traumatization. He emphasised that the POCSO Act already makes the procedure child friendly and this approach should be followed by the judicial officers, magistrates, and police officers so that the child victims could repose trust in them.

In the first technical session, Justice

Vinod Chatterji Koul guided the participants about the relevant provisions of POCSO Act, 2012.

The resource person discussed that the Protection of Children from Sexual Offences Act (POCSO Act in short) was passed by the parliament in the year 2012 and provides for establishment of Special Courts for trial of such offences and for matters connected therewith or incidental thereto. The POCSO Act is a gender-neutral statute that recognizes a child as someone under the age of 18. He stated that the Act has a broad-spectrum definition of what constitutes a sexual offence against a child and further expands the definition of sexual assault to cover both non-penetrative and aggravated penetrative sexual assault (Sections 3-10) and is also inclusive of penalties for those in positions of trust.

## CMO Doda inspects health facilities at NTPHC Jodhpur, SC Bhaboore

### HT News Network

DODA, MAY 06: To assess the provision of health services being provided to the public and ensuring punctuality of the staff, the Chief Medical Officer Doda, Dr Ab Hamid Zargar today conducted surprise inspection of New Type Primary Health Centre Jodhpur and SC Bhaboore in Medical Block Ghat and reviewed their functioning.

During the visit, the CMO enquired about the facilities being provided to the patients. He checked the attendance and supply position of medicine in both the facilities. He stressed upon the staff to provide best medical facilities to the patients in an efficient and hassle-free manner. Besides, he also called upon to work with extra zeal and dedication, be friendly with the patients and serve them with missionary spirit.

The CMO directed the staff to maintain cleanliness and hygiene in and around the hospital.

## Teachers transfer policy formulated after careful consideration of all factors: DSEJ

### HT News Network

JAMMU, MAY 06: Director School Education, Jammu, Ashok Kumar Sharma today said that the transfer policy of teachers has been formulated after careful consideration of all the factors related to the transfer process and keeping the interest of the students at the centre.

The DSEJ was speaking at an interactive session with the media fraternity which was attended by Dr. Rajesh Kumar, Personnel Officer DSEJ, Mamata Sharma, Deputy Director (Planning) DSEJ and the representatives from electronic, print, and social media.

The Director discussed the various provisions of the transfer policy of teachers with the media personnel and informed them that the objective of the policy is to ensure a fair and transparent transfer process for teaching staff in government schools.

The Director addressed various queries regarding the issues faced by the students studying in private schools and that appropriate steps would be taken by the Directorate in accordance with the law, to address these issues. He also urged the private schools to adhere to the guidelines set by the government for ensuring ethical practices and justifiable fee structure.

The Director School Education Jammu also appreciated the efforts of the media fraternity for maintaining a constructive dialogue on matters related to the education sector.

The department remains committed to ensuring high-quality education for students in Jammu and

## Enforcement team inspects Courier Service companies to check supply of psychotropic drugs into J&K

### HT News Network

JAMMU, MAY 06: Amidst the recent inputs that Habit-forming synthetic drugs have been making their way illegally from neighboring states through small courier companies and such channels are being used by some nefarious elements to influx the consignments in a clandestine manner, a special team of Drugs Control Officers was constituted to conduct inspections of these companies.

Accordingly, Surprise Checks of Godowns of Courier Service Providers were carried out by the sleuths of the Drugs & Food Control Organization to cross check that the pharmaceutical consignments are being transported as per proper rules into the U.T of Jammu

& Kashmir. During the said drive, offices and godowns of various prominent Courier Companies were inspected wherein the U.T bound consignments were checked randomly to ensure that no pharmaceutical preparations prone to addiction may be brought in the U.T through these channels. Moreover, Stocks of Drugs worth Rs 90,000 that were being transported in contravention to the rules were seized on the spot and action as warranted under the Act has been initiated. Notices have been served upon the defaulters and licenses of the firms whose name has surfaced during the investigation have been cancelled. The Representatives of Courier Service providers were impressed upon to follow the SOPs.

## District Admin hosts workshop on Dak Ghar Niryat Kendra at Udhampur

### HT News Network

UDHAMPUR, MAY 06: A day long workshop on Dak Ghar Niryat Kendras (DNK) s was today conducted by District Administration Udhampur under the chairmanship of Deputy Commissioner, Sachin Kumar Vaishya and in collaboration with the Department of Posts offices Udhampur Division.

Superintendent of Posts Offices Udhampur Division, G M Shah gave detailed a powerpoint presentation on the role of Post Offices in the functioning of DNKs aimed at augmenting the global exports.

He added that the main objective of organizing this workshop is to spread awareness among artisans,



Agriculture, Horticulture Growers, Weavers and producers to harness best possible prices for their products. He informed that the documentation, custom clearance, addressing of parcels, etc required for export of products can now be done online without having physical interface between beneficiary and the Post Office.

Speaking at the workshop, the DC assured that

the District Administration is committed and duty bound to provide holistic support to Artisans and MSMEs of the District. He said that the aim is to fill the gap between artisans and customers at both national and international level. He stressed on increasing the production and productivity level of farming community to raise their socioeconomic status and standard of living.

Among others, Additional District Development Commissioner, Chan Sham Singh; GM DIC, Pankaj Anand and other officers besides Artisans attended the workshop. He added that the main objective of organizing this workshop is to spread awareness among artisans, Agriculture, Horticulture Growers, Weavers and producers to harness best possible prices for their products. He informed that the documentation, custom clearance, addressing of parcels, etc required for export of products can now be done online without having physical interface between beneficiary and the Post Office. Speaking at the workshop, the DC assured that the District Administration is committed.

## DC Rajouri reviews patient care scenario at District Health Society meeting

### HT News Network

RAJOURI, MAY 06: A meeting of the District Health Society was today held under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal. The meeting was convened to review the performance of the Health and Family Welfare Department for the financial year 2022-23.

A detailed discussion on various points including the progress achieved under National Health Mission, institutional deliveries, OPDs, IPDs, RBSK, National Tuberculosis Elimination Program etc was held in the meeting.

Discussing the progress achieved under the National Health Mission, the meet-



ing was informed that 1091676 patients visited OPDs, 78812 were provided treatment in IPDs, while 7584 major and 76701 minor surgeries were performed during the financial year 2022-23.

It was further informed that the district recorded 13206 institutional deliveries and 66251 X-Rays. The DC also stressed on educating the masses about the benefits of institutional deliveries over home deliv-

eries. He directed to ensure registration of maximum number of expecting mothers under Janni Suraksha Yojana.

While reviewing the Rashtriya Bal Swasthya Karyakram (RBSK), the meeting was apprised that the program aims to improve the overall quality of life of children, enable them to achieve full potential and to provide comprehensive care to all children in the community.

## Sensitization Workshop under National Tobacco Control Programme hosted for teachers

### HT News Network

JAMMU, MAY 06: A Divisional Level Sensitization Workshop of Officers of School Education Department of Jammu Division was today held under the chairmanship of Deputy Director Health Services, Dr. Rajeev Sharma here in the Conference Hall of Government Hospital Gandhinagar under National Tobacco Control Programme.

Joint Director School Education Department, H.R. Pakhroo was also present on the occasion. As many as 30 participants attended the workshop organized by State Tobacco Control Cell, Directorate of Health Services Jammu to sensitize the participants about Tobacco Free Educational Institutions initiative of the Government of India and discuss the way forward to achieve the aim of Tobacco Free educational institutions. In his address, the Deputy Director spoke about the negative impact of Tobacco on human health, economy as well as the environment. He informed the gathering about the report of the Global Youth Survey 2019 which



states that the age of initiation of Tobacco use in India has now gone down to 9.9 years. He stressed on the urgent need for the effective implementation of tobacco control laws, especially TOFEI initiative to protect the youth from initiation of this menace. A presentation on Epidemiology and burden of Tobacco use, Tobacco Control Laws, Hookah Bars and the TOFEI programme was given by the Divisional Nodal Officer, National Tobacco Control Programme, Dr. Mridula Singh. Later, an interactive session was conducted to discuss the issues and the solutions for the effective implementation of the TOFEI initiative.

## Sheetal Nanda inaugurates Girls CCI "PARISHA" in Samba

Felicitates best women police officers for catching drug suppliers, peddlers

### HT News Network

SAMBA, MAY 06: Commissioner Secretary, Social Welfare, Sheetal Nanda, today visited Mandi Gurgalian of Samba district and inaugurate a Child Care Institution for Girls, 'Parisha'.

Deputy Commissioner, Samba, Abhishek Sharma, MD ICPS, Harvinder Kour and SSP Samba Benam Tosh besides other senior officers were present on the occasion.

The inaugurated 'Parisha' is a 25 bedded institution that has been designed to provide a safe and secure environment for girl chil-



dren in need. The facility has been equipped with counsellors, teachers, case workers and house mothers to ensure the well being and safety of the children. The facility also has a library, recreational room, pantry, playroom and other amenities to cater to the needs of the children.

Sheetal Nanda, while

addressing on the occasion, said that "Parisha is an important addition to our efforts to provide a better future for girl children in need. We believe that every child deserves a safe and nurturing environment and Parisha is an embodiment of that belief. We are committed to support the institution while ensuring that

it continues to provide the best possible care for the children under its care."

Deputy Commissioner and MD ICPS also assured their support for the institution and praised the efforts of the team behind Parisha for their dedication and commitment towards welfare of the children.

"Parisha is a valuable addition to the child care infrastructure in the district, and it is expected to make a significant difference in the lives of the children under its care", maintained the DC.

Later, Commissioner Secretary participated in the Nasha Mukh Bharat Abhiyan organized at Samba Fort.

## GDC Kishtwar leads fight against drug abuse with 'Nasha Mukh Bharat Abhiyan'

150 students pledge to 'say yes to life and no to drugs' at Public Outreach Programme'

### HT News Network

KISHTWAR, MAY 06: Eco Club and NSS UNIT GDC Kishtwar today organized a 'Public Outreach Programme- Pledge against Drugs here under the banner "Nasha Mukh Bharat Abhiyan" to generate awareness about the social and health hazards of drug abuse and motivate the students towards a Drug Free life and society. The "Nasha Mukh Bharat Abhiyan" is an initiative of Govt. of India which reiterates India's fight against the menace of drugs.

The event was organized under the patronage of the College Principal Dr. Jyoti Parihar and close supervision of Dr. Athar Hussain.



Executive Engineer PWD (R&B), Ravinder Kumar was the Guest of Honour for the event. Dr. Athar Hussain, Prof. Tariq Tamkeen, Prof. Romana Akhtar and Dr. Sehrish Gazal spoke on the occasion and encouraged the students to refrain themselves and their friends from straying into the dark path of drug abuse. The main aim

of the pledge was to spread the message of ill effects of drugs among the students and to strengthen the resolve in making India a drugs free nation.

Dr. Sehrish Gazal (convener Eco-Club) urged the students to take part in E-pledge titled "Say yes to life, No to Drugs" and uploaded it on the website www.mygov.in. Stepwise details of accessing the website/ link and to take the E-pledge along with generation of digital certificates were provided to the students. All the students were requested to be part of this mass movement against drugs. This programme not only helped to spread the awareness against drug menace but also initiated in saving our present and future generations.



EDITORIAL

The Usual Load Shedding Crisis...

Load shedding has been a persistent problem in Kashmir, not only in winter season but during the summer months also. The region is already facing numerous issues, including political instability and the added burden of power outages is making life even more difficult for its residents.

The power crisis in Kashmir is primarily due to inadequate infrastructure and limited generation capacity. The region relies heavily on hydroelectric power, and with the decrease in water levels during the summer months, the power generation capacity reduces, leading to frequent outages. Moreover, the transmission and distribution networks are outdated and in dire need of an overhaul. The lack of investment in the power sector has also contributed to the problem.

The consequences of load shedding in the summer months are severe. The scorching heat exacerbates the problem, making it unbearable for people to go about their daily activities without electricity. It disrupts normal life, affecting businesses, schools, hospitals, and other essential services. The lack of electricity also impacts the agriculture sector, which is a significant source of income for the region.

The impact of load shedding on the tourism industry in Kashmir cannot be overlooked. The region is a popular tourist destination, attracting thousands of visitors every year. However, with power cuts being a regular occurrence, the tourism industry suffers. The lack of power not only affects hotels and restaurants but also disrupts activities such as skiing, hiking, and sightseeing. It creates a negative impression among visitors, leading to a decline in tourism revenue.

Another significant consequence of load shedding is the impact on health. With no electricity, hospitals and healthcare facilities struggle to provide essential services. Patients are forced to rely on backup generators, which are often unreliable and inadequate. It puts a strain on healthcare workers who have to work in difficult conditions, compromising patient care and safety.

The lack of electricity also has an adverse effect on education. Schools and colleges rely on power to run their classrooms and laboratories. With no electricity, students are unable to attend classes, leading to a loss of valuable study time. It affects their academic progress and future prospects.

In conclusion, load shedding in Kashmir during the summer months has severe consequences. The lack of electricity disrupts normal life, affects businesses, hospitals, and schools, and impacts the agriculture and tourism sectors. It is imperative for the government to invest in the power sector, upgrade the infrastructure, and explore alternative sources of power generation. It is not only a matter of providing basic amenities to the people but also crucial for the economic and social development of the region. The people of Kashmir deserve a better quality of life, and it is the responsibility of the government to address their needs and concerns.

Causes and Preventions for Healthy Teeth and a Happy Smile

"A smile is the curve that sets everything straight, but healthy teeth are what keep it shining bright"



AUBAID AHMAD AKHOON



Tooth pain can be a debilitating experience, and unfortunately, I have been suffering from it for the past week. Despite taking prescribed medication, the pain still persists, and it has been difficult to enjoy social events and activities with family and friends. This has prompted me to write this article on tooth pain causes and preventions, in the hopes that others can avoid the same pain and discomfort I am currently experiencing.

Tooth pain can be a nagging problem that affects not only our physical health but also our mental well-being. It can disrupt our sleep, make it difficult to eat, and even affect our mood. While tooth pain can be caused by a range of factors, it is important to understand that it is preventable. By following some simple guidelines and making a few lifestyle changes, we can avoid the discomfort of tooth pain.

Regular dental check-ups are essential for maintaining healthy teeth and gums. Dentists can identify early signs of tooth decay or gum disease and provide appropriate treatment to prevent further damage. They can also offer advice on proper brushing and flossing techniques, as well as recommend mouthwashes or other oral care products.

A healthy diet is crucial for preventing tooth pain. Foods that are high in sugar and acid can erode the enamel of our teeth, making them more susceptible to decay and sensitivity. Eating a balanced diet that includes plenty of fruits, vegetables, and whole grains can help keep our teeth healthy and strong.

We should also avoid the consumption of alcohol and tobacco to maintain good oral and overall health. Smoking and alcohol consumption can lead to a range of health issues, including gum disease, tooth decay, and oral cancer. Smoking can stain teeth and cause bad breath, and it can also reduce the effectiveness



of certain dental treatments. By avoiding these substances, we can reduce the risk of these problems and promote better oral health.

If you participate in sports or other physical activities, it is important to wear a mouthguard to protect your teeth from injury. Mouthguards can also help prevent bruxism, a condition in which we grind or clench our teeth, which can lead to tooth pain and other dental problems.

Stress can also contribute to tooth pain, as it can lead to clenching or grinding of teeth. Finding healthy ways to manage stress, such as exercise or meditation, can help reduce the risk of tooth pain.

In addition to the measures discussed above, there are other steps we can take to manage tooth pain if it does occur. Over-the-counter pain relievers can provide temporary relief. However, it is important to follow the instructions carefully and not exceed the recommended dose. Applying a cold compress to the affected area can also help reduce pain and inflammation. It is important to avoid placing ice directly on the tooth, as this can cause further damage.

If the tooth pain persists or is accompanied by other symptoms such as swelling or fever, it is important to seek prompt dental attention. These could be signs of a more serious problem that requires immediate

treatment.

Bottom Line : A healthy smile starts with healthy teeth, and healthy teeth start with a commitment to preventive care. Invest in your dental health today, to prevent the pain of tomorrow

Tooth pain can be a serious problem that affects our daily lives. By following these simple guidelines and making a few lifestyle changes, we can prevent tooth pain and maintain healthy teeth and gums. Regular dental check-ups, a healthy diet, avoiding alcohol and tobacco use, wearing a mouthguard during physical activities, and managing stress can all help prevent tooth pain and keep our smiles healthy and pain-free. Remember good dental hygiene isn't just about preventing cavities, it's about preserving your smile and your self-confidence as prevention is always better than cure. "Taking care of your teeth is not just about maintaining your oral health, it's about preserving your quality of life."

**Educational Columnist, Motivational Speaker, Associate Editor of the weekly 'Education Quill', Senior EDP Head at DD Target PMT in Kashmir, which is a reputed institute for medical/JEE/ Foundation Coaching Classes. Insta id UBI9305, akhoon.aubaid@gmail.com**

Understand The Difference Between career in Fashion Designing And Fashion Technology



VIJAY GARG



As the fashion industry is constantly evolving, fashion designing aspirants should start a career in an allied fashion field as per their artistic bent of mind. However, there is also a need for the sharp application of technological skills for manufacturing fabrics.

Most aspirants have a perception that the fashion industry offers only one job role, which is of the fashion designer. However, there is more to it. The fashion industry has varied requirements and the key differentiating points in opting for courses, either Bachelors of Design (BDes) or Bachelors of Fashion Technology (BFTech).

"As fashion design is a multidimensional domain and communicates in the form of art, science, technology, students with different interests could be honed to opt for a variety of career opportunities. The urgent need is to teach students the versatility of the industry - from its evolution and the behavioural patterns of fashion, so they can keep track of its current trends. This will enable students to identify and design apparel or fashion products per the societal norms and market requirements."

Although both streams deal with fashion trends, however, Fashion Designing is about crafting new accessories, apparels or stitching a designer dress. It is also about developing visualisation skills for presenting the creative expression of a costume on paper and then converting



it into real-life costume designs.

Whereas, Fashion Technology is the technological aspect of textile fibres, yarns for producing quality fabric materials. Both courses lay importance on enhancing creativity and mapping fashion trends with textile production techniques, the basic fashion principles, among students.

"Fashion design is all about understanding the various garment designs, styles and fit that will suit a person as per their demographics, psychographics, lifestyle and functionality. On the other hand, Fashion Technology prepares the students to engineer large-scale manufacturing of garments. Students are also given hands-on experience on rapid prototyping technologies like 3D printing with which highly customizable products can be developed," adds Sundari.

Admission to top colleges

Class XII passed students from any stream, are eligible to apply for these courses. For enrolling in Fashion Technology, it is a must that students have passed Physics, Chemistry, and Mathematics subjects. The admission process involves clearing the entrance examination and subsequent Personal Interview. Students can apply for national-level Fashion Design competitive examinations, namely:

National Institute of Fashion Technology (NIFT)

National Institute of Design, Design Aptitude Test (NID DAT)

Undergraduate Common Entrance Examination for Design

Indian Institute of Crafts and Design (IICD)

All India Entrance Examination for Design (AIED)

Students can appear for government university-level exam to study the course at their desired varsity. The list includes: National Institute of Design (NID) Ahmedabad, Utkal University of Culture (Bhubaneswar), State University of Performing and Visual Arts (Rohtak), Footwear Design and Development Institute (Noida, Patna). Besides these, some pioneer private colleges offering these courses are JD Institute of Fashion Technology and Pearl Academy in Delhi, Symbiosis Institute of Design, Inter National Institute of Fashion Design, MIT Institute of Design in Pune, and World University of Design (WUD) in Haryana, K C G College of Technology in Chennai and many others.

Career advancement

After completing the course, a fresher fashion designer is hired as Fashion Consultant, Fashion Illustrator, and Fashion Coordinator. They also have job opportunities in textile designing, to work as Fashion Merchandiser or Fabric Designer.

Explaining the hiring trend, Sundari says, "Corporates are preferring to hire skilled and talented Batch students as Pattern Engineer, Technical Lead (fabric), Textile Quality Auditor. Fashion design students are more suitable for roles including Fashion Forecast/Trend Analyst, Material Designer, Fashion Revivalist, Colour Trend Expert, Boutique Manager."

With a specialisation degree, students are hired in the jewelry and footwear designing or manufacturing department of related MNCs. Textile Designers are always in demand by retail chains and textile export houses.

**Vijay GarG Retired Principal Educational Columnist Malout Punjab**



# All is not well in our Pir-Waer



RAYEES AHMAD KUMAR



Valley of Kashmir, the most beautiful and mesmerising part of globe, popular for it's enchanting beauty, resplendent lofty mountains, snow-clad hills and vast grassy green meadows. The cool and refreshing climate even during hot summers makes it a heaven or paradise on earth. It is because of it's pleasant climatic conditions that the famous Persian poet Amir Khusru has said "agar firdous bar roye zamin ast, Hame asto hame asto hame ast". Apart from being a top tourist destination, our valley is also the abode of hundreds of God fearing saints who have come from distant lands to preach humanity and bring the people closer to one Allah. That is why it is often referred to as Pir Waer. However in this part of the country, in which love, respect, mutual understanding, philanthropy and humanity once ruled in the community and society have now become the things of past. Ill-will, malice, prejudice and hate are now dominating our social fabric. It has completely lost it's values and glory for which it was famous for centuries. Sharing grief, predicament, melancholy and good times with fellow community members and neighbours was our heritage and legacy but alas we aren't now what we were in the past. Patricide, patricide and even matricide is reported now from each corner of the valley. For a small patch of land our youth are committing the heinous crimes of killing their siblings. For few pennies, fathers have now become unsafe in the hands of their own sons. A number of times we have seen a son has killed his own father and then buried the dead body in an unknown place. Drug addicts and morally degraded sons are now killing their own mothers for failing to fulfill their meagre pocket money. Disloyalty among

the youth planning to go for marriage against the will of their parents have resulted either in killing of one or the other partner or they silently end their lives due to suicides. Our teenagers not knowing the value of one time gift from God often go for stunt biking and bulldoze the age old hopes of their parents and extinguish the light of their eyes and make them completely blind for rest of their life. Theft, dacoity, murder and hooliganism have now dug it's roots deep here and are becoming the order of the day. In these circumstances one wonders and asks himself the question is it the same valley which it used to be earlier? Is it same part of globe where Mir Syed Ali Hamadani ra, Sheikh Noor din Noorani ra, Sheikh Hamza Makhdoom ra and Sheikh Zauudin Wali preached centuries ago the values of humanity? The tragic story doesn't end here. Let me to point out that a daughter isn't also safe in the hands of her own father. Many a times he has either maligned her modesty or killed her for the reasons best known to him only. Jumping from the bridges in river waters by the youth to make an end of their story is a frequently witnessed phenomenon now. Alienating old age parents and compelling them to beg on roads or in premises of religious places by their own children raised by them is an eye opener for all conscious minds. Just after marriage our own sons forget all the favours and kindnesses their parents had done for them during their whole life. Instead of obeying them and proving a solid support for them in their old age which our religious teachings demand, they put them in further troubles. Now we see parents of even four and five sons too live alone without being cared by any of their children for none of their faults. Our daughters after tying their nuptial face worst kind of treatment at the hands of their in-laws. Apart from the male members of the new home like father in-law and brother in-laws, they also are troubled by their own sex like sister and mother in-laws. It is really awful to see a woman being tortured by another woman in one commonly shared home

**Patricide, patricide and even matricide is reported now from each corner of the valley. For a small patch of land our youth are committing the heinous crimes of killing their siblings. For few pennies, fathers have now become unsafe in the hands of their own sons.** A number of times we have seen a son has killed his own father and then buried the dead body in an unknown place. Drug addicts and morally degraded sons are now killing their own mothers for failing to fulfill their meagre pocket money. Disloyalty among the youth planning to go for marriage against the will of their parents have resulted either in killing of one or the other partner or they silently end their lives due to suicides.

under one roof. Their melancholic story doesn't finish here. But i wouldn't keep it veiled to tell you that even husbands are making the lives of their spouses hellish by tormenting them on one pretext or the other. Those who were supposed to respect, honour and support their better halves are now crushing and coercing them. A number of women were killed by their in-laws and many more were forced to commit suicide in their newer homes. Demand for dowry, some times failing to bear the children and lack of compatibility between the spouses or two families are few reasons of their troubled post-married life. The degradation of our values and the materialistic lust for money and wealth has completely blinded us. We have lost the ethical values and civic sense is almost wiped out from our sacred land. We no longer value merit, humbleness, nobility and humanity instead we encourage selfishness, swindling and adultery thereby making the society unfit for morally upright people to live in. Deviation of youth towards drugs is yet another big curse which will take a heavy toll if not bridled at an earliest. Law enforcement agencies are doing wonderful job to curb this menace but coherent and effective ways are needed to uproot it from the society. Official report of a million youth indulging in drugs which include even girls is very alarming. Recently police have busted a couple of sex rackets in Valley which were running secretly thereby indulging in immoral and intolerable activities. Years ago such things couldn't have been expected but today these have become reality in a place which once was considered sacred and holy. The frequency of crime rate is increasing here with each passing day. Sir Walter Lawrance in his masterpiece "The Valley of Kashmir" has written that crime is almost negligible in Kashmir and people here are loving, helping and thoughtful. But what has polluted our social fabric, why we have got completed changed and why we have become ill-minded? These are some of the questions which we need to ponder on.

## A PERSON WHOM YOU WILL CALL MINE



UZMA NAZIR

### What is a relationship?

A relationship is generally a bond or connection between two persons of the same gender or of opposite genders. Usually, when people talk about relationships, it means being in a committed, long term romantic affair.

There are four basic types of relationships: family relationships, friendships, acquaintanceships and romantic relationships. Some other nuanced types of relationships include work relationship, teacher-student relationship and community or group relationship. Some of these relationships can overlap and coincide with one another, e.g; two people can be both work colleagues as well as close friends. So developing relationships is seen everywhere.

### Value of relationships:

We spend our lives craving it, searching for it and talking about it. Its meaning is felt more than it is clearly expressed. It is the greatest virtue... it is love... It is the most powerful and most beautiful moment when we meet another person and feel energised and are immediately aware of heat pounding. The three components of love are intimacy, passion and commitment.

### How to build a healthy relationship:

Maintaining a strong and long lasting relationship requires a constant and consistent care with a good mutual understanding and communication. Each individual in a relationship should feel confident that his/her partner is willing to devote his/her time and attention to him/her. They both also must be committed in accommodating and adjusting their differences as these differences change over time.

### How to find love:

Love is a beautiful relationship based upon trust but fake love has become quite rampant these days. Things like money, name, fame, sex and lust are nowadays common in the

**Love in islam is all encompassing. It promotes healthy and truthful relationships between men and women towards family, friends and to our neighbours. It was narrated from ibn Abbas that the messenger of Allah (PBUH) said, there is nothing like a marriage for two who love one another. No love between two souls is greater than that between the spouses. (Tafsir ibn kathir)**

name of love relationships. Those beautiful days of the past have gone when people used to love someone truly and could do anything for their beloveds. Nowadays, It isn't easy to find true love in this materialistic world. However, like any other counterfeit, this fake love also doesn't stay long, whereas a true relationship stays for ever. A true relationship is when you can share anything and everything with each other. There should be no secrets, no lies at all in a true relationship. Strong and long lasting bonds are built on trust. Without trust there can't be a long lasting relationship as it acts as a basic need for a long lasting relationship.

### Love in islam:

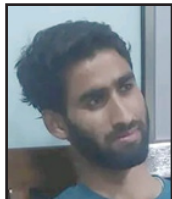
Love in islam is all encompassing. It promotes healthy and truthful relationships between men and women towards family, friends and to our neighbours. It was narrated from ibn Abbas that the messenger of Allah (PBUH) said, there is nothing like a marriage for two who love one another. No love between two souls is greater than that between the spouses. (Tafsir ibn kathir)

### Whom to call mine:

Finding a partner with whom to share our life is a wonderful feeling but undoubtedly a difficult process. I am not desperate for a relationship but I do miss the feeling of having someone who can make me smile and make me to feel appreciated. Someone whose first and last thing of everyday will be calling and texting me. Someone who will be always there to hold me whenever I would feel vulnerable. Someone who will overlook my defects and would love me for who I am. Someone whose presence will delight me and give me butterflies in my stomach. Someone who will correct me whenever I am wrong. Someone who will find perfection in my imperfection. Someone whom I can truly call mine. A successful marriage requires always falling in love with the same person. O Almighty Allah! grant me someone who will hold my hand to jannah... Aameen

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## Uncomfortable Zone



ER ALJAZ AHMAD



*The Comfort Zone, a place of ease, Where all is known and worries cease, But growth is stunted, and progress slowed, And fear and doubt begin to corrode.*

*To venture out, into the unknown, To take a step, into the uncomfortable zone, Is to invite risk and welcome change, To break free from the familiar, and rearrange.*

*The heart may race, and palms may sweat, As doubts and fears begin to set, But with each step, the mind is trained, To see new possibilities, and strength gained.*

*The discomfort may be temporary, But the growth is permanent, and necessary, To live a life that's complete and faithful, To discover potential, and pursue.*

*So take a breath, and take that leap, Embrace the challenge, and the growth it'll reap, For though it may be scary at first, In the end, it's the discomfort that's worth.*



# Karnataka polls: Modi's massive roadshows in Bengaluru can be a gamechanger

HT News Network

Bengaluru, May 6 (UNI) The roadshows of Prime Minister Narendra Modi in key parts of Karnataka witnessed a spectacular show until today, but the first of the two roadshows in Bengaluru on Saturday for the final push before assembly elections in Karnataka, can be a gamechanger and create a history in state's electoral politics.

In the 2018 Karnataka assembly elections, BJP fell short of nine seats, garnering 104 seats out of the 224 seats in state assembly, emerging as the single-largest party. But, a prompt phone call from Sonia Gandhi to HD Deve Gowda paved the way to form the JDS-Congress coalition government.

The bonhomie, however, did not last and it fell after 17-odd disgruntled MLAs of Congress and JDS deserted the parties and joined hands with the BJP to form the government under BS Yediyurappa as the chief minister.

The nemesis for BJP, according to psephologists and the chintan shibir of the BJP, was the poor performance of the party, especially in Bengaluru city and a few parts of Karnataka due to the failure of its workers to micro-manage at the booth levels.

So, BJP won only 8 out of 18 seats in Bengaluru city, but PM Modi and



Karnataka BJP leaders do not want a repeat performance of the 2018 election in 2023. BJP had won 4 seats - Basavanagudi, Bommanahalli, Govindraj Nagar and Padmanabha Nagar - out of the six seats in Bengaluru South assembly constituency.

And in Bengaluru North, the BJP won only one seat, that is Malleshwaram, out of the six seats, while it won 3 seats in Bangalore Urban assembly constituency.

This time, BJP plans to make a clean sweep in Bengaluru city, and this is the reason why PM Modi has spent more time traversing 26-odd kms in Bengaluru city today. He will also hold a 10-km roadshow in the city tomorrow as well.

The constituencies through which

his cavalcade passed today include Padmanabha Nagar where R Askok, the former Deputy Chief Minister and sitting Revenue Minister of Karnataka, is fighting the election. He is also fighting against Congress strongman and Karnataka Congress President DK Shivakumar from Kanakapura constituency also, in a bid to restrict his campaigning in his constituency.

This is in line with a 50-km odd roadshow held by PM Modi in Ahmedabad city in the final push to the 2022 assembly election in Gujarat. Out of the 20 assembly seats in Ahmedabad city, BJP won 18 seats, except Muslim-dominated constituencies of Jamalpur Khadia and Danilimda which went to the Indian National Congress.

## India's democracy "most functional" on any global parameters: Vice President Dhankhar

HT News Network

Vice President Jagdeep Dhankhar, while interacting with the Indian community in the United Kingdom on Saturday, said that India at the moment is the "democracy which is most functional on any global parameters" and appreciated the community members for their contributions to the society and lending strength to India-Britain relationship.

He said, "India is proud of its diaspora. They are 24X7 ambassadors of Bharat - 1.7 million here and 32 million all over the world. They can be complemented for exemplifying and that exemplification is considered by every quarter that they remain fully committed to their karmabhoomi and also to janmabhoomi. This wholesome balance they strike with amazing capability." "India at the moment is the democracy that is most functional on any global parameters, if you look at the three wings of the state - the legislature, the judiciary and the executive, you will find that executive, headed by Prime Minister Narendra Modi has trans-



formed one-sixth of humanity to unimaginable level of all societal parameters and elements that go to alleviate the suffering of the people. Empowering the common man is taking place. Infrastructure growth, which could never be dreamt earlier, is a ground reality. You see it in road, rail, air or technological connectivity," Vice President Jagdeep Dhankhar said.

He stated that digital payment transactions amounted to 1.5 trillion in India in 2022. He said that India has 700 million internet users and stressed that they have transformed India's service delivery system to a level which could not be imagined earlier.

"I had indicated to the

their account and without any middleman. He further said, "Look at the kind of transformation, revolutionary change that has taken place. Power corridors have been sanitized of power brokers."

Jagdeep Dhankhar said that there is the evolution of an ecosystem that enables every youth to fully unleash his or her energy and potential. He stated that skill development and capacity building is the new norm at every stage. He said that Education policy has been evolved after 34 years.

"There is evolution of an ecosystem and that enables every youth to fully unleash his or her energy and potential. And there are no fiscal constraints. If I look at mudra loans, look at the amount that has been distributed and each loan, most of them are women, has turned out to be job creator," Jagdeep Dhankhar said.

"Skill development and capacity building is the new norm at every stage. National education policy has been evolved after 34 years. I am a product of education. If I had not got a scholarship.

## India logs 2,961 new Covid cases

HT News Network

New Delhi, May 6 (UNI) India has recorded 2,961 new Covid-19 cases in the last 24 hours, as per the Health Ministry on Saturday. With this, the active caseload stood at 300,41 which is 0.07 percent of the total cases, as per the Health Ministry. The death toll has risen to 53,165 with 14 new deaths reported in the last 24 hours in various parts of the country. As many as 6,135 patients recovered from the disease in the last 24 hours. The total number of people who have recuperated from the disease is 4.44 crore (4,44,05,550). The COVID-19 recovery rate stood at 98.75 per cent, whereas the fatality rate was recorded at 1.18 per cent. Meanwhile, the daily positivity rate was recorded at 2.12 percent while the weekly positivity rate was pegged at 2.63 per cent. The Ministry said 1,198 vaccine doses of COVID have been administered during the last 24 hours under the nationwide vaccination drive. Around 20.66 cr Total Vaccine doses (95.21 cr Second Dose and 22.87 cr Precaution Dose) have been administered so far under Nationwide Vaccination Drive said the Ministry. Meanwhile, 92.74 cr Total Tests conducted so far. 1,39,814 tests conducted in the last 24 hours showed the Ministry data.

## NEET Exam Postponed For Students With Test Centres In Violence-Hit Manipur

HT News Network

Imphal: The National Testing Agency (NTA) on Saturday decided to postpone the NEET (UG) examinations to be held in centres in violence-hit Manipur on Sunday till a later date. This comes after Union MoS for External Affairs and Education Rajkumar Ranjan Singh, keeping in view the current situation in Manipur, wrote a letter regarding rescheduling the NEET (UG) 2023 examinations. "Please refer to the D.O. Letter dated May 6, 2023, from Dr Rajkumar Ranjan Singh, MOS, External Affairs and Education, Government of India regarding rescheduling the NEET (UG)-2023 Examination," the NTA said in a notification. "In this regard, this is to inform you that the NEET (UG)-2023 Exam has been postponed for the candidates who were allotted examination centres in the State of Manipur and their exam will be held at a later date. The candidates are also being informed through automatic call and email," it read further. Speaking on the development, Singh said that keeping a view of the current situation in Manipur, he had requested to postpone the examinations.

## India To Build Massive Observatory 'LIGO' To Detect Gravitational Waves

HT News Network

New Delhi: The Laser Interferometer Gravitational-Wave Observatory or LIGO-India will significantly enhance scientists' ability to pinpoint the sources of gravitational waves -- ripples in the fabric of space and time -- and answer fundamental questions about the universe, experts say. The Union Cabinet recently approved the construction of LIGO-India, a 2,600 crore rupee project, in the Hingoli district of Maharashtra that is expected to begin observations by the end of the decade.

## India, Russia cut deal on payment delays, defense production

HT News Network

NEW DELHI — India and Russia have agreed to resolve delayed payments related to defense contracts, while also formalizing a plan for the local production of Russian equipment and spare parts.

The planned resolution comes as India and China are caught up in a territorial dispute near their borders, and as the West implements sanctions on Moscow amid Russia's invasion of Ukraine.

As a result of the economic restrictions, India has been unable to make payments to Russia since April 2019. India has attempted to install an alternative rupee-rupee payment to cover the costs, but Russia declined the proposal. The amount due totals about \$3 billion as of April 2023, a government source told Defense News on the condition of anonymity because the individual was not authorized to speak to the press. Now, the two governments have achieved a breakthrough, according to sources with knowledge of the agreement, which was made April 28 during bilateral talks involving Indian Defence Minister Rajnath Singh and his Russian counterpart Sergei Shoigu. Under the new plan, India's



Defence Ministry will make payments through Russia's financial messaging system. The Financial Messaging System of the Bank of Russia, or SPFS, is an alternative to the Swift system, which supports international financial transfers; several governments have limited Russia's ability to use Swift. Indian banks designated by the government are to make pending payments for signed defense contracts between India and the Russian arms export agency Rosoboronexport. If the Russian ruble transactions are blocked, the trade settlement will instead involve Indian rupees. Russia also agreed to support India's defense industry through the economic initiative Make in India, according to a statement from the Indian Defence Ministry.

## Manipur: 54 Dead. Army Brings Violence-Hit Areas Under "Firm Control"

HT News Network

Imphal: The death count in the Manipur carnage increased to 54, officials said even as unofficial sources put the figure at several scores. Life returned to wary normalcy in Imphal Valley on Saturday as shops and markets reopened and cars started moving on the roads. Security presence which has been bolstered by flying in more army troops, rapid action force, and central police forces, was clearly visible in all major areas and roads.

Most shops and markets in Imphal town and other places opened in the morning with people buying vegetables and other essential commodities even as security forces were deployed in large numbers.

Of the 54 dead, 16 bodies were kept in the morgue of the Churachandpur district hospital while 15 bodies were in Jawaharlal Nehru Institute of Medical Sciences in Imphal East dis-



trict, officials said. The Regional Institute of Medical Sciences at Lamphel in Imphal West district reported 23 dead, the official said.

Meanwhile, five hill-based militants were killed and two India Reserve Battalion jawans were injured in two separate encounters in Churachandpur district on Friday night, police said.

An encounter took place at Saiton in Churachandpur district between the security forces and the militants in which four militants were gunned down, the police said.

Militants opened fire at security forces at Torbung

and synergised response," the Defence official said on Friday night.

Details of the incidents, however, were not available.

Multiple sources said the fighting between communities had left several scores of people dead and nearly a hundred injured. However, the police were unwilling to confirm this.

The bodies were brought from districts such as Imphal East and West, Churachandpur, and Bishenpur.

Many people with bullet injuries are also being treated at RIMS and Jawaharlal Nehru Institute of Medical Sciences.

"Prompt response by Security Forces led to rescuing of civilians of all communities from various minority pockets of areas affected by violence. As a result, Churachandpur, Kangpokpi, Moreh, and Kakching are now under firm control with no major violence reported since yesterday night," the PRO said.

HT News Network

Bengaluru: An assassination plot has been hatched to "wipe out" Congress President Mallikarjun Kharge, his wife and his entire family by a BJP candidate, the party general secretary and Karnataka in-charge Randeep Singh Surjewala alleged on Saturday in a sensational charge that was denied by the ruling party.

The Congress leader played an audio recording at a news conference days ahead of next week's election, in which Manikanta Rathod, the BJP candidate from Chitapur constituency in Kalaburagi district, is allegedly heard saying in Kannada that he will "wipe out Kharge, his wife and children".

"Intimidated by the all-round blessings of Kannadigas being showered on the Congress party and facing a complete rout in the ensuing Karnataka election, the BJP leaders are now hatching a plot to murder Sri Mallikarjun Kharge as also his family members," Mr Surjewala alleged.

He said that this was "the lowest political discourse anyone can stoop to" and that "the assassination plots have entered the electoral discourse of Karnataka". He also



claimed that Mr Rathod was a "blue-eyed boy of Prime Minister Narendra Modi and Chief Minister Basavaraj Bommai".

"I know the prime minister will remain mute, and so will Karnataka police and the Election Commission of India. But people of Karnataka will not remain mute and will give a befitting reply," Mr Surjewala added.

Karnataka Chief Minister Basavaraj Bommai promised an inquiry into the allegations, saying, "We will take the matter seriously. We will inquire into the whole thing and the law will take its action."

Mr Rathod denied the charge and said that the audio was fake and fabricated by the Congress to malign him. He said that he had no intention of harming Mr Kharge or his family and that he was confident of winning the election.

## "Peace Is Required To Take Forward...": Minister On Manipur Violence

HT News Network

New Delhi: The Indian government is taking all necessary steps to restore order in the violence-hit Manipur, Union Minister Kiren Rijju said on Saturday.

The Union Home Minister himself was monitoring the situation and taking all necessary steps, the minister told reporters at the sideline of an event. "Communal violence between two communities is a very unfortunate incident. Many lives have been lost and there is damage to property. Whether Meiteis or Kukis, both belong to the same state and need to live together," Mr Rijju said and called for dialogue. "The entire north east is witnessing fast development under the leadership of Prime Minister Modi. Violence must not be allowed to dent it. Such incidents impact the future of the people and harm the youth and women the most," said the minister who belongs to Arunachal Pradesh. "Peace is required to take forward development of the beautiful north east... Society can progress only when there is peace," he said, and urged people to support the deployment of forces ordered by the home ministry. Manipur was struck by violent confrontations when members of Kuki tribe and majority Meitei community clashed with each other on Wednesday resulting in several deaths and displacement of thousands of people. According to the latest count, the confrontation had taken 54 lives. Clashes between the two communities began after a 'Tribal Solidarity March' organised in the ten hill districts of Manipur to protest the Meitei community's demand for Scheduled Tribe (ST) status. Clashes between the two communities began after a 'Tribal Solidarity March' organised in the ten hill districts of Manipur to protest the Meitei community's demand for Scheduled Tribe (ST) status.



# King Charles III crowned at London's Westminster Abbey

■ HT News Network

King Charles III was anointed and crowned on Saturday in Britain's biggest ceremonial event for seven decades, a sumptuous display of pageantry dating back 1,000 years.

In front of a congregation of about 100 world leaders and a television audience of millions, the Archbishop of Canterbury, the spiritual leader of the Anglican Church, slowly placed the 360-year-old St Edward's Crown on Charles' head as he sat upon a 14th-century throne in Westminster Abbey.

Gun salutes were fired at the Tower of London and across the capital, the nation, in Gibraltar, Bermuda and on ships at sea. "God save King Charles. Long live King Charles. May the king live forever," the congregation at the abbey said after a trumpet fanfare.

During the historic and solemn two-hour service, which dates back to the time of William the Conqueror in 1066, Charles' second wife Camilla was also crowned queen.

While rooted in history, the ceremony - televised for only the second time - is also an attempt to present a forward-looking monarchy, with those involved reflecting a more diverse country and all its religions.

With the nation struggling to find its way in the political maelstrom after its exit from the European Union and maintain its standing in a new world order, the mon-



archy's supporters say the royal family provides an international draw, a vital diplomatic tool and a means of keeping Britain on the world stage.

"No other country could put on such a dazzling display - the processions, the pageantry, the ceremonies, and street parties," Prime Minister Rishi Sunak said.

Despite Sunak's enthusiasm, the coronation takes place amid a cost of living crisis and public scepticism, particularly among the young, about the role and relevance of the monarchy.

Saturday's event was on a smaller scale than that staged for Queen Elizabeth in 1953, but still sought to be spectacular,

featuring an array of historical regalia from golden orbs and jewelled swords to a sceptre holding the world's largest colourless cut diamond. Charles, 74, automatically succeeded his mother as king on her death last September, and the coronation is not essential but regarded as a means to legitimise the monarch in a public way.

After the service, Charles and Camilla, 75, departed in the four-tonne Gold State Coach built for George III, the last king of Britain's American colonies, to ride to Buckingham Palace in a one-mile procession of 4,000 military personnel from 39 nations.

Meanwhile hundreds of soldiers in scarlet uniforms and black bearskin hats lined

the route along The Mall, the grand boulevard leading to the palace, in what is the largest ceremonial event of its kind in Britain since the coronation of Charles' mother.

Tens of thousands of people ignored pouring rain to mass in a crowd more than 20 deep in some places to watch what some saw as a moment of history.

"When I was a young girl, I was able to watch (the coronation of) Queen Elizabeth on television in Hartford, Connecticut, at a friend's house because we had no TV," said retired U.S. teacher Peggy Jane Laver, 79. "So I'm thrilled to be here for the coronation in person." Great and good Inside the abbey, which was bedecked with flowers and flags, politicians and representatives from Commonwealth nations took their seats alongside charity workers and celebrities, including actors Emma Thompson, Maggie Smith, Judi Dench and U.S. singer Katy Perry. Charles looked solemn as he swore oaths to govern justly and uphold the Church of England - of which he is the titular head. People wait to watch Britain's King Charles' procession to his coronation ceremony from Buckingham Palace to Westminster Abbey, at The Mall in London, on Saturday. — Reuters

He was then hidden from watching eyes by a screen for the most sacred part of the ceremony when he was anointed on his hands, head and breast by Archbishop of Canterbury Justin Welby with holy oil consecrated in Jerusalem.

## Biden says hunter has done nothing wrong, feels proud of him

■ HT News Network

Washington, May 6 (UNI) US President Joe Biden says his son Hunter has not committed any wrongdoing and that he is proud of him.

"First of all, my son has done nothing wrong," Biden said in an interview with MSNBC aired on Friday. "I trust him. I have faith in him."

When asked whether charges against Hunter could impact his presidency, Biden stated, "It impacts my presidency by making me feel proud of him."

Earlier in this week, US media reported that Hunter Biden appeared in an Arkansas court for a hearing in the case related to his finances and child support payments to the president's estranged granddaughter.

The case stems from a prior paternity dispute between Hunter Biden and Lunden Roberts, who gave birth to a daughter in August 2018, claiming Hunter was the father. Hunter initially denied fathering the child, but a DNA test confirmed his paternity. The case was closed in 2020.

In September, the case was reopened after Hunter asked the court to reduce his child support payments, citing a "substantial material change" in financial circumstances, purportedly a drop in income, the report said.

Roberts demanded financial records from Hunter Biden in response to his request, including information about his art sales, travel and properties, CNN report-



ed. In addition, Roberts is seeking information about potential payments related to Joe Biden or his brother James Biden, the report said.

Last week, Roberts accused Hunter Biden of violating court orders and withholding key evidence, requesting Independence County Circuit Court Judge Holly Meyer to hold him in contempt and place him in jail until he complies, the report said.

The case coincides with attempts by Republican lawmakers to gain insight into the financial activities of the Biden family as well as a federal probe into potential criminal activity by Hunter Biden related to the release of materials from a laptop he left at a Delaware computer repair shop.

Joe Biden and First Lady Jill Biden remain estranged from their four-year old grandchild, having never seen or contacted her, the report said, citing court filings.

Last week, Joe Biden claimed to have six grandchildren, prompting critics to call for him to acknowledge the seventh grandchild from Hunter Biden's relations with Roberts.

## China ready to intensify cooperation with Pakistan on Afghan issue: FM

■ HT News Network

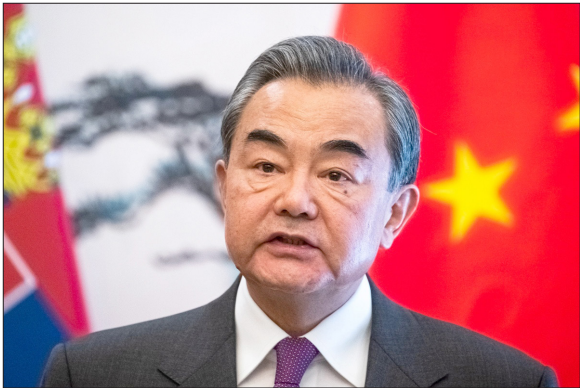
Beijing, May 6 (UNI) China is ready to strengthen coordination with Pakistan on the Afghan issue and facilitate the process of peaceful restoration in the country, Chinese Foreign Minister Qin Gang said.

Qin is paying an official visit to Pakistan from May 5-6 to hold talks with Pakistani President Arif Alvi, Foreign Minister Bilawal Bhutto Zardari and Afghan counterparts, as well as partake in the China-Afghanistan-Pakistan Foreign Ministers' Dialogue.

"China is ready to strengthen cooperation with Pakistan on the Afghan issue, facilitate the process of peaceful reconstruction in Afghanistan, as well as stability and progress in the region," Qin was quoted by the Chinese Foreign Ministry as saying.

The Chinese foreign minister also said that the Chinese-Pakistani cooperation was aimed at the global development and security initiatives.

The previous meeting of China-Pakistan Foreign



Ministers' Strategic Dialogue was held in July 2021 in the Chinese city of Chengdu.

An interim Afghan government led by the Taliban (under UN sanctions for terrorism) came to power in the fall of 2021 after the withdrawal of US troops from the country and the collapse of the US-backed government. The Taliban takeover has heightened the fears of the Central Asian nations concerning the spread of radical fundamental Islamic ideas, as happened in 1996 when the Taliban first came to power in Afghanistan for five years.

The country has since been facing deteriorating economic conditions and food shortages, exacerbated

by sanctions and a US freeze on national assets, bringing Afghanistan to the brink of a humanitarian crisis. "China is ready to strengthen cooperation with Pakistan on the Afghan issue, facilitate the process of peaceful reconstruction in Afghanistan, as well as stability and progress in the region," Qin was quoted by the Chinese Foreign Ministry as saying.

The Chinese foreign minister also said that the Chinese-Pakistani cooperation was aimed at the global development and security initiatives.

The previous meeting of China-Pakistan Foreign Ministers' Strategic Dialogue was held in July 2021 in the Chinese.

## Food prices index slightly up in April: FAO

■ HT News Network

Rome, May 6 (UNI) The international food prices index rose in April for the first time in a year, the UN Food and Agriculture Organization (FAO) said on Friday in a report, reflecting higher prices for sugar and meat.

The FAO Food Price Index (FFPI) tracks monthly changes in the international prices of commonly-traded food commodities. In April, the FFPI was 0.6 percent higher with prices of cereal, vegetable oil and dairy marking a monthly fall.

The index remains 19.7 percent below its all-time high set in April 2022 in the wake of the start of the conflict between Russia and Ukraine.

Sugar prices climbed 17.6 percent from March, representing the third consecutive monthly rise for this category.

The FAO said this was related to concerns that global sugar supplies would atrophy in the wake of downward production forecasts from India and China, as well as reduced production in Thailand and the European



Union. These concerns offset the forecast of strong production from Brazil, the world's largest sugar supplier.

Meat prices were modestly higher in April with the index rising by 1.3 percent in April, but remaining 6.1 percent below its value a year ago. The FAO said an increased demand for pig meat and chicken from Asia was a factor pushing prices higher.

Except sugar and meat, prices in the other main sub-indexes all declined, consistent with the trend from the previous 12 months.

Prices for grains and cereals, the largest component in the index, were 1.7 percent lower in April, and 19.8 percent below their value from a year

earlier. Wheat prices declined by 2.3 percent in April, their lowest level in nearly two years as exports from Russia and Australia were higher than forecast, FAO said.

Meanwhile, vegetable oil prices were lower for the fifth consecutive month, falling 1.3 percent based on stronger-than-expected supply of soy, rapeseed, and sunflower oil, while dairy prices declined 1.7 percent based on lower global demand.

Before April, the FFPI had declined for 12 consecutive months for the first time on record. The FAO said that the main factors pushing prices lower over the last year were softening demand and obstacles in global supply chains caused by the Ukraine crisis.

Despite the downward trend in prices, FAO officials have repeatedly warned in recent months that fuel supply issues and other market uncertainties are threatening residents in many of the world's poorest nations.

The FFPI is based on worldwide prices for 23 food commodity categories covering prices for 73 different products compared to a baseline year.

## Turkey closes airspace to Armenian leader's aircraft - Foreign Minister

HT News Network

Ankara, May 6 (UNI) Turkey has closed its airspace to flights by Armenian aircraft carrying high-ranking officials, including Prime Minister Nikol Pashinyan, to third countries, Turkish Foreign Minister Mevlut Cavusoglu said on Friday. "Every day, flights were conducted through the Turkish airspace. Now we have closed [it]. We have closed it for VIP-persons as well, let them not get offended. We closed it for Pashinyan's plane, too. Only the speaker of the Armenian parliament came to take part in the PANSEC summit [in Ankara]. We hosted the summit, that is why we could not close [the airspace] for a member of the organization," Cavusoglu said in an interview with the Turkish 24TV. On April 29, Turkey canceled the permission previously granted to the FlyOne Armenia airline to operate flights to Europe through the Turkish airspace. On May 3, Cavusoglu confirmed that the airspace was closed for flights from Armenia, saying that he did not exclude additional measures. The move came after a monument to the participants of Operation Nemesis — the code-name for a covert operation carried out in the 1920s to kill the Turkish masterminds of the 1915 Armenian genocide — was unveiled in Yerevan. One of the people killed under the operation was Mehmed Talaat, commonly known as Talaat Pasha, the former interior minister of the Ottoman Empire.

## Iran expels four Azerbaijan diplomats in tit-for-tat move

■ HT News Network

TEHRAN: Iran has expelled four Azerbaijani diplomats, state media reported on Friday, saying the move was "in response" to Baku's expulsion of Iranian embassy staff in April after months of tensions.

"Four diplomats from the Ministry of Foreign Affairs of the Republic of Azerbaijan, declared personae non gratae, were expelled from Iran last month," the official news agency IRNA said.

It said the Iranian foreign ministry's "action... was carried out in response to Baku's expulsion of Iranian diplomats."

Azerbaijan's foreign ministry early last month said it had notified the Iranian ambassador that "four employees of the Iranian embassy were declared personae non gratae" with 48 hours to leave the country.

## Quake-hit central Japan braces for more aftershocks, rain

HT News Network

Tokyo, May 6 (UNI) Japan's central prefecture of Ishikawa on Saturday remained on high alert for aftershocks and rain after a 6.5-magnitude earthquake struck the area the previous day, leaving one dead and 22 others injured.

The Japan Meteorological Agency (JMA) has warned strong aftershocks could occur in the span of around a week following the initial tremor on Friday afternoon, which registered upper 6 on the Japanese seismic intensity scale of 7 in the city of Suzu on the tip of the Noto Peninsula.

A 65-year-old man died in Suzu in Friday's quake after falling from a ladder and the city said 22 others had been injured.

More than 50 aftershocks have already been recorded in the area by 8 a.m. local time, including a 5.8-magnitude quake on Friday evening, the JMA said, warning that heavy rain could trigger landslides in areas where the ground has been loosened by the quakes.

The weather agency said the prefecture could see rainfall of up to 30 millimeters per hour from Saturday evening to early Sunday, with up to 120 mm forecast for the Noto area over the 24 hours through 6 a.m. of Sunday.

Local authorities have started to assess damage caused by the quakes after receiving reports of collapsed buildings.

## 6 IS militants killed in N Iraq

HT News Network

Baghdad, May 6 (UNI) Three Islamic State (IS) militants were killed in a raid in Iraq's northern province of Nineveh on Friday, the government-backed Hashd Shaabi paramilitary force said in a statement.

A paramilitary unit stormed an IS hideout near the town of Hatra in the province and killed three IS militants inside, it said.

In the northern province of Kirkuk, an army force searched in the morning an IS hideout that was destroyed by an airstrike on Thursday in the rugged Wadi al-Shay area, southwest of the namesake provincial capital Kirkuk, some 250 km north of Baghdad, according to a statement issued by the Security Media Cell, a media outlet affiliated with the Iraqi Joint Operations Command.

The troops found the bodies of three IS militants, as well as ammunition and hand grenades, the Security Media Cell statement said.

The security situation in Iraq has improved since the defeat of the IS in 2017. However, IS militants have since melted into urban centers, deserts and rugged areas, carrying out frequent guerilla attacks against security forces and civilians.

## Afghan forces kill 2 IS operatives in Kabul

HT News Network

Kabul, May 6 (UNI) Afghan security forces launched operations against suspected hideout of the Daesh or hardliner Islamic State (IS) outfit on the outskirts of the capital city Kabul on Friday, a news release of Afghanistan's General Directorate of Intelligence (GDI) said. The operations were launched in Bagrami district of the province on Friday night during which two members of the armed group were killed. No security personnel or civilians were injured during the operations which lasted for a while, the news release asserted. More than a dozen suspected IS operatives have been killed in operations by Afghan security forces in Kabul and the northern Mazar-i-Sharif city over the past couple of months.

## Brazil urges people to continue Covid vaccination

HT News Network

Brasilia, May 6 (UNI) Brazilian President Luiz Inacio Lula da Silva on Friday urged people to continue to get COVID-19 vaccines, though the World Health Organization declared the COVID-19 pandemic no longer a Public Health Emergency of International Concern.

"Despite the end of the state of emergency, the pandemic is not over yet. Take the booster doses and make sure your vaccination schedule is always complete," Lula tweeted. "After three years, today we can finally say we have come out of the COVID-19 health emergency. Unfortunately, over 700,000 people died from the virus in Brazil and I believe that at least half of them could have been saved," he said.





## Women entrepreneurs can bring a positive change in the society: Director JKEDI

### HT News Network

PULWAMA, MAY 06: The Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today presided over a one-day Entrepreneurship Awareness Program (EAP) organized by Government Degree College for Women (GDCW), Pulwama in collaboration with JKEDI. The program is part of the ongoing efforts of the Institute to create mass awareness among the educated youth of the UT. The theme of the program revolved around women entrepreneurs and their contribution in the overall startup ecosystem of J&K.

“JKEDI intends to reach every

corner of J&K and create awareness about entrepreneurship. With a potential to change the economic landscape of the UT, it can be a game changer. There are a lot of government initiatives to aid and support startups and aspiring entrepreneurs and one must avail such incentives to push their businesses. Women entrepreneurs can bring a positive change and create an all-inclusive and balanced society,” said Ajaz Ahmad Bhat, Director JKEDI. “I request the youth who are the future of J&K to think in terms of making a new beginning by taking the reins of the nation and become role models and capitalize their skills and available resources for a better tomorrow,” he added. Principal GDCW, Pulwama, Prof.



(Dr) Yasmeen Farooq Khan also highlighted various issues concerning women entrepreneurs and motivated the young students to choose entrepreneurship as a first career option. Hundreds of students participated in the program. Senior faculty members of JKEDI also participated in the program and spoke about various activities and programs of the Institute. District Nodal Officer, JKEDI Pulwama also gave a presentation highlighting the achievements of the Institute. To motivate the young students, a number of inspiring success stories of women entrepreneurs from Pulwama and other parts of the UT were also showcased in the event. “I request the youth who are the future of J&K to think in terms of

making a new beginning by taking the reins of the nation and become role models and capitalize their skills and available resources for a better tomorrow,” he added. Principal GDCW, Pulwama, Prof. (Dr) Yasmeen Farooq Khan also highlighted various issues concerning women entrepreneurs and motivated the young students to choose entrepreneurship as a first career option. Hundreds of students participated in the program. Senior faculty members of JKEDI also participated in the program and spoke about various activities and programs of the Institute. District Nodal Officer, JKEDI Pulwama also gave a presentation highlighting the achievements of the Institute.

## NHM J&K organises day long orientation workshop on effective implementation of PC&PNDT Act

Child sex ratio an important indicator of social health of any society: Secy Health

### HT News Network

SRINAGAR, MAY 06: National Health Mission, J&K organised a day long orientation workshop on effective implementation of Pre-Conception and Pre-Natal Diagnostic Techniques (PC&PNDT), Act here today.

Secretary, Health and Medical Education, Bhupinder Kumar was the Chief Guest on the occasion.

Mission Director, NHM, J&K, Ayushi Sudan; Director Health Services, Kashmir, Chief Medical Officers, Medical Superintendents, Block Medical Officers,



Radiologists, Gynaecologists and Officers from State Health Society,

NHM, J&K and Department of Health & Medical Education and

large number of medical officers were also present on the occasion.

Addressing the gathering, the Secretary emphasised upon the importance of effective implementation of PC&PNDT Act. He said that the child sex ratio is an important indicator of the social health of any society and any kind of decline in the sex ratio can be detrimental for the demography of the region which can ultimately imbalance the whole system of the mankind. The Secretary highlighted that the government is serious and firm enough for taking any measures required for balancing the Sex ratio and said

that to usher a healthy child sex ratio and to curtail the menace of sex selection, the implementation mechanism of the Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act, 1994 needs to be strengthened at all levels. He stressed upon the fact that a robust mechanism is required to curb all illegal practices happening during violation of PC&PNDT, Act. Bhupinder Kumar also stressed upon the fact that regular meetings of regulatory bodies and committees should be conducted at all levels besides regular inspections and surprise visits.

## Animal Husbandry Department Bandipora conducts weekly KCC Camps

### HT News Network



BANDIPORA, MAY 06: Weekly KCC Camps under Nationwide KCC Campaign for the year 2023-24 began today from Sumbal Bandipora.

The Camp was conducted at the Meeting Hall of LDO Office Sumbal by the Department of Animal Husbandry Bandipora in collaboration with Lead District Bank Bandipora.

The Camp was chaired by Chief Animal Husbandry Officer, Dr Gh Ahmad Lone, LDM Bandipora also attended the camp besides, LDO Sumbal, concerned Bank Managers, PRIs and concerned Veterinary Assistant Surgeons and staff members were also present there.

51 KCC cases along with 51 PMJJY and PMSBY cases were sponsored on the spot.

CAHO Bandipora while addressing farmers emphasised the role of departmental schemes in improving the socio-economic status of farmers. He encouraged the farmers to proactively avail the benefits of the departmental schemes. LDO Sumbal detailed the various departmental schemes presently in vogue with special emphasis on the KCC scheme. Farmers were also given awareness regarding the schemes that fall under the Holistic Agricultural Development Programme.

## Director Agriculture visits Ganderbal; takes stock of agriculture scenario

Integrated farming has huge potential for sustainable agriculture economy in the region: Iqbal

### HT News Network

SRINAGAR, MAY 06: The Director Agriculture Kashmir, Chowdhury Mohammed Iqbal along with Joint Director Agriculture inputs Mohammad Younis Chowdhury today visited different areas of Ganderbal district and took stock of agriculture scenario in the district.

During the visit, Director Agriculture inspected hi-tech polyhouses at FTEC premises Ganderbal and held a detailed visit of Preng village and adjacent areas.

Speaking to the farmers at different places, Director Agriculture marked the importance of integrated farming for the area. He said to the farmers that the geo-climatic conditions of the concerned area are suitably conducive for the adoption of integrated farms of cultivation.

Iqbal assured the farming community of every possible technical guidance from the department. He asked the concerned offices to prepare DPRs for the implementation of various initiatives under the Holistic Agriculture development programme



in the area. Later, the Director Agriculture visited DCTC mushroom and soil testing lab Ganderbal where he held an interactive session with technical experts and staff members of both the establishments. The Director Agriculture Kashmir, Chowdhury Mohammed Iqbal along with Joint Director Agriculture inputs Mohammad Younis Chowdhury today visited different areas of Ganderbal district and took stock of agriculture scenario in the district.

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FTEC premises Ganderbal and held a detailed visit of Preng village and adjacent areas. Speaking to the farmers at different places, Director Agriculture marked the importance of integrated farming for the area. He said to the farmers that the geo-climatic conditions of the concerned area are suitably conducive for the adoption of integrated farms of cultivation. Iqbal assured the farming community of every possible technical guidance from the department. He asked the concerned offices to prepare DPRs for the implementation.

## DC Gandarbal directs for timely & quality disposal of grievances raised in Block Diwas programs

### HT News Network

GANDERBAL, MAY 06: The Deputy Commissioner (DC) Gandarbal, Shyambir today chaired a follow up meeting to discuss the status of grievances raised by locals during the proceedings of weekly Block Diwas programs in the district.

The DC reviewed the status of grievances raised during the weekly Block Diwas held at Gund block including lack of transport facilities in block Gund, compensation to land donors of PMGSY road, augmentation of water supply, completion of Health and Wellness Centre at Batkullan and PHC Kullian, the meeting was informed that both health centers are nearing completion and shall be completed



While reviewing the action taken report by the concerned departments, the DC directed them to ensure timely and quality disposal of the grievances raised by the general public during the weekly Block Diwas programs as per their competence.

Regarding completion of the Health and Wellness Centre at Batkullan and PHC Kullian, the meeting was informed that both health centers are nearing completion and shall be completed

in 15 days. Regarding J&K Bank counter at Hariganiwan, Lead Bank Manager informed that J&K Bank counter is already functioning in the area and shall be made fully functional once approved by the concerned authorities.

Executive Engineer Jal Shakti was directed to ensure potable water is properly treated and water tankers shall be made available in the area as per the requirement of the public.

## Focus on border tourism, livelihood generation schemes under Samridh Seema Yojana: Secretary Planning

### HT News Network

SRINAGAR, MAY 6: Secretary, Planning, Development and Monitoring Department, Dr. Raghav Langer, today chaired a meeting to review progress on preparation of Annual Action Plan (AAP) 2023-24 under Samridh Seema Yojana (SSY). Secretary held a detailed assessment of physical and financial progress achieved under SSY during 2022-23. He was apprised that against total release of Rs. 42.44 crore, an expenditure of Rs. 29.10 crore has been incurred, whereas 380 works have been completed against 478

works under SSY during 2022-23. Secretary stressed upon the District Development Commissioners and concerned officers of border districts of Jammu, Samba, Kathua, Rajouri, Poonch, Baramulla, Kupwara and Bandipora to implement the scheme for addressing the infrastructure gaps in border habitations through convergence. He asked them to meet the special developmental needs and well being of the people living in remote and inaccessible areas through a participatory approach.

Director General, BAPD and Chief Planning Officers of the concerned districts attended the meeting.

Addressing the officers, Secretary emphasized upon them to give priority to all the ongoing works of 2022-23 while formulating the Annual Action Plan (AAP) 2023-24 under the scheme which has been placed under District Capex Budget in the current financial year. He asked the officers to focus on inclusion of works like promoting border tourism, border Home-stays, guest houses, tourism related infrastructure, Skill Development training and capacity building/Livelihood generation programme, Agriculture/Horticulture and allied activities (Farm Mechanization/Farm Machinery.

## VC CUK reviews construction works at SP College

### HT News Network

SRINAGAR, MAY 06: The Vice Chancellor (VC) Cluster University Srinagar Prof. Qayyum Hussain today visited SP College Campus Srinagar to have an update on the ongoing development projects in the college.

The VC was briefed about various projects by the Principal SP College, Srinagar Prof. (Dr) Gh Jeelani Qurashi which includes construction of Multi-Purpose Indoor Hall for Women, Constriction of proposed Warden Hostel/Guest House, construction of prefab Multipurpose Store and upgradation and renovation of Safi-ud-Din Memorial Conference Hall.

The Conventor College Development Committee Prof. Shahid A. Wani updated the visiting team about the progress of ongoing works executed by various construction agencies in the campus.

The VC stressed for the timely completion of the development projects so that the facilities can be utilized by the students in near future.

The VC was accompanied by the Dean School of Sciences Prof. (Dr.) Naseer Ahmad Shah.

## ARTO Bandipora recovers Rs. 7500 from offenders, seizes documents

### HT News Network

BUDGAM, MAY 05: In view of the forthcoming G20 meeting in Srinagar, a plantation Drive was organised here at Magam Budgam today by the Social Forestry Department under the supervision of DFO Division Srinagar Tanveer Paray.

The drive was attended by Mushtaq Ahmed, Range Forest Officer Range Budgam, Municipal Councillor of Magam, Mustafa Mir along with other Municipal Council members, J&K Trade Union Council President, Abdul Majeed Paray and other shopkeepers of the locality.

## Deputy Mayor SMC tours Alochi Bagh; reviews civic services facilities & other development works

### HT News Network

SRINAGAR, MAY 06: The Deputy Mayor Srinagar, Parvaiz Ahmad Qadri along with concerned Corporator and accompanied by Senior Officials of SMC today visited different areas of Electoral Ward No.19 Srinagar to review the civic services facilities and other development works.

Locals and representatives of the area requested Dy. Mayor for providing desilting of blocked drainage at Hilal Colony, SD Colony and other adjoining areas, upgradation of drainage system and particularly man holes improvement, upgradation of lanes and drains in Electoral Ward No.19 of SMC, and facilitation of 24x7 safe drinking water facilities to said area.

The Deputy Mayor, Srinagar gave on spot directions to the concerned officers to take appropriate necessary action with respect to the issues pertaining to each of them and directed for redressal of all the grievances as requested by the representatives of Electoral Ward No.19 Alochi Bagh Srinagar.

## Directors of RDD, Panchayat Raj visit Kulgam

### HT News Network

KULGAM, MAY 06: Director Rural Development Department (RDD) Kashmir, Shabir Hussein Bhat and Director Panchayati Raj (PR), Khalid Majid today visited Kulgam and jointly chaired a meeting of Officers of RDD and PR at Rest house Chawalgam to review the functioning and achievement, implementation status of various schemes in the district. During the meeting, ACD Kulgam Mohammad Imran apprised the Director RDD about the progress made by the district under various schemes like MGNREGA, PMAY-G, B2V3, RGSA, UT Capex, Distt Capex, SBM and 14th FC. It was informed during the meeting that 45122 job cards have been issued, 17123 works under MGNREGA during 2022-23 were taken-up and completed with a wage disbursement of Rs. 40 crores. He added that under PMAY(G), against the target of 2600 units, 1910 units have been completed whereas 690 are under progress and the expenditure cost is around 30 crore.





# In Conversation: Can diet help improve depression symptoms?

Many people around the world live with depression, which can have a severe impact on their quality of life. While approaches like therapy and medication can help some people manage their symptoms, for others they are not that successful. Could diet succeed where other approaches fail, and if so, why?

Depression is such a common mental health disorder that it affects around 5% Trusted Source of all adults around the world, according to World Health Organization (WHO) estimates.

There are different types of depression – such as major depressive disorder and persistent depressive disorder lasting for at least 2 years.

The causes of depression are often manifold Trusted Source, with both genetic and situational risk factors involved – specific stressors or conditions, acting as triggers, leading to recurrent major depressive episodes.

And while targeted therapy and medication help many overcome or manage their symptoms of depression, these interventions do not work equally for everyone.

This has led researchers to cast their nets even wider in looking for all the factors that may contribute to depression, as well as for novel approaches for depression treatments and symptom management.

Recently, diet has come to the forefront of medical research, with experts debating the pros and cons of using dietary interventions to treat or even prevent different medical conditions.

Over the past few years, several studies have suggested that opting for healthier diets rich in vegetables, fruit, and whole grains may help improve depression symptoms.

For instance, one study from April 2022 from the University of Technology Sydney found that men aged 18–25 years experienced an improvement in depression symptoms after switching to a Mediterranean diet. But it remains unclear what mediates the link between diet quality and mental health.

In December 2022, two studies published in Nature Communications looked at the link between gut microbiota and depression symptoms. One of the studies found that 13 types of bacteria, in particular, are associated with depression symptoms.

It may be the way in which these bacteria lead to the activation of different signals in the brain that may explain the link between the bacterial makeup of the gut and depression symptoms, researchers hypothesize.

And this is also where diet comes in: By making certain dietary changes, we may be able to influence the abundance of certain bacterial species in the gut and, by extension, the communication between the gut and the brain, leading to an improvement in depression symptoms.

In this month's installment of our In Conversation podcast, we discuss the whys and hows of diet's potential impact on mental health, specifically on depression symptoms, with one of the authors of the Nature Communications study looking at gut bacteria and depression symptoms, Dr. Najaf Amin.

Dr. Amin is a senior research associate in



the Nuffield Department of Population Health at the University of Oxford in the United Kingdom, and one of her areas of interest is using genomics data to zero in on biomarkers of neuropsychiatric traits.

Our other guest on this month's episode is Rachel Kelly, a U.K.-based mental health advocate, writer, and journalist who has been outspoken about the ways in which dietary interventions helped treat her own instances of depression.

Kelly's book, The Happy Kitchen, sold as The Happiness Diet in the United States, is a compilation of healthy recipes based on information gathered from nutritional studies whose aim is to boost mood and increase energy levels.

You can listen to this month's installment of our podcast below, or on your preferred streaming platform.

Depression and the gut  
In their study from 2022, Dr. Amin and her colleagues analyzed data from 1,133 participants in the Rotterdam Study Trusted Source, asking whether there was a link between the composition of the gut microbiota and experiencing symptoms of depression.

The researchers found Trusted Source that the presence of certain microbial genera – including Eggerthella, Coprococcus, Sellimonas, Lachnospirillum, and Hungatella – were linked to depression.

"We identified 13 microbiota, and those were associated with depression. I think

most of them were protective, so they were decreased in depression. And then there were a few [bacteria] that were increased in depression," Dr. Amin explained in the podcast.

The abundance of some bacteria, in particular, such as those belonging to the Eggerthella genus, appeared to be connected to an increase in depression symptoms.

In their study, the researchers explain that these bacteria are involved in the synthesis of certain neurotransmitters, or chemical messengers, whose activity may, in turn, be involved in the expression of depression symptoms. These chemicals are glutamate, butyrate, serotonin, and gamma amino butyric acid (GABA).

Previous research has suggested that people with a diagnosis of depression have higher levels of glutamate Trusted Source in their systems than their depression-free peers, while lower-than-usual levels of butyrate Trusted Source have been linked to symptoms of depression in people with Parkinson's disease. Lower levels of GABA- Trusted Source are also tied to depression.

And while last summer, a major review of the literature cast doubt Trusted Source over the prevailing theory that low serotonin levels are at least partly to blame for depression symptoms, newer small-scale studies continue to contend that the serotonin theory of depression still holds ground.

Dr. Amin and her colleagues suggest that butyrate, in particular, may be of importance

in explaining the potential mechanisms through which some gut bacteria might influence mental health.

"In the gut microbiome, you have the short-chain fatty acid-producing bacteria [which synthesize] the three short-chain fatty acids, including acetate, propionate, and butyrate. And all three of them, they act as energy providers also," Dr. Amin explained in the podcast.

"But they also have the ability to change the expression of a gene, [to] switch it on [or] switch it off. It doesn't change the genetic code, but what it does is it changes the levels of proteins that a certain gene is producing, so indirectly affecting what your genes are giving you," she noted.

Why might diet be key?  
From making the connection between the abundance of certain gut bacteria and symptoms of mood disorders, to arguing that diet may also play a role in "feeding" or reducing the expression and severity of depression symptoms, there is just one short step, Dr. Amin pointed out.

Many substances, including glutamate- Trusted Source and butyrate Trusted Source, are synthesized by gut bacteria from a person's diet, meaning that what a person eats will necessarily influence the abundance of those substances in the human body.

"The most important part [with] butyrate is that it is responsible for maintaining the intestinal epithelial integrity Trusted Source," Dr. Amin explained. "So if you eat lots of fibers, whole grains, fruits, your gut microbiota [are] really happy, especially the short-chain fatty acid-producing bacteria – they're very happy, they produce more short chain fatty acids, and the butyrate, it helps maintain this intestinal epithelial integrity."

"So if you're not taking, let's say, enough fruits in your diet, what happens is that the number of short-chain fatty acid-producing bacteria that go down, your intestinal epithelial integrity is compromised. And what happens is, then you have the leaky gut syndrome, where the bacteria from your gut, they start migrating into the body and that creates an inflammatory response from the body, and oxidative stress. So this is why butyrate is so important – the short-chain fatty acids [...] actually they are influenced by your diet intake."

– Dr. Najaf Amin  
But diet also influences the abundance of certain bacterial species in the gut, and since some bacteria synthesize certain substances, having too many or too few of some bacterial species can also lead to having too much or too little of some substances in our bodies.

This is a phenomenon known as dysbiosis, which can produce undesired effects both for physical and mental health Trusted Source.

## NEWS

### Covid global health emergency is over, WHO says



The World Health Organization (WHO) has declared that Covid-19 no longer represents a "global health emergency".

The statement represents a major step towards ending the pandemic and comes three years after it first declared its highest level of alert over the virus.

Officials said the virus' death rate had dropped from a peak of more than 100,000 people per week in January 2021 to just over 3,500 on 24 April.

The head of the WHO said at least seven million people died in the pandemic.

'Great hope'

But Dr Tedros Adhanom Ghebreyesus said that the true figure was "likely" closer to 20 million deaths – nearly three times the official estimate – and he warned that the virus remained a significant threat.

"Yesterday, the Emergency Committee met for the 15th time and recommended to me that I declare an end to the public health emergency of international concern. I've accepted that advice. It is therefore with great hope that I declare Covid-19 over as a global health emergency," Dr Tedros said.

He added that the decision had been considered carefully for some time and made on the basis of careful analysis of data.

But he warned the removal of the highest level of alert did not mean the danger was over and said the emergency status could be reinstated if the situation changed. "The worst thing any country can do now is to use this news as a reason to let down its guard, to dismantle the systems it has built, or to send the message to its people that Covid-19 is nothing to worry about," he said. The World Health Organization first declared Covid-19 to be a public health emergency of international concern (PHEIC) in January 2020. This signalled the need for coordinated global action to protect people from the new virus.

It will now be up to individual countries to continue to manage Covid in the way they think best.

Vaccines were one of the major turning points in the pandemic. According to the WHO, 13 billion doses have been given, allowing many people to be protected from serious illness and death.

But in many countries vaccines have not reached most of those in need.

More than 765 million confirmed Covid infections have been recorded worldwide.

The US and UK, like many other countries, have already talked about "living with the virus" and wound down many of the tests and social mixing rules. Dr Mike Ryan, from the WHO's health emergencies programme, said the emergency may have ended, but the threat is still there.

"We fully expect that this virus will continue to transmit and this is the history of pandemics," he said. "It took decades for the final throes of the pandemic virus of 1918 to disappear."

"In most cases, pandemics truly end when the next pandemic begins."

## Vaping and Lung Cancer: What You Should Know

Electronic cigarettes, or e-cigarettes, put nicotine into your lungs and bloodstream. And they do it without the smoke and tar of a regular cigarette. But other harmful things can get into your body when you vape. That's especially true if you use flavored cigarettes.



E-cigarettes, sometimes called vapes, run on batteries and heat up nicotine, flavorings, and other chemicals. They turn them into a vapor you can breathe in. Many chemicals that can cause cancer are in this vapor. That includes formaldehyde, heavy metals, and particles that can get stuck in the deepest parts of your lungs. It's hard to know how much of these chemicals you breathe in when you vape. The levels

are usually lower in e-cigarettes than regular cigarettes. But some studies show that high-voltage e-cigarettes have more formaldehyde and other toxins than standard e-cigarettes.

Also, some chemicals such as diacetyl, formaldehyde, and acrolein in e-cigarettes can irritate the airways in your lungs. This can cause prob-

lems. Studies have found that flavorings like cinnamon can also cause inflammation of lung cells. But more research is needed to understand the long-term health risks of vaping.

One chemical in some e-cigarette flavorings is a buttery-flavored one called diacetyl. It's been linked to a serious lung disease called bronchiolitis obliterans. It's also known as popcorn lung.

The disease gets its name because people working in a microwave popcorn factory got sick with serious lung problems from breathing in diacetyl. It was being used to flavor popcorn, caramel, and dairy products. The way the chemical is breathed in with e-cigarettes is a lot like the way the workers at the microwave popcorn plants inhaled it.

The chemical can cause a dry cough that won't go away. It also causes shortness of breath, wheezing, headache, fever, aches, and other health problems. The vapors also can irritate your eyes, skin, nose, and throat.

Diacetyl scars the tiny air sacs in your lungs. That makes your airways thick and narrow. After the link between diacetyl and lung disease was found, many popcorn companies took the chemical out of their products. But it's still used in many e-cigarette flavors, including vanilla, maple, and coconut. It's also been found in many alcohol-flavored, candy-flavored, and fruit-flavored e-cigarettes. These are choices that often appeal to kids, teenagers, and young adults.

There's no cure for popcorn lung, but some medications can help keep it from getting worse. These include certain kinds of antibiotics, steroids to calm inflammation in your lungs, and drugs to slow down your immune system. Diacetyl scars the tiny air sacs in your lungs. That makes your airways thick and narrow. After the link between diacetyl and lung disease was found, many popcorn companies took the chemical out of their products. But it's still used in many e-cigarette flavors, including vanilla, maple, and coconut. It's also been found in many alcohol-flavored, candy-flavored, and fruit-flavored e-cigarettes. These are choices that often appeal to kids, teenagers, and young adults.

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# Rashid, out of form? Try telling Royals that

**NEW DELHI:** R Ashwin crouched forward and took two small, tentative steps with his front foot, first planting it with his toes pointing towards cover, then towards mid-off.

After being beaten on the outside edge by consecutive leg-breaks - one just outside off stump, one much wider - Ashwin played for the googly, rolling his wrists as he looked to work a single through midwicket.

He heard the clunk of ball on wood, then looked around to see his off stump lying flat, thrown back towards fine leg. Rashid Khan ran away with his brow furrowed and his tongue out, pointing towards the uprooted stump. As Rahul Tewatia caught up with him for a high-five, he broke into a familiar grin.

In his next over, Rashid had Riyan Parag in his sights. At 63

for 4, Rajasthan Royals felt as though they had no choice but to add to their batting line-up, but that meant bringing in a batter who had not played in two weeks after a lean start to the season to face T20's leading spinner. Parag, like Ashwin, had no idea which way the ball was about to turn. And how could he? Even the world's best players will tell you how difficult it can be to pick the white ball under floodlights, let alone when facing Rashid. Parag played down the wrong line, was smashed on the pad by a googly; a reluctant review projected the ball would have taken out middle stump.

Soon after Parag's dismissal, the TV broadcast showed a split-screen of Rashid's legbreak and his googly, which illustrated just how hard they are to tell apart. Viewed from the batter's



stance, his wrist position looks fundamentally the same for both deliveries. Unless you can spot the seam - under lights,

from 20 yards away - then it is like guesswork.

"It's just about making sure you don't give that much of a

signal to the batsmen to pick you and make it easy for them," Rashid explained at the post-match presentation. "I am just

trying my best, for the last one-and-a-half, two years, to minimise that difference between the legspinner and the wrong one... I'm trying my best to hold that in the same grip."

The one possible tell is his left hand. When Rashid bowls his googly, he tends to point his left forefinger towards the direction the ball will spin, perhaps as a signal to the wicketkeeper; when he bowls his legbreak, his forefinger and middle finger are both slightly bent.

It sounds like something that batters should be watching - that is, until you remember that his left hand is at thigh height, about three feet under the ball itself, which batters are fixated on. You could study footage of Rashid for weeks and still be deceived.

"The speed with which he bowls [means that] if you don't pick it up that early, you've already

missed it," Aashish Kapoor, Titans' assistant coach who has worked closely with their spinners, explained. "If you've not picked his googly, and you're going to play off the wicket, it's going to be really difficult."

"It's not like the days where we used to play, where you'd plant your leg in front, it would hit your leg, and the umpire would give you not out. These days, the moment you miss in line with the stumps, 99% [of the time] you're gone. It's hitting the stumps."

When Rashid was brought back for his final over, the 15th, Royals were just trying to bat the full 20. They were 96 for 7 with Shimron Hetmyer, their lone remaining recognised batter, on 7 off 12 balls. Hetmyer lunged forward, survival his only intention, but the hint of turn meant he was beaten on the inside edge.

## Sangakkara bemoans 'embarrassing' Royals performance

"We were very, very poor in terms of capitalising on the starts we got"

**MUMBAI:** Kumar Sangakkara insisted that Rajasthan Royals are "still very high-quality side" after Gujarat Titans inflicted their fourth defeat in five games on Friday night, but not before describing their performance as "extremely poor" and "embarrassing".

Royals slipped from 47 for 1 after five overs to 118 all out, the second-lowest total of IPL 2023, on a blameless pitch at Saiwari Mansingh Stadium in Jaipur, with Titans' Afghan wristspinners Rashid Khan and Noor Ahmad returning 5 for 39 between them.

Sangakkara, Royals' director of cricket and head coach, bemoaned his batters' reluctance to attack the spinners, and their failure to kick on after getting set. "It is embarrassing for anyone when you don't play well," he said.

"We were very, very poor in terms of capitalising on the starts we got. We were showing intent for a while, but we were a little bit reckless, and then we had very, very little intent against the two spinners. Rashid bowled brilliantly, I thought Noor bowled really well as well, but that's the time the batters need to step up and show more and more intent.



"Even a defence in T20 cricket has to have the intent of wanting to score. You work down the sequence of 6, 4, 3, 2, 1; or, if you're under pressure, you go 4, 3, 2, 1. But you are always looking for opportunities to score, and at the minimum, getting off strike."

"And once that intent is shown, it doesn't matter how good a bowler you are, you are always thinking that you can't give the batter anything loose because you're going to get put away. So that's one area that we've got to really look at."

Sangakkara said that the reverse fixture in Ahmedabad, where Noor took 1 for 29 in 2.2 overs on his IPL debut, demonstrated the importance of show-

ing attacking intent. "The young man showed a lot of character," he said. "He didn't have the greatest in terms of his first outing against us, but since then he has bowled exceptionally well."

"Again, it is just how you arrange your game against... so-called mystery spinners. And if you show intent, you see that Noor, with a lack of experience, can bowl balls that are hittable but you've got to get that rhythm going off rotation of strike, putting the bad balls away and constantly reversing pressure on the bowler."

"You can't sit and wait in T20 cricket and let the bowlers bowl to us. But having said that, both Rashid and Noor bowled excep-

tionally well and not just that - their pace-bowling quartet came back into the game really well after not having the best of starts. So I think it's all credit to Gujarat, the way they played, and we played a very poor game." Two of Royals' top performers over the last season-and-a-half - Jos Buttler and Shimron Hetmyer - have struggled badly of late, with Buttler making 93 runs in his last six innings and Hetmyer recording five consecutive single-figure scores.

"For Jos, he had a great run last season," Sangakkara said. "He started off really well and all batters go through a cold streak and a hot streak. It doesn't reduce the quality of the player and over a longer period of time, you find with highly-skilled players that it all equalises."

"It's the same with Hetmyer. He's been going through a rough patch after having started well again. But then that's what a team is for. Other batters have to step up the slack and keep going and when they do fire it just adds to the impetus and the totals that we score. That's just the nature of T20 cricket and the conversations have been very good."

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