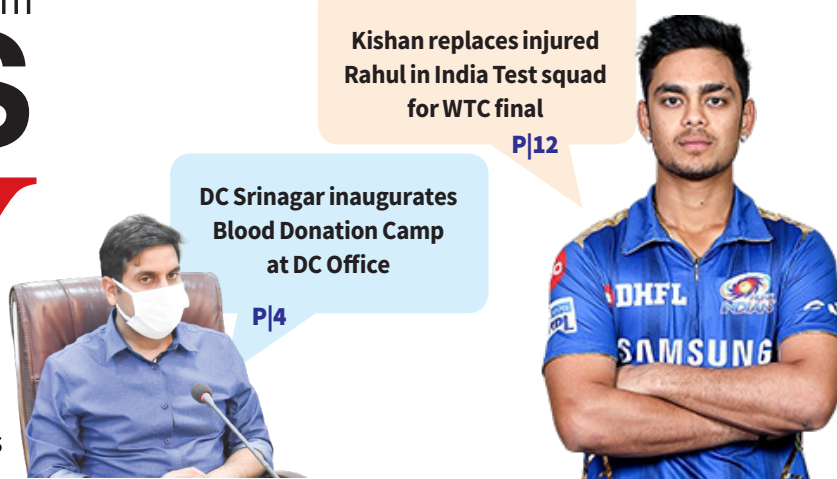




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Kishan replaces injured
Rahul in India Test squad
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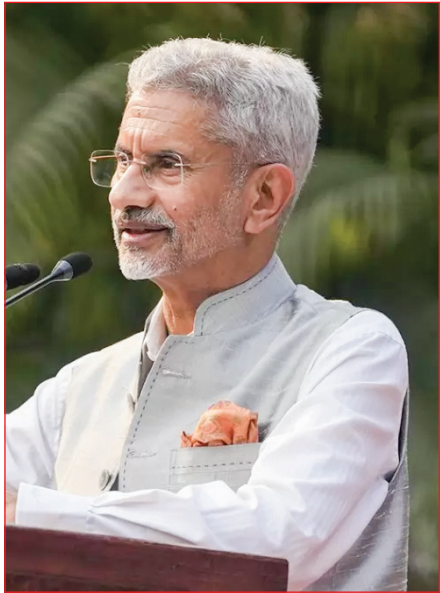
DC Srinagar inaugurates
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“Things Are Changing For Better When It Comes To J&K.”: Jaishankar

■ HT News Network

NEW DELHI, MAY 07: In a veiled attack on Pakistan, External Affairs Minister S Jaishankar said things are changing for the better in Jammu and Kashmir but attempts will be made to disturb it as “there are interested parties, one lives right across.” While speaking at an interactive session on the Foreign Policy of the Modi Government, Jaishankar noted that there will be challenges when it comes to Jammu and Kashmir. However, he said that their effort should be “to persevere, infuse that sense of confidence, to give that sense of hope, and to ensure there is security.”

When asked about the investment coming from the Middle East in Kashmir and also terror funding, Jaishankar said, “Clearly, things are changing for the better when it comes to Jammu and Kashmir. But, part



of what needs to keep developing is actually the economy, the employment opportunities, the whole you know the ecosystem which comes which are much you know vibrant, economy, civil society. Attempts will be made to disturb it because there are interested parties, one lives right across, so we you know, we should not expect that there will not be challenges. There will be and it's not necessarily limited to the western neighbours, there will be others as well.” Emphasizing that the government is working to instil a sense of confidence among people and is determined to overcome challenges, he said, “So, there will be challenges but our effort should be to persevere, to infuse that sense of confidence, to give that sense of hope, to ensure there is security and that is what really the government is doing. I mean, we have to also

Turn.....“Things Are Changing.....Pg 02

All Science Ministries To Jointly Observe ‘National Technology Day’: Dr Jitendra

■ HT News Network

NEW DELHI, MAY 08: Continuing with the trend initiated by him of holding joint meetings of different scientific streams



in order to break the silos and evolve a synergistic integrated approach, Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh chaired a high level

Turn.....All Science Ministries.....Pg 02

IAF Has Stood Like Strong Wall For Country’s Security: Rajnath Singh

■ HT News Network

CHANDIGARH, MAY 08: Defence Minister Rajnath Singh on Monday recalled the contribution and role of the Indian Air Force (IAF) in different wars since Independence and said it has stood like a “strong wall” in protection of the nation.

Addressing a gathering after inaugurating development projects for Chandigarh, he also said India has always stood for truth,



justice and humanity. At a separate event, the defence minister inaugurated the IAF heritage centre.

Singh also paid tributes Shiromani Akali Dal patriarch, the late, Parkash Singh Badal. Remembering the valour of air warriors in ensuring victories in different wars, Singh said the IAF has played a very important role in protecting the sovereignty of the country and the nation will always

Turn.....IAF Has Stood.....Pg 02

NEWS BRIEF

Driver from Bla found dead in Qazigund

SRINAGAR, MAY 08: A truck driver from Baramulla district was found unconscious inside his truck in Qazigund area of South Kashmir Anantnag district.

Officials confirmed that a truck driver identified as Taseer Ah malla son of Gh Hassan Malla resident of Panzala Gund, Baramulla was found unconscious inside his truck bearing registration number JK05F 4371 at Wangund Qazigund near Ujroo toll plaza.

Turn.....Driver from Bla.....Pg 02

Lifting Covid-19 emergency status big relief: DAK

SRINAGAR, MAY 08: With world health organization (WHO) lifting emergency status of Covid-19, Doctors Association Kashmir (DAK) on Monday termed the declaration a big relief.

“This is very encouraging news that Covid-19 emergency is over,” said DAK President Dr Nisar ul Hassan.

WHO on Friday announced that Covid-19 no longer warranted the

Turn.....Lifting Covid-19.....Pg 02

14 Officials Suspended Over Unauthorised Absence In Kupwara

KUPWARA, MAY 08: The Deputy Commissioner (DC), Kupwara, Dr. Doifode Sagar Dattatray today conducted surprise inspection of various Government offices to check the attendance of the officials including ACD Office, ACP Office, Executive Engineer REW, Tehsildar Office Kupwara, JKEDI, DE&CC and Prosecution Office.

During the surprise visit, the

Turn.....14 Officials Suspended.....Pg 02

Raft Turns Turtle In Chenab River In Reasi, All 13 Rescued

JAMMU, MAY 08: A raft carrying 13 people turned turtle in Chenab river in Jammu and Kashmir's Reasi district on Monday after hitting a pillar of a bridge, officials said.

All of them, including five women, fell into the river but were wearing life jackets, they said. A rescue operation was immediately launched by the rafting operators and all 13 persons

Turn.....Raft Turns Turtle.....Pg 02

Rains lashes plains, upper reaches experiences snowfall in J&K

■ HT News Network

SRINAGAR, MAY 07: Fairly widespread light to moderate rains lashed plains of Jammu and Kashmir while upper reaches received a fresh spell of snowfall unleashing cold conditions all across, officials said. The Meteorological Department said that it was still raining at many places in Jammu and Kashmir since last



evening and the weather was cloudy in Ladakh.

It said that today's weather is going to be rainy, cloudy and cold in J&K. The weather will significantly improve very likely from tomorrow, May 9. However, there are likely to be thunderstorms in the late afternoon or evening at some places tomorrow also.

The weather is very likely

Turn.....Rains lashes.....Pg 02

Ten tourists stuck at higher reaches of Jawahar Tunnel rescued: Police

■ HT News Network

SRINAGAR, MAY 08: Jammu and Kashmir Police on Monday rescued ten tourists from Andaman and Nicobar Islands who had lost their way and were stuck at higher reaches of B-Top Jawahar Tunnel in south Kashmir.

Police said early in the morning a distress call from a local tourist guide of Tangmarg identified as Fayaz Ahmad Mir, was received through the Dial 112

emergency helpline.

The caller stated that ten tourists from Andaman & Nicobar Islands traveling in a vehicle towards Jammu have lost their way and are stranded at an undisclosed location due to inclement weather.

Upon receiving the message, the police contacted the stranded tourists and assured them of every possible help.

After strenuous efforts, the location of the stranded tourists was disclosed

Turn.....Ten tourists stuck.....Pg 02

65 militants neutralized in Srinagar in last 3 years, 13 in Budgam, 1 in Ganderbal

■ HT News Network

SRINAGAR, MAY 08: Out of 79 militants killed in three districts of Central Kashmir in the last 3 years, 65 militants died in different encounters in Kashmir capital Srinagar.

The 3 years data from 2020 to 2022 reveals that 65 militants were killed in Srinagar district, 13 in Budgam and only one militant was killed in a gunfight in Central Kashmir's Ganderbal.

As per the data, Srinagar has witnessed

Turn.....65 militants neutralized.....Pg 02

‘A school in old Srinagar city becomes a den for ‘morally corrupt’ students’

■ HT News Network

SRINAGAR, MAY 08: Parents Monday alleged that a Wafk Board-run private higher secondary school has become a den for outside students who indulge in ‘immoral activities.’ They also alleged that the school lack all the basic amenities.

The educational institution in question is ‘Sultan-ul-Aarifeen’ Higher Secondary School (SAHSS) located in Kathi Darwaza Makdhoom Sahab

area of Rainawari Srinagar.

Parents said that it has become a routine for students from outside colleges to enter the premises of the SAHSS without any accountability and check. “These morally corrupt students smoke and use cell phones while school management doesn't bother to take any action,” a group of parents told news agency Kashmir News Trust.

The parents said they caught a

Turn.....‘A school in old.....Pg 02

CEO Shri Amarnath Ji Shrine Board reviews Yatra arrangements

Asks for deploying Nodal Officers for better sanitation services; hassle free registration & KYC process

■ HT News Network

JAMMU, MAY 08: Principal Secretary to Lieutenant Governor and Chief Executive Officer Shri Amarnath Ji Shrine Board, Mandeep K. Bhandari on Monday chaired a meeting of concerned Deputy

Turn.....CEO Shri Amarnath.....Pg 02



Avalanche hits Zojila Pass, rolls down two vehicles; passengers rescued

■ HT News Network

SONAMARG, MAY 08: Two vehicles skidded off the road and rolled down the cliff after a snow



avalanche came barreling down on the Srinagar-Kargil highway at Zojila Pass, Police said.

Turn.....Avalanche hits Zojila.....Pg 02

CONTINUE FROM FRONT PAGE.....

“Things Are.....

really recognize that men and women of this country make I mean they may be in the military, they may be in the security, they may be in the governance out there, they make sacrifices for all of this to happen. I think this is something we will do, we will continue doing.”

He further state, “We know there will be obstacles but we are very very determined that we will overcome that.” Taking to his official Twitter handle, Jaishankar stated, “Spoke in Mysuru on foreign policy of Modi Government. Thank the Thinkers Forum for organizing and the residents of the Palace City for attending in such large numbers. Their presence today is a statement that the world matters more to today's India; that the Modi Government has changed the country and that involved citizens want to make informed choices in the world's largest democracy.”

During the interactive session on the Foreign Policy of the Modi Government in Mysuru, Jaishankar highlighted India's response to global geopolitics. “I think there are moments when it is, as I said, with nice people, you are nice. With difficult people, sometimes it's necessary to push back. But I would say this because this has been my experience in the last year,” said Jaishankar while taking questions on former Pakistan Prime Minister Imran Khan playing his speeches, lauding India for its independent foreign policy.

While addressing a rally in Lahore in 2022, Imran Khan praised India for its independent foreign policy and played out a video clip of Jaishankar. “It's sometimes you're made to sit and almost hold it saying, how can India do this? How do you take this position? At that stage you ask yourself saying, what do you do? Do you then be conciliatory or do you put your point of view across? And if somebody is being very self-centred, they're only looking at their interest, their point of view, not by rights. Tell them that there are other points of view and there are other interests, etc,” Jaishankar said.

Jaishankar weighed in on the foreign policy of the Union government under the leadership of Prime Minister Narendra Modi, saying there are times when people need to trust the government and understand that it is committed to its citizens abroad. “There are times when the people need to trust the government, need to understand that this is a government which has systems in place, which has a commitment to citizens abroad,” Jaishankar said in Mysuru. (Agencies)

All Science.....

joint meeting of Science Ministries and departments, including Science & Technology, Biotechnology, CSIR, Earth Sciences, Space and Atomic Energy, wherein the Minister said that this year all the Science Ministries and Departments will jointly observe “National Technology Day” on May 11th, 2023.

Dr Jitendra Singh said that this is in keeping with the “whole of the government” approach suggested by Prime Minister Narendra Modi and his increasing emphasis from time to time of working in synergy and breaking silos between Ministries and Departments.

Dr Jitendra Singh said that National Technology Day, celebrated on 11th May in India, highlights the achievements of tech giants, researchers, and engineers in technology in our country.

This year, the focus theme of National Technology Day will be “Atal Tinkering Labs”, a path-breaking initiative undertaken in 2016 under the leadership of Prime Minister Narendra Modi to create and promote innovation StartUps and entrepreneurship via intervention at the level of school and teaching institutions, in a bid to ignite the young minds.

The Minister emphasised that India has witnessed explosive growth in technological advancements in the past 9 years, thanks to the landmark reforms undertaken by the government led by Prime Minister Narendra Modi. National Technology Day is the perfect occasion to acknowledge the effort of scientists and engineers as growth drivers, he said.

Apart from review of the preparations for the National Technology Day to be observed on 11th May, the agenda of today's meet were discussion on Awards rationalisation, status update on the creation of Science Media Communication Cell (SMCC) and review of relaxation in age for technical staff for appointment in projects.

Dr Jitendra Singh said, once the Science Media Communication Cell (SMCC) comes into force, the success stories of all the departments must be compiled and disseminated to common people to create general awareness among all stakeholders about India's Scientific Prowess. He also directed that all Ministries and departments work together to disseminate information in regional languages, engage in creative content creation and preparation of daily news bulletins related to Science & Technology.

The meeting was attended by Principal Scientific Advisor to Government of India, Prof Ajay Kumar Sood and Secretaries of the Science Ministries and Departments, including Science & Technology, Biotechnology, CSIR, Earth Sciences, Space and Atomic Energy.

IAF Has.....

remain indebted to its sacrifices.

“The IAF has played a very important role in protecting the sovereignty of our country. Our country, after getting independence, faced many crises, in which our air force stood like a strong wall in the security of the country,” he said.

Singh lauded the IAF for its strength and professionalism shown in the 1948 Indo-Pak

war, 1961 Goa Liberation War, the 1962 Sino-India war and the 1965 Indo-Pak war.

Regarding the India-Pakistan 1971 war, Singh said the jointmanship, integration and commitment showcased by the three services was unprecedented and extraordinary.

The 1971 war was not fought for land or power. The main objective behind this war was to protect the dignity of humanity and democracy, the defence minister said.

“It proved that India believes in ‘injustice anywhere is a threat to justice everywhere’ and it is our duty to stand against any kind of injustice,” he said.

“You are aware that Pakistan, even long after independence, could not proceed through the democratic process towards general elections. If there was something in the name of governance, it was ‘martial law’ and sometimes it was ‘emergency rule,’” Singh said.

When the general elections were held for the first time in 1970 in Pakistan, instead of giving an opportunity to the winning outfit, they were sent to jail, he said.

“Not only sent them to jail, but also common and innocent citizens who were demanding human rights were massacred on a large scale during this period,” Singh said.

In such a situation, to liberate people there from such a cruel regime was “our country's ‘raj dharam’, ‘rashtira dharam’ and ‘sainya dharam’”, he said.

Winning the war on the strength of strategies and not imposing any kind of political control there symbolised India's strengths as well as its values and cultural generosity, Singh said.

Singh said India, which considers the whole earth as its family, will always be proud of the fact that it has always stood on the side of truth, justice and humanity whenever the need arose.

“This was also the basis of the 1971 war. The achievements and learnings of this war guided us in future conflicts as well,” the defence minister said citing the victory in the 1999 Kargil war.

While speaking about cyber frauds, Singh said anti-national elements have such weapons which one cannot spot and these have the capability to cause big damage.

He said a centre for cyber operation and security has been established here and added that neighbouring states and their police force can take advantage of this to solve cases. It will help strengthen cyber security, Singh said.

The defence minister also inaugurated a ‘gaushala’ (cow shelter) here and said “the cow is an important centre of faith of people in Indian society”.

“Many a times, it is seen that cows are left as strays. Many times it is seen that cows are wandering here and there. I feel that this is a symbol of the ungratefulness of human society. We should ponder over this. To ensure they are looked after is important,” Singh said.

Singh also laid the foundation stone of a hostel block at a government college and extension of a boys hostel in the Punjab Engineering College.

Rains lashes....

to remain dry and there will be a rise in temperature from May 10-15, the MeI office said.

The weather man has also advised farmers to postpone spraying of orchards & harvesting of crops till May 8. Tourists have been asked to wear warm clothes as the weather is likely to be colder today.

It has also advised people to check road status of Srinagar-Jammu and Srinagar-Ladakh highway before embarking on journey from traffic police amid inclement weather conditions today.

Srinagar received 1.6mm of rainfall, Qazigund 49.8mm, Pahalgam 15.1mm, Kupwara 8.2mm, Kokernag 62.2mm, Gulmarg 10.2mm, Jammu 2.7mm, Banihal 40.2mm, Batote 20.3mm and Katra 6.4mm during the past 24 hours till 0830 hours today.

Reports of fresh snowfall were received from upper reaches of Gulmarg, Qazigund, Bandipora, Gurez, Kupwara and Pir panjal range of mountains of south Kashmir during the past 24 hours.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of 6.7 degree Celsius against 6.5 degree Celsius on Sunday which was 4.0 degree Celsius below normal.

The maximum temperature was also running 2.7 degree Celsius below normal of 23.6 degree Celsius in Srinagar on Monday.

Qazigund on Srinagar-Jammu national highway had a low 4.0 degree Celsius against 5.2 degree Celsius and it was 5.2 degree Celsius below normal.

Pahalgam in south Kashmir recorded a low of 2.6 degree Celsius against 2.1 degree Celsius which was 2.9 degree Celsius below normal for the famous tourist hot spot.

Kokernag recorded a low of 2.2 degree Celsius against 4.2 degree Celsius and it was 7.0 degree Celsius below normal for the famous picnic hotspot of south Kashmir.

Gulmarg had a low of minus 0.4 degree Celsius against which was 5.6 degree Celsius below normal of 5.2 degree Celsius for the famous ski resort of north Kashmir.

Kupwara recorded a low of 5.2 degree Celsius against 6.3 degree Celsius which was 4.1 degree Celsius below normal on Monday, the MeI office said.

Ten tourists....

at the higher reaches of B-Top Jawahar Tunnel Kulgam and a rescue team was dispatched towards the location.

All the concerned wings including Police Control Room Kulgam were informed and a

rescue operation was launched, police said.

The rescue team of police assisted by the teams of civil administration & BEACON were successful in locating the stranded tourists at the higher reaches of B-Top Jawahar Tunnel Kulgam and rescued them.

The team, equipped with necessary equipment & supplies, braved the adverse weather conditions to reach the stranded tourists and provided them assistance and shifted them to safe accommodation. Later the tourists started their journey towards Jammu safely.

The tourists have expressed their gratitude towards the police department for their timely help and necessary assistance.

KU gears.....

of Kashmir, Prof Nilofer Khan on Monday said that the upcoming Youth20 Consultation meet on climate change at the University of Kashmir on May 11 is a historical occasion and an event of global importance.

“It is a great opportunity to showcase our youth as active contributors in the fight against climate change,” she said.

As per news agency—Kashmir News Observer (KNO), speaking at a pre-event press conference organized for the Youth20 Consultation on the theme “Climate Change and Disaster Risk Reduction: Making Sustainability A Way of Life,” Prof Nilofer emphasized, “It is a historical occasion for the University of Kashmir to be organizing this event under India's G20 Presidency”.

She also said that the University considers it as an event of national and global importance and has put in place all necessary logistical and other arrangements well in advance.

“Our faculty members, officers, research scholars, and students have been actively involved in making this event a great success,” she added.

Expressing gratitude, the Vice-Chancellor thanked the Honorable Prime Minister Narendra Modi, the Minister of Youth Affairs and Sports Anurag Thakur, and the Honorable Chancellor Manoj Sinha for selecting the University of Kashmir for this mega event.

According to Prof Nilofer, the event will be attended by dignitaries from the Central Government, J&K UT Administration, 17 international delegates, 4 international speakers, 12 national speakers, and 26 national delegates. “To make the event more inclusive and result-oriented, we have invited participants from universities across the Union Territories of J&K and Ladakh. We also have participation from students from the school education department and higher education department,” she added. Additionally, four panel discussions on important aspects of climate change will be held during the technical deliberations.

Explaining the significance of the chosen theme, Prof Nilofer stated, “We have chosen this theme deliberately in view of its high importance for the country in general, and our youth in particular. Because this engagement and involvement of youth in the conversation and dialogue on climate change is one big intervention that India's G20 Presidency has made. It is, therefore, an occasion for our youth to come forward and share their ideas on how they can contribute to addressing and mitigating the impacts of climate change.” She further noted, “These ideas will eventually be taken to the G20 platform and shall contribute to policy making in its critical areas. We have also opted for this theme in view of the enormous research work which our University has been conducting in the area of climate change. The research work done in this University on climate change has been published and acknowledged globally.”

Highlighting the vulnerability of the Himalayan region to natural disasters like landslides, flooding, and earthquakes, Prof Nilofer stated, “The Youth20 Consultation, therefore, offers us an opportunity to deliberate upon these important aspects and see how best our youth can contribute to mitigating the climate change impacts in the region using ‘youth power’ as a means to achieve this goal.”

Describing the event as a reflection of the University's commitment to academic excellence, the Vice-Chancellor stated, “This event will further encourage our faculty, research scholars, and students to pursue their academic goals with greater vigor. The University will also use this occasion to further collaborate in research with our sister universities in the UTs of J&K and Ladakh, and other institutions of national and international repute in the country. This is indeed a moment of great celebration for all of us, especially our young students.

65 militants.....

more gunfights as compared to the two other districts of Central Kashmir.

The district Ganderbal in the last 3 years as per the news agency Kashmir News Trust has witnessed only one encounter. Last year in March, a militant Adil Ahad Khan of Badarkund Ganderbal was killed in Kawbagh Serch village of Ganderbal gunfight.

The data provided by Jammu Kashmir Police has revealed that 4 boys have so far joined militant ranks in the last 3 years in Ganderbal.

Joint Forces in district Budgam made the most number of arrests. In the last 3 years from 2020 to 2022, police in different parts of Budgam have arrested 17 militants and 130 alleged associates of militants. Though Budgam police have not revealed how many youth joined militant ranks but it provided information about the number of militants killed in the district. As per the information, 13 militants have been killed in different encounters. Only one militant was killed

in 2021, 5 in 2022, and 7 in 2023.

Police in Srinagar neutralized 65 militants and arrested 40 persons having links with militants in the last 3 years. The number of militants killed in Srinagar in 2020 was 22, 24 in 2021, and 19 in 2022.

Police provided the data in response to an application filed by social activist MM Shuja under Right to Information Act.

‘A school in.....

couple of students rend-handed smoking inside the school.

“One of the students (girl) cried and didn't use the washroom when she saw indecent and lecherous lines being written on the walls. School management is so negligent and carefree that it neither bothered to scrub those offensive lines from the wall nor tried to find out the students responsible for the act. This school has become a den for the morally corrupt students,” the parents said.

“There are no CCTV cameras despite it being a Higher Secondary School where boys and girls study shoulder to shoulder. School teachers have no control over male students who attend and leave the school at their sweet will and do whatever they want inside the school,” they said.

The parents appealed to concerned authorities to look into the matter and bring the school on track. “Our locality has decided to lock the school if the management continues to be careless,” they said.

Seeking comments from the school management didn't materialize.

Avalanche hits.....

The incident occurred near Panimatha Captain Mode at Zojila Pass. The ill-fated vehicles were on their way to Kargil from Srinagar.

Station House Officer, Police Station Sonmarg, Fayaz Ahmed confirmed that a passenger vehicle (Xylo) and a Camper rolled down after a snow avalanche hit them near Panimatha area on Zojila Pass.

“Rescue teams including a police party rushed to the spot and retrieved the passengers, however, vehicles could not be retrieved due to the inclement weather,” he said, adding that it is still snowing on Zojila Pass.

The police officer further informed that after the incident, the Srinagar-Kargil highway has been closed to traffic.

“We turned back all the vehicles that were heading for Kargil from Sonmarg,” he added.

CEO Shri.....

Commissioners and line departments to review the arrangements for the Shri Amarnath Ji Yatra 2023.

The meeting was attended by Divisional Commissioner Jammu, Ramesh Kumar; Deputy Commissioners of Jammu, Udhampur, Kathua, Samba, Ramban, Director Tourism Jammu, Additional CEO Shri Amarnath Ji Shrine Board, Director Rural Sanitation, Director Urban Local Bodies and concerned officers while Commissioner Secretary Rural Development Department, Divisional Commissioner Kashmir, Deputy Commissioner Anantnag, Ganderbal along with concerned officers participated in the meeting through video conferencing.

The CEO reviewed in detail the arrangements of sanitation services being put in place for the convenience of the pilgrims at base camps, Langar sites and en-route to the pilgrimage. He sought details from Director Rural Sanitation, Director Urban Local Bodies about the preparedness.

The Director Rural Sanitation informed that the tenders have been floated for installation of mobile toilets. Over 940 toilets at Baltal axis and 1345 toilets at Pahlagam axis would be set up at Baltal axis and manpower of 1370 would be deployed for managing these toilets including sanitation workers, supervisors and other staff, he informed further.

To keep the Yatra camps and tracks clean, the CEO instructed the concerned departments to appoint nodal officers at key locations to keep a close watch on cleanliness and sanitation operations in all camps and along the track and particularly littering of waste and plastic materials.

The Director ULB also informed about the arrangements to be put in place at various locations en-route Kathua to Ramban. It was informed that the tenders have been floated for the installation of mobile toilets for the ease of the pilgrims. The CEO directed Deputy Commissioners to share requirements in their respective districts along with location details for installation of toilets.

The Commissioner JMC apprised the CEO that anticipating higher number of yatris coming for the Yatra this year, the Municipal Corporation would install additional 120 toilets at yatri niwas and other locations in the Jammu city.

The CEO issued directions to all the concerned departments to ensure the involvement of the Engineers of Jal Shak-ti while installing toilets to make sure that there was no shortage of water during Yatra days.

While reviewing the mechanism for solid waste management, the CEO instructed the CEOs of Pahalgam Development Authority, Sonamarg Development Author-

ity and the heads of the other agencies to take advance steps for scientific disposal of the bio-degradable and non-biodegradable wastes, including plastic waste. The camps and track must be totally free from any waste to avoid damage to the environment and inconvenience to the pilgrims during the Yatra.

The CEO emphasized upon the need to make adequate arrangements well in advance by working in close coordination for smooth conduct of the Yatra.

Directions were passed for floating tenders for various works like sanitation, face lifting and other works required at Yatri Niwas. The CEO instructed DC Jammu and the Director Tourism to conduct a joint visit to Yatri Niwas and assess the works to be taken up and ensure completion of the same in a time-bound manner.

Meanwhile, Mandeep K. Bhandari reviewed the mechanism for registration, RFID and ekyc of Yatris.

The Additional CEO Shri Amarnath Ji Shrine Board gave a PowerPoint presentation on the ongoing registration process, while the technical staff of the Board demonstrated the process of registration with KYC and non KYC.

It was informed that the adding aadhar number on the designated portal will automatically fetch the details of the pilgrim. It was informed that Each Registration Branch has been allotted a fixed per day/ per route quota for Registering the Yatris.

The Technical Team, while giving demonstration, apprised that yatris with eKYC done on permit will not require further KYC verification but the non KYC yatris will be verified during the Yatra before issuance of RFID card. It was further informed that carrying the Adhar card and yatra registration slip (permit) is mandatory for pilgrims to undertake the yatra.

The CEO directed the District Administrations concerned to establish an adequate number of kiosks (counters with internet connectivity) at different locations for verification of yatris and issuance of RFID cards. He advised imparting necessary trainings repeatedly to the staff for hassle free verification and on the spot registrations.

Driver from.....

He was taken to the Emergency Hospital where he was declared dead by doctors.

Meanwhile, police has taken cognizance of the incident and investigations set into motion.

Lifting Covid-19.....

status of a global emergency, more than 3 years after it raised the disease to its highest alert level.

Dr Hassan said the decision recognizes the falling impact that covid has now on our lives.

We are no longer seeing major surges in infection, severe illness or death. This is because people have developed hybrid immunity from widespread infections and vaccinations.

“The virus has settled now. Infections are less severe and hospitalizations are minuscule,” he said.

The DAK President said the end of Covid-19 as a global health emergency means that countries no longer need to implement public health measures like masking and social distancing.

“WHO decision makes a symbolic end to the pandemic which has had a profound impact on our lives over the last 3 years,” he said adding pandemic has affected our health, our economy, our everyday activities and caused devastation through the loss of so many lives.

“We have entered into the endemic stage of Covid-19,” said Dr Nisar.

“It is yet another infection joining many other diseases that humanity has learned to live,” he said.

“With the transition from pandemic to endemic stage, Covid is going to stay with us, but will no longer be a disruptor of daily family and community life,” he added.

14 Officials.....

DC found 14 officials unauthorizedly absent from their duties and put them under suspension. These officials include 11 of Rural Development Department and 3 of Tehsildar Office Kupwara.

During the visit, the DC also enquired about the work done by the departments. He also stressed upon the officers and employees to remain punctual in their duties.

The DC also inspected the Record Room of Tehsil Office Kupwara during which he directed the concerned for disposing-off the old record as per the procedure so that proper space could be made available for upkeep of latest records.

Raft Turns.....

were rescued safely, they added.

Twenty-four people, after a visit to the cave shrine of Shiv Khori, were on the river in two rafts enjoying the recreational activity when they hit the bridge in Baradari area. “Mata Vaishnodevi and Lord Shiva saved us. It took over half an hour to rescue us. We went into the water and the strong current took us a long distance, but we held each other's hand and stayed together,” a woman said.



World Red Cross Day

DC Srinagar inaugurates Blood Donation Camp at DC Office

SRINAGAR, MAY 08: In Connection with celebrations of 'World Red Cross Day', District Red Cross Society Srinagar in collaboration with the Health Department Monday organised a Blood Donation Camp within the premises of DC Office Complex which was inaugurated by Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad who is also the Chairman District Red Cross Society.

Chief Medical officer, Srinagar, Dr Jameel Ahmad, other senior Health functionaries, volunteers, Officials of DC Office and members of District Red Cross Society were present on the occasion.

During the Camp, about 50 participants including Officials of the DC Office, Srinagar, Red Cross Volunteers and local people voluntarily donated the blood.

Speaking on this occasion, the DC urged people to donate blood voluntarily as it is a great service to humanity and helps in saving precious lives. He said that our



single drop of blood can save precious lives and we should participate in such programmes for safeguarding humanity.

While lauding the contribution of Blood Donation Volunteer, Shabir Hussain Khan of Srinagar, who also donated blood on the occasion and has already donated blood more than 180 times, the DC stressed that every healthy person should come forward and donate their blood for this noble cause to increase the blood capacity in our health system.

Congratulating Blood Donors, Volunteers and members of District Red Cross Society, the DC urged upon people to come forward for blood donation and said that the Administration highly recognizes and appreciates the selfless service of the blood donors for the entire society.

The process of Blood Donation camp was conducted by the Health team of JLN Hospital Rainawari.

DC Srinagar felicitates toppers of IIT-JEE Mains Examination 2023



SRINAGAR MAY 08: In order to encourage the meritorious students and to boost their morale, the Deputy Commissioner Srinagar, Mohammad Aijaz Asad today felicitated four students from RISE Institute who have achieved a remarkable feat by securing an outstanding score of 99+ percentile in the Joint Entrance Examination (JEE) Main 2023.

The Deputy Commissioner felicitated the students namely Nadeem Shabir 99.32, Muiz Zubair 99.19, Azhar ul Shams 99.18, Peerzada Shabir 99.05 in his Office Chamber with certificate of excellence, as a mark of encouragement for their future endeavours.

The DC congratulated them for showing brilliant performance and said that the JEE Main exam is considered

one of the toughest engineering entrance exams in India and is the gateway to the prestigious Indian Institutes of Technology (IITs) and National Institutes of Technology (NITs).

The DC said this exceptional performance is a testament of hard work, dedication, and academic ability of these students and is a proud moment not just for them but also for RISE and the community as a whole.

The DC hoped that the success achieved by the students would inspire other students also to work hard to excel in their studies and academic careers.

On the occasion, Chief Planning Officer, Mohammad Yaseen Lone, co-founder of RISE, Salman Shahid and other concerned were present.

District Admin Srinagar organizes programme at SP Higher Secondary School to celebrate World Red Cross Day

DC Srinagar stresses on promoting volunteerism in society/youth to infuse the spirit of compassion among youth

SRINAGAR, MAY 08: To mark the World Red Cross Day 2023, the District Red Cross Committee in collaboration with District Administration Srinagar organised an impressive function here at SP Higher Secondary School on Monday.

Deputy Commissioner Srinagar, Mohammad Aijaz Asad, who is also the Chairman of District Red Cross Committee was the Chief Guest on the occasion.

Besides Additional District Development commissioner, Zahoor Ahmad Mir, Additional Deputy Commissioner, Syed Shabir Ahmad, Principal SP Higher Secondary School, SDM East, Murtaza Ahmad, SDM West, Primroze Bashir, HOD Community Medicine, GMC, Dr Saleem, Chief Education Officer, Mohammad Shabir, Tehsildar Recovery Srinagar, Dr Irtiza, Deputy CEO, Anjum Raja, the programme was attended by the large gathering of the Students and Staff of the School.

Speaking on the occasion, the Deputy Commissioner said celebrating the World Red Cross Day



is an important reminder to recognise and pay tribute to the people in our communities who are always ready to provide help to those in need, often without receiving any acknowledgment or appreciation.

The DC also highlighted the role and contribution of volunteers of Red Cross Society for their

selfless services during natural calamities, accidents and other emergencies and serving humanity irrespective of colour, caste, creed and religion.

While citing several examples set by volunteers/youth during Floods of 2014, Covid-19 and other natural calamities to save and protect human lives, the DC

stressed on promoting volunteerism from the very beginning to infuse spirit of sympathy among masses particularly in youth.

The DC said importance of humanitarian movement through Red Cross like volunteer campaigns is the need of the hour to prepare the young generations

to face any natural calamity/emergency and strengthen the humanitarian network to ensure effective rescue operations.

Highlighting the role of District Red Cross Society in offering help, care, and life-saving services to people during disasters. He lauded their dedication, compassion, courage while helping the needy in the hour of crises.

During the programme, student speakers also spoke on the occasion and highlighted the importance of celebrating World Red Cross Day.

Later, the Deputy Commissioner Srinagar felicitated the participating Students, Volunteers and others through cash prizes, commendation certificates and trophies to acknowledge their services for the noble cause.

Pertinent to mention that the World Red Cross day is being celebrated every year to commemorate the birth anniversary of the founder of the Red Cross Movement, Sir Jean Henry Dunant. The theme of this year's World Red Cross Day is "Everything we do comes from the heart."

LIFE IS A TRAGIC JOURNEY

*Life is a tragic journey I do believe
Some suddenly leave, some never leave
Blessed is the man who falls in love
Joyful are the wounds that we receive
We are pure in the beginning but quickly
They break us fully and still we breathe
Don't promise someone if you can't fulfill
Don't ruin happiness, don't
shatter breeze
Life isn't as easy as it seems
We buy miseries only for some dreams
Rest not, stay tough, think
something deep
Never ever weep, since these are the keys
Life being sweet or being sad, you wait
The time will come and you get peace
Poem NO:2*

MY EVERYDAY

*My everyday passes in pain
Why is it so, can you explain
You left me and i left the world
I wish you will see me again
Happiness without you is a dream
Everything without you is in vain
Life and death are the only realities
Living without you is always insane
How can i hold you, my darling
You are like the drop of rain
These are my emotions, my purely love
It's only for you and it will remain
Come and embrace me, my dear beloved
You are the peace of my heart and brain.*

Sheikh Faheem Ul Islam
Watergam Rafiabad

135 kms Banihal-Baramulla railway section to have double lane soon

QAZIGUND, MAY 08: The Northern Railways is likely to expand the existing 135 kilometre long Banihal-Baramulla railway track in Jammu and Kashmir into a double track. For this, tenders for carrying out a survey have been allocated by the Central government.

Talking to news agency—Kashmir News Observer (KNO), Chief Area Manager (CAM) Kashmir Railways, Saqib Yousuf said the Ministry of Railways has invited tenders to start Final Location Survey (FLS) for double lanning of Baramulla-Qazigund section.

"Tenders have been issued for the engineering survey of the Railway line/roadway using modern survey techniques such as Aerial Survey (Aerial Photogrammetric survey or Aerial LiDAR) and DGPS (Differential Global Positioning System)", he said. There is a single-track line from Baramulla to Qazigund and the project, if approved will double the capacity of the Railways.

CAM said that after the proposed survey, the capacity of the trains and the number of the trains will increase tremendously. "The capacity of the trains will be doubled," he said. He said the work is expected to start soon.

Asked if fresh land was being allocated for the project, Saqib said, only after the survey gets completed, it is the Railways that will determine whether additional land is required for the project.

Incessant rains worry growers in Kashmir

Scientists issue dos and don'ts to avoid diseases

SRINAGAR, MAY 08: Frequent rains may lead to scab, rusting and may impact the growth of the fruit, scientists at SKUAST said on Monday.

Talking to news agency—Kashmir News Observer (KNO), Dr Tariq Rasool, a senior scientist at SKUAST (Sher-e-Kashmir University of Agricultural Sciences and Technology) said that continuous rainy season leads to scab but fortunately there was no scab last year so there are less chances of scab this year as well.

"The growers must keep spraying fungicides after a gap of just every 10 days to avoid diseases," Dr Tariq said. He said that rainy weather may lead to fruit rusting as well but as the fruit set period and flowering period is already over there are less chances of other effects as of now.

"Growers must spray fungicides at regular intervals till end May to get

rid of scab and farmers must keep proper drainage systems in place to avoid root rot disease as well," Dr Tariq said.

Another SKUAST scientist said that regular rains and cloudy weather may lead to fruit fall and can impact the size and of the fruit as well.

He said that fruit size and quality can improve if there will be pleasant weather ahead.

Growers from various parts of Kashmir told news agency—Kashmir News Observer (KNO) that the livelihood of around 50 percent of the population who are directly dependent on the horticulture sector is under threat because of erratic weather conditions.

They said the wet spell may trigger a host of diseases in their orchards, affecting their livelihood.

They said that continuous rains

have added to the worries of farmers and it has also caused disturbances in the spray schedule and it may lead to fungal diseases.

"Over the past two weeks we have been struggling to spray the fungicides but we are not sure whether the weather will allow us or not. The rains also wash the sprays," they said

SKUAST scientists said that there is no need to worry and growers should spray fungicides at regular intervals and take other precautions.

An official of the horticulture department told KNO that there is no need to worry as the weather is likely to improve from tomorrow.

He said that the good thing is that this is not the blooming period of the Apple and other fruit trees and growers but following department advisories and water logging must be avoided.

Div Com Kashmir chair meeting regarding Army Recruitment in Srinagar

HT News Network

SRINAGAR, MAY 08: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today chaired a meeting of Civil Administration Officers and Officers of Indian Army from Chinara Corps for coordination regarding the conduct of the Indian Army Recruitment Rally scheduled to be held at Bakshi Stadium, Srinagar in Jun 2023.

Army Recruiting Office, Srinagar had recently announced the completion of the online common entrance exam as the first filter in the modified recruitment procedure for recruitment into the Indian Army under the Agnipath Scheme.

The meeting was also attended by Mohammad Aijaz Asad, Deputy Com-



missioner Srinagar, representatives from the Police Department, Traffic Police Department, JK SED, JK BOSE, JK BOTE, JK Sports Council, Medical, PWD officers from the civil administration side and Officers of the Chinara Corps and

Army Recruiting Office, Srinagar from the Indian Army side. While chairing the meeting, Div Com assured of all support from the civil administration for the smooth conduct of the recruitment rally which will serve as a great employ-

ment opportunity to the youth of Kashmir in the Indian Army which epitomizes the glorious tradition in nation building.

Meanwhile, Div Com directed concerned departments to make adequate security arrangements and other necessary requirements to facilitate the aspirants and the agency. While chairing the meeting, Div Com assured of all support from the civil administration for the smooth conduct of the recruitment rally which will serve as a great employ-

ment opportunity to the youth of Kashmir in the Indian Army which epitomizes the glorious tradition in nation building. Meanwhile, Div Com directed concerned departments to make adequate security arrangements and other necessary requirements to facilitate the aspirants and the agency.

DC Pulwama reviews Mineral Mining Scenario in DLTFC meeting

Adherence to scientific management of mining is imperative: DC

HT News Network

PULWAMA, MAY 08: The Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today chaired a meeting of the Multi Departmental District Level Task Force Committee for Geology and Mining to discuss and review the status of mineral mining in the district.

Initially Additional Deputy Commissioners, Pulwama, Tral and Awantipora apprised the chair and participants about the latest status of the mineral-mining scenario in the district and gave some suggestions for complete ban on instances of illegal mining.

Giving details, DMO informed that a total of 10 mineral blocks have been e-auctioned, 04 are operational and rest are awaiting



environmental clearance from JKEIAA. The DC while speaking on the occasion, asked for mapping of mineral mining areas keeping in view the impact assessment. He also called for the need to streamline the extraction of minerals in the district. He added that scientific mechanisms in place should be adhered to deal with the issue of mining. Outlining the importance of the District level

Committee constituted for the purpose, he impressed upon the concerned to prescribe SOPs and take all the necessary steps needed for enforcement of the same. He emphasized submitting reports about illegal mining on a weekly basis and stern action against those involved in illegal mining in the district.

The DC asked the members of the District level Task Force Committee to work

in close coordination and liaison in the best interest of checking illegal mining in the district to control this menace of illegal mining from the district forever.

He further directed the DMO to make a detailed plan highlighting the role of Police, Revenue, Forest, Irrigation and Flood Control departments so as to check illegal mining, transportation and dumping of minerals in the district.

DC also passed directions to police to extend all possible support needed to the checking squads of the district for ensuring a blanket ban on the instances of illegal mining.

DMO was also directed to establish Nakas/check points at the sensitive points to keep a strict and close vigil on illegal transportation and storage of minerals.

DC Bandipora visits Razdan Pass; inspects road clearance

HT News Network

BANDIPORA, MAY 07: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmad on Sunday visited Razdan Pass to inspect clearance work of snow and landslides triggered by recent inclement weather conditions at some spots situated on higher altitudes on Bandipora-Gurez Road. The DC was accompanied by officers from Border Road Organization (BRO), Project Beacon and other concerned officers from MED, Revenue besides others concerned. Dr. Owais expressed satisfaction over the clearance works being undertaken and applauded the untiring efforts of field staff of BEACON for working in such harsh and inclement weather conditions to ensure connectivity to Gurez Valley.

He further said that Road has been opened for two-way traffic in a regulated manner with requisite precautions and the same is being allowed after taking daily assessment of road and weather conditions.

Commemorating 250th Birth Anniversary of Raja Rammohun Roy Students rally to create awareness on women empowerment

Education fundamental to women's emancipation: Tassaduq Mir

HT News Network

SRINAGAR, MAY 8: Impressive awareness rallies on "Women Empowerment" were organized by the students of various educational institutions across Kashmir valley today to commemorate 250th birth anniversary of Raja Rammohun Roy, the father of Modern India.

These rallies were jointly organized by the Department of Libraries & Research, J&K and the School Educa-

tion Department, J&K under the aegis of Raja Rammohun Roy Library Foundation (RRRLF), Ministry of Culture, Govt of India.

The fundamental objective of organising these rallies is to make aware the society, especially women, about women empowerment, their rights and promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others.

The main function was



organized at Govt Higher Secondary School, Humhama Budgam which was addressed by the Director, School Education Kashmir, Tassaduq Hussain Mir. Addressing the function,

Director School Education Kashmir said that for women's empowerment, the most basic thing is education, as education empowers a person to know what to do, what is right, and

what decision to take.

He urged the students to not only look for empowerment but strive to go for the best and give their best. He maintained that in today's competitive world, smart-

ness is a new beauty- our bookish knowledge is not taking us anywhere if we are not practical in what we learn, he said.

The Director School Education Kashmir appreciated the staff and students of GBHSS Humhama for organizing such an impressive programme encompassing major aspects of the women empowerment.

Deputy Director, Libraries & Research Kashmir, Sheikh Zahoor, Chief Education Officer Budgam, Romana Qazi.

PUBLIC NOTICE

My sons name wrongly mentioned in school records as Mufariq Hassan instead of Mohammad Hashim Sheikh. Now I am applying for its correction if anybody have any objection in this regard He/She may contact Principal Iqra Educational Institute Kalantra Payeen within seven days from the publication of this notice after that no objection will be entertained.

GH HASSAN SHEIKH
F/O MOHAMMAD HASHIM SHEIKH

PUBLIC NOTICE

I have lost my 10Th pass school leaving certificate session 2016. Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact Principal Green Land Sec School Kreeri within seven days from the publication of this notice after that no objection will be entertained.

MOVIN IRSHAD
S/O IRSHAD AHMAD MIR
R/O KREERI BARAMULLA

اشتہار عام

بے اشتہار ہر خاص عام کو مطلع کیا جاتا ہے کہ کسی منسلک ولد چوڑا قوم میر ساکتہ از انوالی تحصیل سرنگوت ضلع پوچھو کی S Presso گاڑی ز ریمبر 12 کلر 7387 B اپنی بکد پر کھڑی ایک بڑے بھڑکی زد میں آکر کل نور پور پتہ، جو پٹی سے کئی رپورٹ تھام پویش سرنگوت میں درج ہے اور انوشین کٹی کو ٹول لاس میں ڈال کر مالک گاڑی مہرور کا اعتقاد کرنا مطلوب ہے اگر کسی شخص یا فرد کو کوئی عور یا امتراض ہو تو اندر مدت سات ایام پویش تھام میں درج کروائے بعد کر جائے مدت اعتراض قابل قبول نہ ہوگا

المشہور

منیر حسین ولد چوڑا قوم میر ساکن تراز انوالی
تحصیل سرنگوت ضلع پوچھو رابطہ نمبر 7889397132

PUBLIC NOTICE

The Electricity connection with Consumer ID No 0206050014248 Registered in the name of Mudasur Ahmad wani S/O Abdul Majid wani R/O I Hardapunzoo at Lawaypora Bilalabad is to be Transferred in the favour of Abdul Rashid Jan S/O ALI MOHD JAN R/O HARDU SOURISH Anybody having any objection, May Contact Assistant Executive Engineer PDD Sub Lawaypora Narbal Budgam within a period of 7 days. After that no objection will be entertained in any case. Owner Name

Abdul Rashid Jan
S/O ALI MOHD JAN
R/O HARDU SOURISH

NMBA: Awareness programme organised at HSS Shadipora

Farooq Rather

BANDIPORA, MAY 08: The Higher Secondary School Shadipora on Monday organised an awareness programme under the 'Nasha Mukht Bharat Abhiyan' (NMBA) to raise awareness regarding eradicating the drug menace. Students of the institute actively participated in the programme.

Speaking on the occasion, Principal of the HSS lauded the participation of students and staff in such programmes. He advised the students to use time wisely and for constructive purpose in order to focus on career. He called for joint efforts of various stakeholders vis a vis eradicating the drug menace from the district and stressed on the slogan "Say No to drugs" in order to achieve the goal of drug free society. He said society as a whole and family has an important role to play against drug abuse.

Students of the institution deliberated on the theme with great flairs and participated in multiple competitions viz. speeches, quiz, slogan writing, painting



and essay writing. The toppers from each category were later felicitated by the Principal and Jury members. A rally was also flagged-off by the Principal, Dr G M Puju in presence of senior staff and the students with slogans "Say No to Drugs", "Let's Make Our society, Drug Free" etc raised and with the message to make the area drug free.

The rally proceeded to main market Shadipora and culminated at the Main campus of the institution.

International Red Cross Day celebrated at Budgam

Dist Admin committed to extend maximum help to downtrodden under DRCF: DC

HT News Network

BUDGAM, MAY 08: Celebrating 'International Red Cross Day', the District Administration Budgam today organized a daylong blood donation and awareness camp at Sheikh-ul-Alam Hall, here

The camp was organized in collaboration with District Red Cross Society Budgam and Chief Medical Officer Budgam.

Scores of donors volunteered to donate the blood during the camp, while students of different schools of the district participated in the function and were given awareness regarding the importance of blood donation and use of first aid to victims of accidents or



any other calamity.

Speaking on the occasion, the Deputy Commissioner (DC) Budgam, Akshay Labroo while highlighting the significance of the day said that, not only blood donation camps are held on this day but also awareness and training about use of first aid on accident victims is given to participants to save human life.

He urged participants to make best use of the training to become smart citizens and extend timely fist aid help to injured to safeguard the human lives.

He said that under the Red Cross Fund, the District Administration is committed to assist the maximum number of needy to make their lives better.

The DC appealed people

to volunteer themselves to contribute to the Red Cross Fund to cherish the real spirit of Red Cross Day to serve humanity particularly downtrodden and other weaker sections of the society without any barriers of caste, creed or religion.

Additional District Development Commissioner Budgam, Dr Akramullah Tak and Chief Medical Officer Budgam Dr Ayyub Fateh also spoke on the occasion.

It was informed that a list of donors has been maintained to ensure immediate help to the needy at any hospital across the district. DDC Members, ADC Budgam, Tehsildar Headquarters, Chief Agriculture Officer and others were also present on the occasion.

HT News Network

BUDGAM, MAY 08: The Deputy Commissioner (DC) Budgam, Akshay Labroo along with Director National Institute of Fashion Technology (NIFT), Srinagar Javid Ahamd Wani today visited NIFT Srinagar and took on spot inspection of the establishment of the campus. During the visit, the DC took review of the overall construction going on at NIFT Campus Srinagar. He directed the executing agency to complete all the construction work within the given timeframe. He assured the management of NIFT, Srinagar of full cooperation and support of District administration Budgam.

It is apt to mention that National Institute of Fashion Technology Srinagar is the one of the youngest campuses among campuses of the Country. This campus will provide vocational education to aspiring youth who want to pursue careers in fashion and designing. The DC was accompanied by ADC Budgam, and other officers and officials of the district. During the visit, the DC took review of the overall construction



going on at NIFT Campus Srinagar. He directed the executing agency to complete all the construction work within the given timeframe. He assured the management of NIFT, Srinagar of full cooperation and support of District administration Budgam.

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DC Shopian for conducting regular inspection of USG Clinics across district

HT News Network

SHOPIAN, MAY 08: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today emphasized for regular monitoring and inspection of Clinical establishments particularly USG clinics across the district to ensure working of these clinical establishments as per standard norms.

The DC said this while chairing a meeting of the District Advisory Committee (DAC), here.

The committee discussed in detail the various provisions of Pre- Conception and Pre-Natal Diagnostic Techniques Act, 1994 and status of registration of USG clinics in the district. On the occasion, the DC instructed for strict adherence to the Act and installation of CCTVs at the USG clinics. He also asked for conduct of massive and multimedia awareness campaigns through visual, print and social media across the district in order to give proper fillip to the cause. CMO, MS, DH, DIO, DSWO, BMOs, concerned specialists and other concerned attended the meeting. Holds DAC meeting, finalizes Action Plan for effective implementation of PC&PNDT Act

World Red Cross, DayDC Doda leads Blood donation; Inaugurates series of Awareness programmes; flags of awareness Rally

HT News Network

DODA, MAY 08: To mark World Red Cross Day 2023, a series of activities were today held across the District Doda, including Blood donation camps, free Medical/ Consultation camps, Awareness programmes in the health and educational institutions, awareness Rallies, free eye screening camps and other activities. The theme of this year's World Red Cross Day is "Everything we do comes #from the heart."

The main event was held in the Govt. Higher Secondary School (Boys) Doda to highlight the importance and activities of District Red Cross Society and role of Red Cross organisation in serving humanity across the globe. The day is also observed to pay tribute to Jean Henry Dunant, the founder of the Red Cross Society. Chairman District Red Cross Society, Vishesh Mahajan inaugurated the programme which witnessed debate and painting com-

petitions, symposiums and speeches. Vishesh Mahajan, also inaugurated blood donation camps at Associated Hospital GMC and Sub District Hospital Baderwah. A free testing and consultation for Breast Cancer, organised by the American Oncology Institute in association with World Cancer Care, was also held in SDH Baderwah. The free medical/ consultation camp on breast cancer at Sub district Hospital Baderwah. ADC Bhadrwah Ch Dil Mir, Additional SSP Baderwah Kameshwer Puri, CMO Doda, Dr Hamid Zargar, BDC Chairpersons, DDC Councillors and others were also present. A free Eye screening camp was also held at Associated Hospital GMC Doda on the day. Earlier, the DC and other officers and participants participated and took the Red Cross pledge at GHSS Boys Doda. A rally of students on the Red Cross Day was also flagged off by DC, which passed throughout the Doda town and culminated back at Boys GHSS Doda. Highlighting the importance of World



Red Cross Day, the DC urged upon the youngsters to volunteer for the humane cause and develop in them the principles of universality, impartiality, love, care, and sympathy. He himself donated the blood along with ACR Doda Sanjeev Kumar, Police, and para military personnel at the blood bank of Associated Hospital GMC

Doda. The DC Doda called upon the youth to donate blood for a good cause and asked them to participate in the blood donation camps that shall be organised regularly. To mark World Red Cross Day 2023, a series of activities were today held across the District Doda, including Blood donation camps, free Medical/ Consultation

camp, Awareness programmes in the health and educational institutions, awareness Rallies, free eye screening camps and other activities. The theme of this year's World Red Cross Day is "Everything we do comes #from the heart." The main event was held in the Govt. Higher Secondary School (Boys) Doda to highlight the importance and activities of District Red Cross Society and role of Red Cross organisation in serving humanity across the globe. The day is also observed to pay tribute to Jean Henry Dunant, the founder of the Red Cross Society. Chairman District Red Cross Society, Vishesh Mahajan inaugurated the programme which witnessed debate and painting competitions, symposiums and speeches.

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DC conducts surprise inspection of MCCH Anantnag; assesses services & facilities available

HT News Network

ANANTNAG, MAY 08: The Deputy Commissioner (DC) Anantnag, S.F. Hamid today paid a visit to MCCH Anantnag to get an on spot assessment of the facilities available and services being provided.

During the visit, the DC interacted with patients and attendants, inquired about the availability of doctors and medical facilities. He emphasized the importance of the medical profession and the expectations people have from doctors.

He stressed the obligation of doctors to maintain their reputation and trust.

On the occasion, patients and attendants shared their suggestions with DC, including the construction of a shelter and waiting hall for attendants.

The DC promptly directed for the estimation of the required infrastructure and compliance thereof. During the visit, the DC interacted with patients and attendants, inquired about the availability of doctors and medical facilities. He emphasized the importance of the medical profession and the expectations people have from doctors.

World Red Cross Day celebrated at Katra

HT News Network

KATRA, MAY 08: World Red Cross Day was celebrated here today to commemorate the Birth Anniversary of "HENRY DUNANT" founder of Red Cross movement. The district level function was organized at Tri-kuta Public Higher Secondary school Katra, in which Deputy Commissioner Babila Rakwal, who is also the chairperson of district Red Cross Society, was the chief guest on the occasion. While speaking on the occasion the DDC Reasi appealed to the people of the district to contribute towards district red cross funds for the help of poor and needy persons. The DDC said the Red Cross is engaged worldwide in providing relief to the poor, needy and those who fall

prey to Natural Calamities, accident victims and poor patients. A symposium on the topic "Everything We Do Comes from the Heart" was also held. This year's theme focuses on the foregrounding of the volunteers of the Red Cross and their contribution to society. Seven students of Government/Private Schools and GDC Katra participated in the symposium. Cultural programme was also presented on the occasion.

Donors who donated towards the Red Cross Society were also felicitated by the chairperson District Red Cross Society. Prizes were also distributed among the students. DDC Councilor, ACR Reasi, SDM Katra, Tehsildar Karta, CEO Reasi, Heads of government/private institutions, and prominent citizens were also present on the occasion.

Div Com Jammu inaugurates 3-Day Induction Training programme for Chairpersons, Members of Child Protection Committees

HT News Network

JAMMU, MAY 08: Divisional Commissioner Jammu, Ramesh Kumar today inaugurated 3-Day Induction Training for Chairpersons and Members of the Child Protection Committee constituted under Child Protection, Juvenile Justice Act 2015 and PCO Act 2012. The Induction Training programme has been organised by the Department of Mission Vatsalya, Directorate of Social Welfare in Collaboration with UNICEF.

In his inaugural address, the Div Com focused on the Child Protection Rights and effective working of CWCs to extend instantaneous protection to the children facing certain crisis.

The Child Welfare Committees have been consti-



tuted in all the districts of J&K and the Div Com said that these will act as the guardian of the child rights and play a very significant role in ensuring the welfare of the children in need.

He appealed to the stakeholders to exhibit their best to implement the Juvenile Justice Act and Rules, 2021 & 2022 for child protection in their respective districts.

Bhawani Rakwal (Secretary, Social Welfare) also laid emphasis on child Protection to stop the child

abuse prevailing in the society in different manifestations.

The formal vote of thanks was presented by Davinder Katoch, Joint Director Mission Vatsalya and Mamta Rajput (District Child Protection officer). Resource Person, Dr. Ruchi Sinha (Centre for Criminology & Justice school of social work TISS) focused on understanding child rights.

Anant Asthana (Lawyer Child Rights) discussed child Protection and rights.

The proceedings of the event were conducted by Dr. Sunali Sharma (Programme officer, Mission Vatsalya) Priyanka Singh (Administrative Head of One Stop Centre).

Prominent among others those who attended the Training Programme were Tanveer Dar (Child Protection Specialist), Arti Gupta (ICDS Supervisor), Sahil Hans (Programme officer SARA), Abhishek, Sakshi Sharma, Neelam Devi, (Data Entry Operator, Mission Vatsalya). The formal vote of thanks was presented by Davinder Katoch, Joint Director Mission Vatsalya and Mamta Rajput (District Child Protection officer). Resource Person, Dr. Ruchi Sinha (Centre for Criminology & Justice school of social work TISS) focused on understanding child rights.

Indian Red Cross Society Jammu celebrates World Red Cross Day; Holds Raffle Draw- 2023

HT News Network

JAMMU, MAY 08: As a mark of respect to the founder of Red Cross Movement Sir Jean Henry Dunant, Indian Red Cross Society, Jammu Region today celebrated World Red Cross Day here in the Teacher Bhawan, Gandhinagar.

Theme of World Red Cross Day 2023 is: "Everything we do comes #from the heart" which focuses on foregrounding the volunteers of the Red Cross and their contribution to the society.

The function started with hoisting of Red Cross Flag by the Chief Guest, Divisional Commissioner, Jammu, Ramesh Kumar, who is also Chairman, Indian Red



Cross Society, Jammu Region followed by lighting of the ceremonial lamp and floral tributes to Sir Jean Henry Dunant Founder of Red Cross Movement in the presence of Capt. Bana Singh Param Vir Chakra Awardee; Rahul Yadav, Commissioner, Jammu Municipal Corporation, Jammu; Shareesh Sharma, President J&K Bank Ltd; Ashok Kumar Sharma, Director School Education Jammu; Sandeep Seontra,

Deputy Commissioner (Adm.) Jammu; Mamta Rajput, District Social Welfare Officer, Jammu, representatives from CRPF BSF, J&K Police, Educational Institutions Prominent citizens, Former Secretaries, IRCS, Jammu Region, besides Executive Committee Members of IRCS, Former Red Cross Executive Committee Members and Red Cross volunteers. .

World Red Cross Day PSPS GCW Gandhi Nagar conducts poster making competition on Organ donation

HT News Network

JAMMU, MAY 08: The Red Cross unit of Padma Shri Padma Sachdev Government PG College For Women, Gandhi Nagar, in collaboration with college IQAC organised a poster making competition on the topic - "Organ donation" in the college Smart Class Room to celebrate World Red Cross Day.

Dr Shalini Sharma, Convenor of the Red Cross Unit presented the formal welcome address. She apprised the students about this year's World Red Cross day theme "Everything we do Comes #from the heart". She emphasised on the celebration of this day with the spirit of humanitarianism and to recognise the individuals who make difference in their communities. Prof. Minu Mahajan, Principal of the college applauded the Red Cross Unit for sensitising the students on such issues of social relevance.

Prof Anuradha Gandotra (HOD, Food Science), Prof. Mala Bhasin (HOD, Botany)



and Dr Yash Paul Sharma (Convenor, IQAC) were the esteemed jury members of the event. About 10 (Ten) students participated in the competition. Ms. Nancy Devi (B.A Sem-2nd), Ms. Abia Gupta (B.A Sem-2nd), and Ms. Preeti Kalsi (B.Sc Sem-2nd) were adjudged 1st, 2nd and 3rd winner respectively. The winners were awarded with certificates. Prof. Eisha Gohil, Prof. Nisha, Dr. Ashok Kumar and Dr Suraj Mohani Jamwal (Organising committee members) were also present during the event. The programme ended with a formal vote of thanks by Prof Paramjeet Singh.

Forest Department Kathua kick-starts month long LiFE Mission Campaign

HT News Network

KATHUA, MAY 08: Department of Forest, Ecology & Environment, District Kathua, in collaboration with District Administration Kathua, organised an awareness rally here today as a part of one Month long "LiFE Mission Campaign-2023".

The rally was attended by about 300 participants consisting of students, Youth and staff of the Forest Department.

Speaking on the occasion, DFO Kathua, Khalid Amin Mehta & Wild Life Warden



Kathua Vijay Kumar Verma, highlighted the "LiFE Mission Campaign" announced by the Prime minister of India Sh. Narendra Modi. They said it focuses on bringing individual behaviors at the forefront of the global climate action narrative. They underlined that

Mission LiFE inspires us to do all that can be done in our daily life to protect the environment and believes that the environment can be protected by making changes in our lifestyle.

All the participants were encouraged to contribute in the campaign with their

respective capacities by adopting simple changes in their life which eventually will have a positive effect on the health of the environment. Further, it was informed that a month-long action plan has been formulated under the campaign wherein various activities shall be organised throughout the district by all the wings of the Forest Department under the guidance of HODs of all the wings of Forest Department and under the overall supervision of Principal Secretary to Govt. Deptt. of Forest, Ecology & Environment.

Red Cross Day celebrated at Kishtwar with great enthusiasm, fervor

HT News Network

KISHTWAR, MAY 8: The District Red Cross Society Kishtwar, in collaboration with Elderline J&K (Unit Kishtwar), today celebrated the Red Cross Day with great enthusiasm and fervor.

The event witnessed the presence of several officers of District Administration Kishtwar including the ADDC, Sham Lal; ADC, Inderjeet Singh Parihar; DPO, Sunil Bhutyal; DSWO, Zubair Ahmed; Tehsildar Muneeb Umar; AO DC office Imran Ahmed Kichloo; Dy CEO, Tirath Lal besides others.

Secretary Red Cross, Asgar Sheikh, Member volunteers of the Red Cross Society, Staff of Fire & Emergency



Department, Traffic Police, DC office, HEP authorities and media persons were also present to commemorate the occasion.

Speaking on the occasion, the officers emphasized the importance of the Red Cross Society in providing assistance during times of crisis, be it natural disasters or man-made emergencies. They also praised the efforts

of the Society in promoting peace, protecting human dignity, and alleviating human suffering.

They extended best wishes to the Red Cross team and appealed to people to cooperate with it in the times of crisis. The Red Cross Day celebration in Kishtwar was a resounding success, with everyone coming together to support the cause of humanitarianism.

EDITORIAL

The Tussle Between People and the ‘Smart’ Meter Installation Continues....

The recent tussle between Power Development Department (PDD) and locals in Srinagar over the installation of smart meters has led to the unfortunate death of an elderly man due to oxygen supply failure. This incident is a clear indication of the repercussions of mismanagement and negligence on the part of authorities.

The installation of smart meters was initiated by PDD in order to replace the traditional energy meters and enhance efficiency in power supply. However, the move faced resistance from the locals who believed that the new meters would lead to an increase in their electricity bills. This led to clashes between the two sides, with protests being held by the locals and the police resorting to the use of force to disperse them.

The situation escalated to a point where an elderly man, who was dependent on oxygen supply, lost his life due to the power supply being cut off during the protests. This tragic incident highlights the lack of sensitivity on the part of authorities towards the vulnerable sections of society. The elderly man's death could have been avoided had the PDD and local administration taken adequate measures to ensure that essential services were not disrupted during the protests.

The installation of smart meters may be a necessary step towards modernizing the power supply system, but it is crucial that the concerns of the public are addressed and their interests protected. The PDD needs to take proactive steps to address the fears of the public and dispel any misconceptions about the new meters. They need to engage with the locals and build trust through open communication and transparency.

The local administration also needs to ensure that protests are peaceful and do not lead to the disruption of essential services. They need to put in place adequate measures to ensure that vulnerable sections of society, such as the elderly and the sick, are not adversely affected by power cuts or disruptions.

The incident also highlights the need for a more comprehensive approach towards addressing the energy needs of the public. The government needs to invest in renewable energy sources such as solar and wind power, which not only provide a cleaner source of energy but also reduce dependence on traditional sources of energy. The PDD needs to explore the use of innovative technologies such as smart grids, which can help to optimize energy distribution and reduce wastage.

In conclusion, the tussle between PDD and locals in Srinagar over the installation of smart meters is a wake-up call for the authorities to take a more proactive and sensitive approach towards addressing the energy needs of the public. The incident underscores the need for open communication, transparency, and engagement with the public in order to build trust and dispel misconceptions. It also highlights the need for a more comprehensive approach towards addressing the energy needs of the public, which includes investing in renewable energy sources and innovative technologies. The authorities must learn from this incident and take concrete steps to ensure that such tragedies are not repeated in the future.

There Should Never Be Burdens In A Relationship



VIJAY GARG



The real foundation of human life is the relationships that man earns throughout his life. Some relationships are blood, some family and some social. Every relationship has its own definition, its own need, its own identity and its own importance. Some relationships are decided by God and some relationships we choose for ourselves. These relationships are the beacons of light that make our life easier. Alone even a tree seems helpless, then how can a person spend this life like mountains alone is When a person gets the support of his own, even this life full of thorns looks like a bed of flowers. Every happiness increases by sharing and every sorrow decreases by sharing. In our society, there are many relationships like mother-daughter, father-son, husband-wife, daughter-in-law, sister-in-law, daughter-in-law and mother-in-law. If we talk about the present era, today the definition of these relationships is changing. The love, maturity, sweetness that used to exist in these relationships is gradually disappearing. Today, that love, immaturity has been replaced by hatred, deceit, suspicion, antagonism. Today we are connected to the whole world through the internet but we are far away from our family and neighborhood. Today, every relationship is limited to advantages and disadvantages. The equation of joint families has changed now. Earlier families were joint. In the family, grandparents, uncles, aunts, aunts, uncles, parents, siblings etc. were seen in many relationships. All lived under the same roof with love. Their joys and sorrows used to be shared, but today the bond of joint families is breaking. Children of today's age They have been deprived of the love of grandparents, uncles, aunts, uncles and aunts. Today every relationship is fulfilled only with the word uncle-aunt. Just as the names of the relationships have changed, the love in these relationships has also



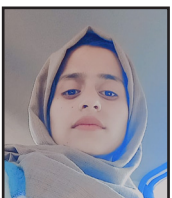
flowed somewhere. The current generation is moving away from moral values, the main reason for which is the breakup of joint families. Today, children do not get to see the respect of elders at home, nor the same love as before. This machine age has made man a machine too There is no room for emotions in S. It is often said that sons become sons, but parents never become mothers, but now when we see the murder of daughter by parents, the murder of son by father, the murder of father by son for the sake of property, the murder of brother by brother for the sake of land and money, etc. If we read the news, then these proverbs also seem to be false. It is true that today we are leading in the race for money, but we are losing relationships. Young sons are the right and left arms of the father, whose youth the father sees. You don't feel your old age but what a bad thing that today the same arms have reached the neck. The closeness of relationships that was seen earlier is now gone. The love and respect that children used to have for their grandmothers, aunts, and uncles is now disappearing. If we look at our elders, we know how much affection and love they have for their relatives. There is a need to value every relationship, to fulfill every relationship, but if we talk about the young generation, fulfilling relationships is different. They

don't even know what the person in front of them thinks in the relationship? The biggest impact of the decline in relationships is on our elderly generation due to which our elders have to spend their old age in old age homes. Our elders who saved us from sun and storms, I don't know how many times they fed us full of food while being hungry, who taught us to walk holding our fingers, always supported us when we fell, today we are at this stage of age when They need support if it happens, then our parents, our elders become a burden for us, thanks to whom we saw the world, because of whom we are today, who sacrificed millions of their lives for our happiness. After all, how can the same parents be a burden to us? If we cannot respect our parents then how can we expect respect from the coming generation. After all, we will reap what we sow. Now, if we talk about the relationship between husband and wife, there was a time when it was considered as a partnership of seven births, but now it has become difficult to live with one birth. The sooner marriages are formed, the sooner they break up. The stress of maintaining relationships is now over. Soul ties are broken in moments. Due to the scourge of the materialistic age, the relationship between brothers and sisters has also been affected. The bond, mutual love in this relationship seems

to be ending now. He has become an enemy of the brothers. Nanan-brother-in-law, daughter-in-law, brother-in-law, daughter-in-law, daughter-in-law etc. relationships in which both love and conflict were seen, today the definition of these relationships has changed. Today we marry less brides and more brides. In the house, the marriage of the boy takes place later and the division takes place first. Earlier, this division was between brothers, but nowadays, if someone has a son, he also lives separately from his parents. Thus our elders are shedding tears of blood due to this decline in relationships. One of the major reasons for these distances in relationships is that our endurance has ended. Today money has become everything for us. Relationships are becoming blurred in the glare of money but Sama We have to change our thinking as soon as we live. Our real wealth is the loving relationships that we earn throughout our lives and it is our primary duty to preserve this wealth. Love in relationships, affection, sweetness, immaturity is its true definition and it is the duty of humanity to maintain it. May God have mercy and let the broken knot of relations be rejoined.

Vijay Garg Retired
Principal Educational Columnist
Malout Punjab

“Breaking Free from Narrow-Mindedness and Societal Expectations: Embracing Originality and Inclusivity”



HUZAIFA ALI LONE



You lose your originality when you live a life that the world wants you to live. It is indeed hurtful and stressful when you have no right to live your life according to your own wishes. You cannot make friends according to your own choices, and you cannot go wherever you feel good because of our society's narrow-mindedness and low-class thinking.

The idea that someone can do something wrong and go against their family without leaving their room may seem perplexing at first glance. However, this is an issue that has become increasingly common in our modern society. It's a way to change our thinking, but not necessarily in a positive way.

We live in an era where people are becoming more educated than ever before. Universities and colleges are churning out graduates with impressive credentials, and the world is seemingly at their fingertips. However, this education does not necessarily equate to a broadening of the mind or a more open worldview. In many cases, it simply provides individuals with more tools to justify their pre-existing biases and beliefs.

Narrow-mindedness is a problem that affects people from all walks of life. It's a way of thinking that is characterized by a lack of curiosity and an unwillingness to consider different perspectives. This mindset can be particularly damaging when it is directed at one's own family. When someone is unwilling to engage with their family members on an intellectual or emotional level, it can lead to feelings of isolation, frustration, and resentment.

The fact that people can now do all of this from the comfort of their own rooms only adds to the problem. Technology has made it easier than ever to disconnect from the world around us and retreat into our own little bubbles. Social media algorithms can reinforce our existing beliefs and isolate us from opposing viewpoints. This can lead to an echo chamber effect, where we are only exposed to ideas that confirm our biases.

So, how can we combat this problem? The first step is to recognize that narrow-mindedness is a real issue that affects us all. We must be willing to acknowledge our own biases and seek out information and experiences that challenge our worldview. It's important to engage in constructive dialogue with our family members and listen to their perspectives, even if we disagree with them.

We must also be mindful of the role that technology plays in shaping our worldview. Social media platforms and search engines are not neutral entities. They are designed to maximize engagement and keep us glued to our screens. It's up to us to take control of our online experience and seek out diverse perspectives.

If we look at our society, all the restrictions are placed on girls. It is okay to respect someone, but we should not bind ourselves so much that our existence ends. Everywhere, it is said that girls have limits, and girls can only do certain things. Everyone talks big,

but even today, girls are imprisoned in cages. Is this not what causes depression?

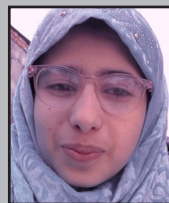
People often say, "Don't think too much," but why is there tension in the first place? Recently, I saw an incident where a person told another to commit suicide but not to trouble them. This is how today's society works. Narrow-mindedness is a pervasive problem that affects us all. It's important to recognize its impact on our relationships with our family members and take steps to combat it. By seeking out diverse perspectives and engaging in constructive dialogue, we can create a more open and inclusive world for ourselves and those around us.

It is essential to understand that everyone deserves the right to live their life the way they want to. We must break free from societal norms and expectations and allow ourselves to explore and grow in our own unique ways. We should respect each other's choices and preferences and not judge or discriminate against anyone based on gender, race, or any other characteristic.

Instead of imposing restrictions, we should focus on creating an environment that fosters creativity, diversity, and inclusivity. We need to educate ourselves and others on the importance of equality, mutual respect, and understanding. Only then can we create a world where everyone can truly be themselves and live a fulfilling life without fear of judgment or discrimination.

In conclusion, let us break free from the shackles of societal norms and expectations and allow ourselves and others to live a life full of originality and authenticity. Only then can we truly create a world that values and celebrates our unique differences and similarities.

Corruption



KAFEELA HILAL FAROOQI



Corruption refers to a form of criminal activity and dishonesty. It refers to an evil act by an individual or a group. When a person in authority carries out his activity for personal benefits. It is normally done by society in order to acquire abuse power for once's personal gain. Corruption indicates that the structure of govt. does not channel private interests effectively. I believe that if we put fingers against it. Then we can stop corruption.

People are indulging in this illegal work because of their financial problems or bad conditions of life. In the universe no one take birth to do such type of bad activities. However, people suffering from any disease etc. should keep patience and never do anything bad in life. One negative step can harm the life of many people.

People are giving bribes to their officers to speed up their work. A bribe can be in the form of money or gifts. Corruption is an illegal thing that we should not do because without corruption we can be a good generation for our country and then we can make our country free and clear from corruption and can make our country better and beautiful. The greedness of people is the main cause of corruption. It is crime and everyone should take proper steps in fighting against it. A great tool in

People are indulging in this illegal work because of their financial problems or bad conditions of life. In the universe no one take birth to do such type of bad activities. However, people suffering from any disease etc. should keep patience and never do anything bad in life. One negative step can harm the life of many people.

fighting corruption is the right to information of every level.

The Author is a Kirmania Modal High School, Batwina Ganderbal

A Smile matters always and every time!



M S NAZKI



A Smile matters always and every time! Why and how we have every reason to say so! So here we go! Two stories depict as to what is humanity all about! One step was taken by an administrative human being and the other one was by an Indian Army Medical Corps AFMC! Both were for the humanity but it was still the smile that mattered!

Both the stories are from Poonch by the way!

We do nothing special just keep tabulating the events as they come to us! After all a diary is all about events as they happen! Poonch diaries well thought had to be a special episode and in our way of functioning we tried to do something extra!

DC Poonch Tweets : Yasin Mohammad Choudhary (IAS) Many people asked about him so here's a bit- Little Burhan, Aged 4, is a fighter from Poonch. He survived a deadly accident in Mandi, had a head injury, got stitches but didn't flinch. He reads in 'the fish classes and wants to become a 'Fouji'. May God bless all our young ones!

DC Poonch also Visited Raja Sukhdev Singh Hospital to enquire about the health of accident victims of Mandi auto accident. Also released ex-gratia of five(5) thousand each for injured persons and one(1) lakh for those deceased.

Her smile so beautiful. Like the loveliest sunset.. that was strange but a reality!

She was like a flower. Her smile illuminates the whole world. Wiss or a hiss in August 'And as of her smile you asked. It's summer's poetry! Or a respite from the rigors of winter.' I was just asking her to smile! Oh! How much I miss Rajouri!

This is what a man on the frontiers asks for i could be soldier male or female it matters less!

I have a story to tell here, though a small one: I met a little, girl she was smiling at me and she asked 'with a pointed figure that said, 'here is a book tells this!' 'the books she pointed towards were of Nusray Rhymes 'Jack and Jill Went Up the hill to Fetch a Pail of Water' I bought her ten of them! And a book of 'Aesops Fables'! Till date she has them in her library The name of the lady now is Niti (Nusrat the real name but I used to call her Niti) a school teacher..... District Rajouri!

She presented my kids a whole set of



Enid Blyton's mystery's! Instead my daughter presented the same to her son 'Deva' presently in Sydney Australia! The gesture was great an appropriate gift for a little girl once upon a time but now a lecturer!

Her's smile and laugh lit up the entire room. There's a gloss, a shine every time her lips curve to the sides, I thought! Laugh, I tell you, and you will turn back The hands of time. Smile, I tell you, And you will reflect

The face of the divine. Sing, I tell you And all the angels will sing with you! Cry, I tell you, And the reflections found in your pool of tears - Will remind you of the lessons of today and yesterday

To guide you through the fears of tomorrow.'

The smiling game has just begun!

And today the whole of District and Rajouri and Poonch are smiling!

And I had two stories. Both were from Poonch!

The first one with a Tweet as we mentioned above. The second one is again about a smile as the title mentioned, 'smile says it all'! Sarpanch Buffiaz Tahira Tabassum along with Indian Army lady doctor Surankote Poonch! Hats off to the doctors of Indian Army! To justify this one I have an incident to tell! This one is from Village Datote!

Thirty years back it was a jungle basically but now things are different courtesy the Indian Army! That time the Regimental Officer posted was 'Kumar'! Kumar Sir, I loved calling him! That night while I was sitting in front of a warm Bukhari (A warming equipment in those days, probably now bunker heaters perhaps would be in vogue,) Subedar Raj Bahadur Pun knocked the door, 'Sahab Ayota Ketu Ko Tabiyat Kharabb Chha, Usko Baba Aya Ho' (A girl is sick and the father is asking for help)! 'My first ANSWER COULD HAVE BEEN NO!' It would have been if she was not Nusrat'!

There was no other option but to call up Kumar Sir! It was midnight when I called me up! Worst still the house was just under Topa Gidran in Kanga valley! 'Sir Aana Toh Padega, Maarg 497 Tak Kathin Hail Par Pahunchna Aap Ka Zaroori Hail! (You have to come though the way uphill is tough! Nevertheless he arrived! Some how we reached the house as the old man led us! It was already 0200 Hours after midnight! 'Doctor cautioned me, 'Ulta Seedha Kaam Mat kar Dena Kyon Key Yeh Jagah Bikul Dushman Ke Dayere Mein Hai'! 'Fikar Kiyon Karte Ho Doctor Sahab, Aap Apna Kam Kijeye Hum Apna Karenge'! It was three in the morning we left and the father of Nusrat led us back from where we left, 'my parting short to the gentlemen (Nusrat's father, 'Aap Chaliye, Hum Chalte Hain'! Doctor Kumar was in splits when we reached our home, 'the bunker atop Point 497'!

It was a call of the commanding officer! Sadly he left the earth a month back in the obituary section of our Battalion magazine, 'Hulaki' the unit does not send it to me but to my mother it does! After all there is a difference between a commanding officer (my father commanded the unit in which I was posted into)! Hulaki too was my brain child)! I alone edited it! I have all the copies of that! My second favoured one was 'Sanik Samachar' But I do not why it is not published now! I think in the evenings in 'Recreation Room' of the units soldiers loved reading it!

Manipur violence case: SC says, it's a humanitarian issue, concerned deeply about loss of life & properties

HT News Network

New Delhi, May 8 (UNI) The Supreme Court on Monday said that the Manipur violence case is a "humanitarian issue" and it is "concerned deeply about the loss of lives and loss of properties", while hearing a batch of petitions seeking appropriate directions to deal with the alleged violence in the trouble torn, North Eastern state.

"This is a humanitarian issue. The government is taking action. Our immediate target is protection, rescue and rehabilitation of people. We are concerned deeply about loss of life and loss of properties," the bench of the Supreme Court, headed by the Chief Justice of India (CJI) Dr Dhananjaya Yeshwant Chadrachud said, in the order.

"We emphasize that due arrangements must be made in the relief camps, and all necessary precautions must be taken for rehabilitation of displaced persons. Medical care should also be provided in relief camps," the Supreme



Court said, and fixed the matter for further hearing to May 17.

The Apex Court also said that these proceedings before the Supreme Court should not become a ground to further destabilize the state. The Apex Court was hearing a batch of pleas relating to the recent incidents of violence in Manipur. One of the petitions sought directions to the Central and State governments to evacuate Manipuri Tribals who had fled to CRPF camps.

Another one filed by, Manipur Tribal Forum, sought SIT probe into the case. The Apex Court asked the petitioners that you may flag your concerns in appropriate manner so that

this proceeding doesn't become another ground for destabilization.

The Solicitor General (SG) Tushar Mehta, appearing for Union and state of Manipur, assured the Apex Court that all necessary steps are being taken & the court should take up the reservation issue only after the situation is brought under complete control.

"The curfew was relaxed yesterday and there was no incident and today also it was relaxed for a while and no untoward incident took place. Let normalcy resume. 35 CAPF troops appointed. One senior member was repatriated to that place. No violence in the state in last 2 days. Normalcy is resuming there," the SG

Mehta assured the Supreme Court.

The SG Mehta also said that helicopters and drones being used, relief camps organised for housing people and providing food, reservation etc can be seen later. On ground army and other paramilitary forces are working and they are successful, let everything calm down. This case can come up after 10 days.

The CJI also noyes in its order that appropriate steps are being taken by competent forum in this regard, as regard the steps being taken for restoring normalcy.

It said that the SG Mehta Solicitor has placed on record a statement that 52 companies of CAPF and 101 companies of Assam rifles in Manipur, flag marches conducted in disturbed areas, and senior police officer appointed as security advisor. The CJI Chandrachud, noted that the SG has said that action is being taken by competent forum so we'll not get into it further. We've made our concerns very clear. "Our only target is protection and stabilisation", the Court said

HT - NATIONAL

NSA Doval in Jeddah, meets Saudi Crown Prince

HT News Network

New Delhi/Jeddah, May 8 (UNI) Saudi Arabia's Crown Prince Mohammed bin Salman received Indian National Security Advisor Ajit Doval, as well as the national security advisers of the UAE and the US, during which they discussed enhancing relations to boost regional growth and stability.

Prince Mohammed bin Salman bin Abdulaziz Al Saud, Crown Prince and Prime Minister, received on Sunday evening the Deputy Ruler of Abu Dhabi, National Security Advisor of United Arab Emirates (UAE) Sheikh Tahnoon bin Zayed Al Nahyan; the US National Security Advisor Jake Sullivan; and the National Security Advisor of India Ajit Doval, Saudi Press Agency said.

During the meeting, they discussed means to strengthen relations and ties between the three countries in a way that enhances growth and stability in the region, it said.

The visit of NSA Doval comes as Jeddah has been an important point for evacuation of Indian nationals from Sudan. India had set up a control room for the evacuation, and all the rescued Indians were taken there from Port Sudan, before being flown to India.

A US readout of the meeting said that National Security Advisor Jake Sullivan met with Saudi Prime Minister and Crown Prince Mohammed



bin Salman, UAE National Security Advisor Sheikh Tahnoon bin Zayed Al Nahyan, and National Security Advisor of India Ajit Doval on May 7 in Saudi Arabia to advance their shared vision of a more secure and prosperous Middle East region interconnected with India and the world.

Sullivan also held bilateral meetings with the Crown Prince, Sheikh Tahnoon, and NSA Doval to discuss bilateral and regional matters. "He looks forward to further consulting with Mr. Doval on the margins of the Quad Summit later this month in Australia," it said. "The four delegations agreed to maintain regular consultations and follow up on the matters discussed throughout the day."

Earlier this month, NSA Ajit Doval was in Tehran where he held talks with his Iranian counterpart Ali Shamkhani, and also met Iranian President

Ebrahim Raisi and Foreign Minister Hossein Amirabdollahian. During the meeting, they discussed means to strengthen relations and ties between the three countries in a way that enhances growth and stability in the region, it said. The visit of NSA Doval comes as Jeddah has been an important point for evacuation of Indian nationals from Sudan. India had set up a control room for the evacuation, and all the rescued Indians were taken there from Port Sudan, before being flown to India. A US readout of the meeting said that National Security Advisor Jake Sullivan met with Saudi Prime Minister and Crown Prince Mohammed bin Salman, UAE National Security Advisor Sheikh Tahnoon bin Zayed Al Nahyan, and National Security Advisor of India Ajit Doval on May 7 in Saudi Arabia to advance their shared.

22 Killed In Kerala Tourist Boat Tragedy, Multiple Rules Were Broken

HT News Network

Malappuram, May 8 (UNI) At least 22 persons including seven children were killed and ten injured, when a tourist boat overturned at Ottumparam-Theoval Theerum beach, in the estuary of Koorapuzha river, near Tanur, on Sunday, police said.

9 persons were killed from a family of Parapangadi and all the 22 deaths were identified, police said, ten passengers were rescued by local residents led by fishermen within 10 minutes after the incident took place around 1930 hrs. Police suspected that one more person was missing and a search operation was going on by Navy, NDRF, Fire and rescue scooby teams and local fishermen. Police registered a non-bailable case against boat owner Nazar of Tanur, who was absconding after the incident. Four children were seriously injured, and they have been admitted at a private hospital at Kottakkal. Post-mortem process was held at five Government hospitals at Tanur, Thirurangadi, Manjeri, Parappanangadi. Ministers PA Muhammed Riyas, Rajan, V Abdurahaman, Saseedharan A K, Ahamed Devarkovil and district administration were monitoring and combing the rescue operations and medical arrangements provided to the injured persons at various hospitals.

India records 1,839 new Covid cases

HT News Network

New Delhi, May 8 (UNI) India has recorded 1,839 new Covid-19 cases in the last 24 hours, as per the Health Ministry on Monday.

With this, the active caseload stood at 25,178, which is 0.06 percent of the total cases, as per the Health Ministry.

The death toll has risen to 53,1692 with 11 new deaths reported in the last 24 hours in various parts of the country.

As many as 3,861 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 (4,44,10,738).

The COVID-19 recovery rate stood at 98.75 per cent, whereas the fatality rate was recorded at 1.18 per cent.

Three civilians killed as MIG-21 crashes in Rajasthan, pilot safe

HT News Network

Hanumangarh (Raj), May 8 (UNI) Three persons died when a MIG-21 aircraft of Indian Air Force (IAF) crashed in Hanumangarh district of Rajasthan on Monday, police sources said. The aircraft took from Suratgarh on a routine training sortie in the morning. According to an official statement issued by the IAF the MiG-21 fighter aircraft crashed in morning at about 9:45 am. "The aircraft had got airborne for a routine operational training sortie from the Air Force Station at Suratgarh," it said. The statement stated, "Soon thereafter, the pilot experienced an onboard emergency, following which he attempted to recover the aircraft as per existing procedures. Having failed to do so, he initiated an ejection, sustaining minor injuries in the process. The pilot was recovered from about 25 kilometres North East.

"Not A Predictor Of Numbers But...": Priyanka Gandhi On Karnataka Polls

HT News Network

Bengaluru: Congress General Secretary Priyanka Gandhi Vadra who is in Bengaluru as part of the Karnataka Assembly elections campaigns today said that the grand old party would be elected to power as the people of the state want an "end to corruption".

"We are very confident and hopeful. I am not a predictor of numbers; I can only see the response that we have gotten from the public. The people of Karnataka want an end to corruption," Priyanka Gandhi said while talking to the media after her mega roadshow in the city.

Priyanka Gandhi today held a roadshow in Bengaluru's Vijayanagar on the last day of campaigning for the Karnataka Assembly elections which are scheduled to be held on May 10. She was accompanied by Vijayanagar MLA M Krishnappa, who is seeking re-election from the segment, and his son Priya Krishna, the Congress candidate in the neighbouring Govindarajanagar.

In a grand roadshow, Congress workers and supporters across the state participated while a large number of people also gathered on the streets to attend the event.



Standing on a vehicle bedecked with flowers, she greeted the crowd thronging on both sides of the road.

Notably, the high-voltage campaign for the May 10 Assembly elections in Karnataka will come to an end on Monday as all three major political parties in the state -- BJP, Congress and JD(S) - have the last chance to woo the voters. Congress leaders including Rahul Gandhi, Sonia Gandhi and Mallikarjun Kharge held various roadshows, rallies and elections campaigns.

The Congress is working hard to wrest power from the BJP that is striving to break the 38-year-old pattern of alternating governments and retain its power in the state.

Not In Touch With Ajit Pawar, Never Contacted Him: Maharashtra BJP Chief

HT News Network

Pune: The Bharatiya Janata Party never contacted NCP leader Ajit Pawar and certain imaginary news is being spread, state BJP president Chandrashekhar Bawankule claimed on Monday.

He said, in fact, the junior Mr Pawar is being targeted by Maha Vikas Aghadi (MVA), which includes Shiv Sena (UBT), Nationalist Congress Party, and Congress.

Speaking to reporters in Pune on the sidelines of a conclave of BJP's in-charges of poll booths, Mr Bawankule claimed Sharad Pawar's decision to resign as NCP chief and subsequent U-turn was nothing but a "nautanki" (drama). He said the entire resignation episode was "scripted". "Neither I nor Ajit Pawar have been in contact with each other for the last four months. In fact, the junior Pawar is being targeted by MVA. We (BJP) never contacted Ajitdada and imaginary news is being circulated," he said.



Intense speculation about Ajit Pawar's future political steps started doing rounds last month after Sharad Pawar reportedly told Shiv Sena (UBT) chief Uddhav Thackeray that NCP will never join hands with the BJP, even if anyone takes an individual decision to do so.

On his part, Ajit Pawar had scotched such speculation and said he would remain in NCP till he lives. Queried about the churn caused by Sharad Pawar's

announcement to step down as NCP president and subsequent withdrawal of that decision, Mr Bawankule said the developments in NCP over three days were a script and everyone knew about it. "I strongly believe so though some people may differ. But the pertinent question is how will a big leader like (Sharad) Pawar who became president of several cooperative bodies including Rayat Shikshan Sanstha by altering their constitutions, can allow anyone to become the

president of the party founded by him?" the BJP leader questioned.

Mr Bawankule said he knew about the recent "game" in the NCP. "This episode was nothing but a 'vagnaty' (folk drama). I knew they wanted to do nautanki for three days, which they did". When asked if NCP is playing as a "B team" of BJP in Karnataka polls by fielding at least 40 candidates, Mr Bawankule said such an assumption was not true.

"The BJP does not need the help of NCP. The BJP is present at the grassroots in Karnataka. The way Prime Minister Modi is reaching out to people there, we are sure to win more than 105 seats and form a government (again)," he said.

Some opposition parties had alleged that BJP leaders from Maharashtra are campaigning against Marathi-speaking people in Karnataka, a state which has a long-standing border dispute with Maharashtra.

"No Development Work Will Stop In Delhi": Manish Sisodia Slams BJP

HT News Network

New Delhi: Former Deputy Chief Minister of Delhi Manish Sisodia, lodged in Tihar Jail in connection with the liquor policy, said today that no matter how hard the Bharatiya Janata Party (BJP) tries, no development work will stop in the national capital.

"Neither the work of Patparganj nor of Delhi will stop. No matter how hard BJP people try, no work of Delhi will stop," Manish Sisodia said while being taken out from the Rouse Avenue Court. He was on today produced in Delhi's Rouse Avenue Court at the end of his judicial remand in the Enforcement Directorate (ED) case in connection with the Delhi excise policy. Special Judge MK Nagpal on Monday extended Manish Sisodia's judicial custody in the ED case till May 23, 2023. Meanwhile, the court has also allowed application by Manish Sisodia's legal team to obtain and sign certain documents for approving the disbursement of funds for development work in his constituency.

On May 6, Delhi's Rouse Avenue Court was apprised by the Enforcement Directorate (ED) that a proceed of the crime of around 622 crore has been generated due to the alleged activities of the present accused Manish Sisodia. The agency was submitted before the court during a hearing on a charge sheet against former deputy CM Manish Sisodia. Special judge MK Nagpal had listed the matter for consideration on May 10. ED apprised the court that the hard copy of the supplementary charge sheet has been filed. The federal agency on May 4, 2023, filed a supplementary chargesheet against Manish Sisodia in the Delhi excise policy case. The supplementary chargesheet was filed by special public prosecutor Naveen Kumar Matta.



the 39-year-old Congress candidate from Govindarajanagar constituency, makes up the top three with assets worth 1,156 crore.

The BJP's campaign in Karnataka was largely led by Prime Minister Narendra Modi, with the party hoping to break a 38-year-old anti-incumbency trend in the state. The JD(S) on the other hand ran a highly localised campaign led from the front by former Karnataka Chief Minister H D Kumaraswamy.

The Congress, boosted by Lingayat leader Jagadish Shettar's defection from the BJP shortly after the ruling party announced its list of candidates for the polls, ran a highly charged campaign fronted by party leaders Siddaramaiah, DK Shivakumar and Mallikarjun Kharge.

India Tried To Help Out In Russia-Ukraine Conflict: S Jaishankar

■ HT News Network

Mysuru (Karnataka): External Affairs Minister S Jaishankar on Sunday said that India has tried to help out in the Russia-Ukraine conflict not because China did something but because the situation in Ukraine deserved that.

While speaking at an interactive session on the Foreign Policy of the Modi Government, EAM Jaishankar spoke on the Russia-Ukraine conflict and said that India has been trying to help out in the situation.

"The Chinese have put forward their thoughts as is their right. They have also made a contribution to whatever has happened between Saudi Arabia and Iran," Jaishankar said. The UAE downgraded relations with Iran after Saudi Arabia severed ties with Iran in January 2016 after Iranian protesters stormed the Saudi embassy in Tehran following Riyadh's execution of a prominent Shiite cleric. The animosity between Iran and Saudi Arabia had previously threatened stability and security in the Gulf, and fuelled conflicts in the Middle East from Yemen to Syria.

However, in a significant breakthrough in March this year, Riyadh announced that it would re-establish ties with Tehran in a China-brokered deal, marking a change in years of hostility between the two nations.

However, Mr Jaishankar said, "It's not a zero-sum game between us."

Mr Jaishankar further said, "I'm not com-



peting with anyone. If I do something in Ukraine, I will not do it because China did something in Ukraine. I will do it because the situation in Ukraine deserves that." "The fact is, in different ways, we have tried to help out since the start of the conflict. In fact, Prime Minister Modi has been among the leaders in frequent touch with Presidents Putin and Zelensky. I have been in touch with my counterparts," Jaishankar spoke on efforts made by India in the Russia-Ukraine conflict.

Mr Jaishankar also said that India has supported others who are trying to take the lead.

"Today is a very complicated world. A lot of problems, a lot of volatility, a lot of uncertainty. A part of diplomacy is to develop a reputation as a stabilizing country, as a helpful country and as one with more friends and less adversaries," Mr Jaishankar said.

"(Suppose) I need 20 years of peace, but obviously I need peace on terms which are conducive to my national security. So that's really the kind of direction," Mr Jaishankar said giving an example. S Jaishankar spoke on the Russia-Ukraine conflict and said that India has been trying to help out in the situation. While speaking at an interac-

tive session on the Foreign Policy of the Modi Government, EAM Jaishankar spoke on the Russia-Ukraine conflict and said that India has been trying to help out in the situation.

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UN Food Body To Suspend Aid To Palestinians Due To "Severe" Fund Shortage

■ HT News Network

Gaza: The World Food Programme (WFP) will suspend food aid to over 200,000 Palestinians from next month due to a "severe" shortage of funds, the group's senior official for the Palestinian territories said on Sunday.

"In light of the severe funding shortages, WFP is forced to make painful choices to stretch the limited resources," Samer Abdeljaber, the WFP's country director, he told Reuters by phone from Jerusalem.

"WFP would have to start suspending assistance to over 200,000 people, which is 60 percent of its current case load, from June." The most impacted families are in Gaza, where food insecurity and poverty are the highest, and in the West Bank.

The United Nations agency offers impoverished Palestinians both monthly vouchers with a value of \$10.30 per person and food baskets. Both programs will be affected.

Gaza, which has been run by the Islamist Hamas group since 2007, is home to 2.3 million people, of which 45 percent are unemployed and 80 percent depend on international aid, according to Palestinian and U.N. records.

"WFP understands the implications of this unavoidable and hard decision on hundreds of thousands of people who also depend on food assistance for their most



basic needs," said Abdeljaber.

Citing security concerns with the enclave's Hamas rulers, Israel has led a blockade together with Egypt that has put restrictions on the movement of people and goods for years.

The U.N. agency will continue its aid to 140,000 people in Gaza and the West Bank, said Abdeljaber, who added the suspension decision was taken to save those who are at the highest risk of not being able to afford their food.

Unless funding is received, WFP will be forced to suspend food and cash assistance entirely by August, he said.

Chanting "No to Hunger" dozens of Palestinians staged a protest outside the WFP offices in Gaza City to protest the decision. "The voucher is life, the message they sent us equals death since there is no other source of income," said Faraj Al-Masri, a father of two, whose family gets vouchers worth \$41.20 per month.

Japanese PM tells South Koreans his 'heart hurts' over pain caused by occupation

■ HT News Network

SEOUL: Japan's Prime Minister Fumio Kishida told South Koreans on Sunday his 'heart hurts' when he thinks of suffering and pain during Japanese colonial rule, in a nod to historical disputes that have soured relations between the two US allies. Kishida was in Seoul for the first visit to the South Korean capital by a Japanese leader in 12 years, returning the trip South Korean President Yoon Suk Yeol made to Tokyo in March where they sought to close a chapter on the historical disputes that have dominated Japan-South Korea relations for decades. Speaking to reporters after his summit with Yoon, Kishida stopped short of offering a new official apology for wrongs committed under the 1910-1945 occupation, but said his government inherits the stance of earlier administrations, some of which have issued apologies. "For me personally, my heart hurts when I



think of the many people who endured terrible suffering and grief under the difficult circumstances of the time," he said.

Yoon said unresolved historical issues should not mean that no forward steps can be taken to deepen ties.

A senior official at Yoon's office said Kishida's remarks had not been pre-arranged and Yoon thanked him for "showing his sincere position even though there was no such request," and said it would be "greatly helpful for future cooperation." The pledge by the leaders to boost cooperation has been welcomed by the United States as a way to better

confront threats from North Korea and competition from China. "Cooperation and coordination between South Korea and Japan are essential not only for the common interests of the two countries, but also for world peace and prosperity," Yoon said in opening remarks at their meeting. Yoon said unresolved historical issues should not mean that no forward steps can be taken to deepen ties.

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China seeks 'new fields' of cooperation with Pakistan military

■ HT News Network

China's defence minister on Monday told Pakistan's navy chief that their militaries including their navies should "expand into new fields of cooperation" to bolster the capability of the two neighbours in safeguarding security in the region.

Ties between the two militaries stretch back years, with their navies and air forces holding bilateral exercises in each other's territory.

For China, Pakistan and its access to the Arabian Sea are key in the event of a maritime blockade in the Strait of Malacca.

But Chinese interest in the region has stirred concern, especially in neigh-



bouring India after China opened its first overseas military base in Djibouti on the northwestern fringe of the Indian Ocean in 2017.

China's Defence Minister Li Shangfu told Chief of Naval Staff Amjad Khan Niazi, who was visiting Beijing, that the two countries' military relationship was a key part of bilateral ties.

"The two militaries should expand into new areas of exchanges, create new high points of cooperation to continuously

enhance their ability to deal with all sorts of risks and challenges, and jointly maintain the security interests of the two countries and of the region," said Li, according to a statement on China's Ministry of National Defense website.

Niazi's visit comes after Zhang Youxia, vice chairman of China's Central Military Commission, met Chief of Army Staff (COAS) Asim Munir in late April and assured that the Chinese military was willing to

deepen and expand cooperation with Pakistan's military.

So far, China has not disclosed if it had sought military access to Pakistan's deepwater port of Gwadar.

The Pentagon previously identified Pakistan as a possible location for a future Chinese military base, with Gwadar seen as the likely location. Any sign of that happening would fuel New Delhi's worries about growing Chinese military alliances and assets in its own backyard.

In 2022, New Delhi expressed concern over a Chinese survey ship's visit to a strategic port in Sri Lanka. In 2014, Sri Lanka angered India when a Chinese submarine and a warship were allowed to dock in Colombo.

At least 8 killed in US as SUV rams group outside Texas migrant centre

HT News Network

At least eight people were killed and several others injured on Sunday when an SUV ran a red light and ploughed into a group waiting at a bus stop outside a migrant aid centre in the US state of Texas, police said.

Law enforcement said they were treating the incident as an accident for now, although a witness told AFP the driver had yelled insults at the group before accelerating.

The grey sport utility vehicle "went through a red light and ran over several people" at around 8:30 am (1330 GMT) in Brownsville, a border city at the southernmost tip of the state, police spokesman Martin Sandoval told AFP. He said seven people died and "nearly 10" others were injured. US media later reported that one person had died from their injuries at a local hospital.

Witness Luis Herrera, whose arm was hurt in the incident, told AFP the crash was "sudden."

"A woman went by in a car and warned us to get out of the way," he said.

"It was a matter of moments. The killer came (through) in the car, gesturing at us, insulting us," the 36-year-old Venezuelan said. Herrera then described the driver as accelerating the car with full force.

The motorist, whom Sandoval said was also taken to the hospital, was detained by witnesses until police arrived. He has been charged for now with reckless driving.

Vietnam reports record-high temperature

■ HT News Network

HANOI: Vietnam has reported a record-high temperature, with climate experts warning such extreme weather events would continue.

The country's scientists have warned that global warming is exacerbating adverse weather, with the region sweltering under a heatwave in April — when neighbouring countries also registered record temperatures.

A temperature of 44.1 degrees Celsius (111.38 degrees Fahrenheit) was measured in Vietnam on Saturday, the National Centre for Hydro Meteorological Forecasting said, breaking the 2019 record of 43.4 degrees Celsius.

Farmer Nguyen Thi Lan said that temperatures in the central city of Danang had been increasingly hot, forcing workers to start earlier than ever. "We have had to finish before 10am to avoid the heat," she said. Lan said forecasters said temperatures had risen to nearly 40 degrees Celsius.

"But at lunchtime, I think it was much hotter." Vietnam's weather varies from north to south, but the entire country is now entering its hottest summer months.

The record temperature was measured indoors at Hoi Xuan station in northern Thanh Hoa province. It topped the previous high of 43.4 degrees Celsius, recorded in April 2019 at Huong Khe District in central Ha Tinh Province.

Erdogan leads show-of-force rally in Istanbul

HT News Network

ISTANBUL: "Istanbul!" President Recep Tayyip Erdogan shouted to the sea of supporters he gathered for a show-of-force rally ahead of next Sunday's election — the toughest of his two-decade rule.

"If you say okay, we will win for sure!" The masses were packed shoulder-to-shoulder across the tarmac of Istanbul's old Ataturk airport: a tidal wave of Turkish flags and banners with the 69-year-old president's face.

Erdogan was the mayor of this city before leading his Islamic-rooted party to power and ending half a century of secular rule in the mostly Muslim but officially secular state.

The loss of Istanbul to the opposition in 2019 mayoral elections cracked Erdogan's aura of invincibility and sounded the first warning bell for the approaching vote.

The latest polls suggest that Erdogan and opposition leader Kemal Kilicdaroglu are locked in a dead heat and probably heading to a runoff on May 28. But surveys in Turkey are an inexact science and both are trying to show their supporters that they can win outright next weekend by picking up more than 50 per cent of the vote.

Kilicdaroglu staged a smaller but still-impressive rally that filled a park on the Asian side of the city facing the Sea of Marmara the day before. But Erdogan and his party charted 10,000 buses to bring in people from 39 provinces for what the president dubbed "the rally of the century" on Sunday.

He claimed that more than a million people had shown up — and aerial footage of the event beamed live across the nation suggested that Erdogan might have been right.

Taiwan In Talks For \$500 Million Weapons Package From US

HT News Network

Taipei: Taiwan is expecting a fast-tracked \$500 million weapons package from Washington this year to make up for delays in arms procurements, the island's defence minister said on Monday.

The self-ruled, democratic island lives under constant threat of an invasion by China, which claims Taiwan as part of its territory to be seized one day -- by force if necessary.

With Beijing increasing its sabre-rattling towards the island, Taiwan's key ally the United States in September approved the Taiwan Policy Act -- which would see new legislation provide billions in military aid to Taipei.

But there have been reported delays in delivering weapons, and Taiwan's Defence Minister Chiu Kuocheng on Monday confirmed that Washington has been discussing a separate -- and fast-tracked -- weapons package with Taipei.

"The use of the \$500 million package is aimed at prioritising supplying us with spot goods (available for immediate delivery) over any delay or late delivery in our arms procurement," Chiu told lawmakers when questioned in parliament about the "military aid" package.

"It should be implemented this year," he said, adding that the \$500 million package "is not counted into (previous) arms sales" and that Taiwan would be asking first for its "priorities".

64 arrested in London on Charles III coronation day - Metropolitan Police

HT News Network

London, May 8 (UNI) At least 64 people were arrested in UK's capital during the coronation of Charles III on May 6, London's Metropolitan police said on Saturday. Earlier, the police said that over 50 people were detained during the event. "As part of the policing operation in central London for the Coronation, a total of 64 arrests were made yesterday (Saturday, 6 May) for various offenses including breach of the peace and conspiracy to cause a public nuisance," the police's statement read. Four of the arrested individuals have been charged with offenses with dates for court hearings already set.

Indian Red Cross Society, J&K celebrates 'World Red Cross Day'

HT News Network

SRINAGAR, MAY 08: The Indian Red Cross Society, Jammu and Kashmir chapter and its allied Regional and District units today celebrated the 'World Red Cross Day-2023' to commemorate the birth anniversary of the founder of the Red Cross Movement, Sir Jean Henry Dunant. The theme for this year's 'World Red Cross Day' was 'Everything we do comes from the heart'. The main function was held at Govt. Girls Higher Secondary School, Kothibagh Srinagar. Qazi Sarwar, Additional Commissioner, Kashmir was Chief Guest of the event and Shams Ud Din Bhat, Joint

Director, School Education Department was the Guest of Honour. Members of the Managing committee of IRCS and different Heads of Departments, representatives of various NGOs, Life members, staff, and volunteers of the Red Cross attended the function. In his address, the Chief Guest, Qazi Sarwar highlighted the role of the Red Cross Movement during disasters. He said, "today's world is in a state of constant upheaval and permanent crisis, but whatever the problem – a natural hazard like fires, earthquakes, floods etc, the climate crisis, conflict or migration – Red Cross staff and volunteers are visible ambassadors for peace and solidarity and active players in



shaping the future of our communities and countries. He said in these trying times, their commitment and dedication, as first responders and local actors, to alle-

viating human suffering remains strong and powerful. Kifayat Hussain Rizvi, Former General Secretary, Indian Red Cross Society, Jammu and Kashmir

in his address said, World Red Cross Day is the day to recognize the work of our volunteers and staff who are on the frontline responding to the growing needs of communities affected by the disasters. He said they show kindness and solidarity around the globe and provide hope and dignity in the midst of despair. The incredible spirit of our volunteers during this crisis is not only a cause for admiration but also a source of inspiration for others to get involved too, he added. Mohammad Shafi Rather, Managing Committee Member and Former Honorary General Secretary, Indian Red Cross Society, Jammu and Kashmir lauded the efforts of the Red Cross during disasters. In his

address, he said that Red Cross volunteers are always at the forefront during disasters and there was a need to strengthen the movement in Jammu and Kashmir. Rather also lauded the efforts of various NGOs, Religious organisations who actively reach out to the people with immediate help during disasters, emergencies and exigencies. Earlier, welcoming the Chief Guest and other participants, G.A. Qureshi, Honorary Treasurer, Indian Red Cross Society, Jammu and Kashmir said that 'World Red Cross Day' is a time to celebrate the spirit of humanitarianism and recognize the individuals who make a difference in their communities.

University of Kashmir to host Youth 20 consultation meeting on May 11

HT News Network

Srinagar, May 8, 2023
Vice Chancellor, University of Kashmir Prof Neelofar Khan today announced that the University of Kashmir is hosting the Youth 20 consultation meeting on May 11, Thursday, at its Central Campus Hazratbal.

The theme of the meeting is "Climate Change and Disaster Risk Reduction: Making Sustainability a Way of Life", and it will be held under the aegis of India's G20 Presidency. Addressing pre-event press conference at EMMRC Auditorium, Kashmir University, Vice Chancellor said that consultations would provide a platform for open discussions, presentations and interactive sessions focussed on



addressing the challenges faced by young people and formulating a roadmap for their development. Based on the inputs from these discussions, a communiqué will be prepared as an outcome document for the Youth 20 Summit, 2023, she added. Prof Khan said that the University has got a historic opportunity to host the meeting and all arrangements have been put in

place to ensure its great success. She said that University of Kashmir has constituted several committees to oversee arrangements and preparedness for the event, which will be attended by dignitaries from Central Government, UT administration, youth leaders from G20 Countries and national and international speakers. The Vice Chancellor said that to make the event more inclusive

and result-oriented, participants have been invited from universities across the Union Territories of J&K and Ladakh. It is pertinent to mention that the event will see four panel discussions on important aspects related to the theme. Prof Khan informed that the theme for the meeting has been deliberately chosen in view of its high importance for the country in general and the youth in particular. She said that the meeting is an opportunity for the youth to come forward and share their ideas on how they could contribute to addressing and mitigating the impacts of climate change. Vice Chancellor added that the ideas generated will eventually be taken to the G20 platform and shall contribute to policy making in critical areas. Prof Khan

informed that the University has undertaken enormous research on the subject of climate change and has been designated as a Centre of Excellence in Glacial Studies in the Western Himalayas by the Department of Science and Technology, Government of India. She also expressed happiness at the fact that the research work done on climate change at the University of Kashmir has been published and acknowledged globally. Flagging the importance to the event, Prof Khan said that holding of the meeting at the University reflects its deep commitment to further tread the path of academic excellence and expressed confidence that this event will further encourage our faculty, research scholars and students to pursue their academic goals with greater vigour.

DC Kupwara conducts surprise inspection of ACD office, RDD Kupwara & other Offices 14 officials found unauthorizedly absent, suspended

HT News Network

KUPWARA, MAY 08: The Deputy Commissioner (DC), Kupwara, Dr. Doifode Sagar Dattatray today conducted surprise inspection of various Government offices to check the attendance of the officials including ACD Office, ACP Office, Executive Engineer REW, Tehsildar Office Kupwara, JKEDI, DE&CC and Prosecution Office. During the surprise visit, the DC found 14 officials unauthorizedly absent from their duties and put them under suspension. These officials include 11 of Rural Development Department and 3 of Tehsildar Office Kupwara. During the visit, the DC also enquired about the work done by the departments. He also stressed upon the officers and employees to remain punctual in their duties. The DC also inspected the Record Room of Tehsil Office Kupwara during which he directed the concerned for disposing-off the old record as per the procedure so that proper space could be made available for upkeep of latest records.

DDC Shopian chairs meeting of DLC on JJM Committee approves allotment of 05 Works

HT News Network

SHOPIAN, MAY 08: The District Development Commissioner (DDC) Shopian, Faz Lul Haseeb today chaired a meeting of District Level Committee on Jal Jeevan Mission (JJM) at Shopian, here. At the outset, the chair was informed about the implementation status of the ambitious Jal Jeevan Mission in the district. The DDC took a detailed review of rate revisions, re-tendering and allotments of works. He instructed for expediting the pre-execution processes. Approval for 05 works including 03 distribution networks, and 02 Rapid Sand Filtration Plants were put up before committee and approved. The meeting among others was attended by the Additional Deputy Commissioner, Yar Ali Khan; JDP, ACD, DPO, DFO, CEO, DIO, DSWO and Executive Engineer, Jal Shakti.

International Red Cross Day observed at Kupwara

HT News Network

KUPWARA, MAY 8: On the eve of International Red Cross Day, the Additional Deputy Commissioner (ADC) Handwara, Nazir Ahmad Mir today inaugurated the Blood Donation Camp at Environment Hall Handwara. The camp was conducted by Indian Red Cross Society in collaboration with District Administration, Army & Police. BDC Chairman Langate, Town Commander and SHO Handwara were present on the occasion. During the blood donation camp, ADC Handwara, BDC Chairman Langate, SHO Handwara, army troops, police personnel and media persons donated their blood. The ADC appreciated the initiative and said that such programmes are the need of the hour and everyone should come forward to lend a helping hand by donating blood to save precious lives.

NSS unit of Gandhi Memorial College organizes Awareness campaign on 'Preservation of Wetlands'

HT News Network

SRINAGAR, MAY 08: The NSS Wing of Gandhi Memorial College in collaboration with the Department of Botany and Environmental Sciences today organized an awareness campaign on the preservation of wetlands in Jammu and Kashmir. In this connection a rally was taken from the college campus to Brari Nambal, Baba Dem Srinagar. 20 NSS volunteers took part in the rally. Students raised the slogans of 'Save Water, Save Life' and 'Save Wetlands, Save Kashmir' at Brari Nambal, Baba Dem Srinagar. The rally was flagged-off by NSS Coordinator, Professor Abida Manzoor.

DRCS Kathua organises series of activities to mark World Red Cross Day

HT News Network



KATHUA, MAY 8: District Red Cross Society (DRCS) Kathua today organised a mega program here in Little Angels Hr Sec School to mark the observance of World Red Cross Day, which coincides with the birth anniversary of Henry Dunant, the founder of the International Committee of the Red Cross (ICRC) and the recipient of the first Nobel Peace Prize. To mark the day, a number of activities including Inter-school Symposium and Painting competitions were held on the theme of "Everything we do Comes from the Heart" where. The programme started with offering of floral tributes to the founder of the Red Cross by Additional SP, Paramjeet Singh, ADC, Deepika Rana and ACR, Vishav Pratap Singh. Participating Students threw light on the working of the Red Cross and how it works and reaches out to the people in distress by volunteering efforts of the people from all walks of life.

Mega program organised to observe World Red Cross and World Thalassaemia Day in Rajouri Awareness on Nasha Mukh Bharat Abhiyan also imparted

HT News Network

RAJOURI, MAY 08: The District Administration Rajouri, on the directions of the Deputy Commissioner, Vikas Kundal today organised a mega programme to mark World Red Cross Day and World Thalassaemia Day. The event, held in the Conference Hall of the PWD Dakbunglow, witnessed a blood donation camp. The camp was jointly inaugurated by the Senior Superintendent of Police, Amrit Pal Singh and Additional Deputy Commissioner, Rajeev Kumar Khajuria. Twenty units of blood were donated by volunteers to contribute towards saving lives and raising awareness about the importance of blood donation. Senior Superintendent of Police, Amrit Pal Singh also donated blood. Later, scores of speakers addressed the gathering, sharing their insights and experiences on Thalassaemia disease and the importance of blood donation. They emphasised on the need to raise awareness about Thalassaemia and provide support to those affected by the disease. Awareness on Nasha Mukh Bharat Abhiyan was also imparted to the participants on



the occasion. In his address, the Senior Superintendent of Police highlighted the importance of World Red Cross Day and World Thalassaemia day. He also stressed on the importance of blood donation, stating that it is a noble act that can save lives. He urged the public to donate blood, as millions of ailing people require blood and there is no substitute for human blood. The SSP also highlighted the adverse effects of drug addiction on individuals, families, and society as a whole. He also enumerated a number of measures being taken by the District Administration and Police Administration to curb the menace of drug abuse from the society and

sought the active cooperation from the public in this regard. Speaking on the occasion, Additional Deputy Commissioner, Rajeev Kumar Khajuria stressed the need to adopt a collective approach towards addressing health issues like thalassaemia, and stressed upon the importance of creating awareness and providing support to those affected by the disease. District Social Welfare Officer, Wakeel Ahmed Bhatt also spoke on the importance of raising awareness about thalassaemia, drug abuse and blood donation and urged everyone to work together towards building a more compassionate and supportive society.

DRCC Kulgam celebrates World Red Cross day; organizes blood donation camp

Farooq Rather

KULGAM, MAY 08: The District Red Cross Committee (DRCC) Kulgam today celebrated the World Red Cross Day 2023 to commemorate the birth anniversary of the founder of the Red Cross Movement, Sir Jean Henry Dunant. The theme for this year's World Red Cross Day was 'Everything we do come from the heart' and the main function was held at the mini-secretariat Kulgam which was presided over by the Additional Deputy Commissioner (ADC) Kulgam, Vigar Ahmed Girri. Tehsildar Hq and other officers attended the programme, besides students from various edu-



cational institutions also participated and highlighted the importance of the day. Speaking on the occasion, the ADC highlighted the historical background of the Red Cross and Red cross movement which is a global humanitarian network that operates in nearly every country around the world and provides assistance and support to those in need during emergencies,

disasters, conflicts and other crises. He said that the movement works to alleviate human suffering, protect human dignity and promote peace, health and well-being. He added that the celebration of the day must ignite commitment to work for the betterment and welfare of the people and we all shall be ready to extend our help and support to the people in need around us. Tehsildar Hq, presented a brief on account of Red Cross society Kulgam for the year 2022 and the assistance provided during the year 2022 under Red Cross. Meanwhile, a blood donation camp was also organized at mini-secretariat in which employees and media persons donated blood.

CEO Sgr advises for imparting quality education & maintaining ethics in Srinagar schools

HT News Network

SRINAGAR, MAY 08: The Chief Education Officer (CEO) Srinagar, Mohammad Shabir Khatana has advised teachers, officers and other officials of Srinagar district for increasing efficiency and doing smart work so that quality education could be imparted to all the students reading in different schools, here. In a communiqué issued here in this regard, the CEO advised the concerned that they must know the importance of their profession/cadre or work for the department or for the society and must be sufficient expert in proper thinking and decision making. He said they must have full knowledge of their ability, capability and capacity and equal knowledge to use all these factors for performing the legitimate duties in a most efficient and excellent manner. The CEO said that they must have full knowledge of their weak areas

and equal knowledge to improve all such weaknesses. Besides, they must be experts to plan work/duties in an efficient manner and become equal experts to implement the planning. He advised them to be a continuous learner and try to learn new methods, techniques and innovative skills, and ideas required for performing duties in an excellent manner. The CEO said that they must have the ability to seek co-operation of juniors and equal ability to cooperate with seniors and superiors besides, be an epitome of patience and tolerance, and motivate juniors for doing smart work or for performing some duties up to the satisfaction. The CEO said that they must have the ability to seek co-operation of juniors and equal ability to cooperate with seniors and superiors besides, be an epitome of patience and tolerance, and motivate juniors for doing smart work or for performing some duties up to the satisfaction.

Can curcumin help in weight loss

Obesity is now a global health problem and is dangerously becoming an epidemic of sorts among Indians too. Several studies are ongoing to find as many natural compounds as possible with fat-busting capabilities and include them as part of diet correction methods. As part of this effort, curcumin, which is found in turmeric, has been consistently showing up in studies as effective in weight management. Now a new review of meta-analyses by researchers from Thailand, which has been published in The American Journal of Clinical Nutrition, has found that intake of curcumin supplements is indeed linked to reduced body mass index (BMI) body weight and waist circumference in adults with non-alcoholic fatty liver disease (NAFLD), polycystic ovary syndrome (PCOS) and metabolic syndrome.

The study even recommended that given curcumin's impact on tested participants, any kind of lifestyle modification could include curcumin supplementation. This is largely because of its antioxidative and anti-inflammatory properties and its role in boosting body metabolism, which in turn encourages fat and calorie burns. "Though the exact mechanism is not known, it decreases fat cell formation, increases fat cell death and alters fat-related hormones. And in this review, the effect of these properties has been confined only to the weight and waist circumference," says Dr Anoop Misra, Chairman, Fortis CDOC Hospital for Diabetes and Allied Sciences. Many studies have so far indicated that a dose of 1,600 mg of curcumin per day is needed to produce an anti-inflammatory and antioxidant effect of the kind needed to promote weight loss. But whenever you take a turmeric supplement, make sure it is combined with



piperine, or black pepper, to increase bio-availability of curcumin for absorption. Or else only turmeric won't have any use. "Of the 50 included studies, there were three types of curcumin formulations such as whole compounds (N of turmeric rhizome, powder, or capsules = 5) with dosages ranging from 2000 to 3000 mg/d, curcumin extracts with dosages ranging from 500 to 1950 mg/d (N = 15), and bioavailability-enhanced formula (N = 27). Bioavailability-enhanced formula had various dosages, including curcumin ranging from 500 to 1000 mg and adding piperine 5 to 10 mg/d, nanocurcumin ranging from 80 to 180 mg/d, liposome as phytosomal or phospholipid ranging from 250 to 1000 mg/d, micelles at 294 mg/d, and amorphous dispersion at 500 mg/d. BMI (in kg/m2) was classified according to the World Health Organization (WHO) as <25 (N = 2), 25–29.9 (N = 32), 30–34.9 (N = 15), and 35.0–39.9 (N = 1). All had an effect on waistline measurements

and weight before and after the intake," explains Dr Misra.

In fact, Dr Amy Myers, a leader in functional medicine and a New York Times bestselling author, has written on how obesity is associated with the release of pro-inflammatory cytokines. "This leads to a chronic state of inflammation in your gut, wreaking havoc on your health and metabolism. Your adipose tissue, or body fat, secretes the hormones leptin and adiponectin. Leptin assists in appetite regulation and fat storage. Adiponectin has anti-inflammatory effects, helps regulate your metabolism, and protects against insulin resistance.

Now excess body fat can increase leptin levels and decrease adiponectin levels. This may cause adipose tissue dysfunction and chronic low-grade inflammation. Since inflammation and obesity are linked, this makes losing weight challenging. Research shows curcumin could improve the inflam-

matory markers linked with obesity... reveals curcumin dramatically reduced weight, body mass index (BMI), and waist circumference (WC). What's especially notable is that all of the over 1,600 subjects were suffering from metabolic syndrome and related disorders, factors that typically hinder weight loss," she has written.

"Curcumin is a bioactive compound found in turmeric, a spice commonly used in traditional medicine and cooking. It has been found to have various health benefits, including anti-inflammatory, antioxidant, and anti-cancer properties. Curcumin's anti-inflammatory properties have been particularly well-studied, as chronic inflammation is a contributing factor to many chronic diseases, which impact our weight profile," says Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospital. "Studies suggest that curcumin's anti-inflammatory properties may help alleviate symptoms of conditions such as rheumatoid arthritis, inflammatory bowel disease, and even depression. Additionally, curcumin has been shown to improve cognitive function and protect against age-related cognitive decline. Curcumin's antioxidant properties also make it a potential therapeutic agent for preventing and treating oxidative stress-related diseases, such as heart disease, Alzheimer's disease and certain types of cancer. While there is still much to learn about the potential health benefits of curcumin, the available research suggests that it may have promising therapeutic applications. However, it is important to note that further research is needed to determine the optimal dosage and duration of curcumin supplementation, as well as its potential interactions with other medications," she adds.

NEWS

Follow These Expert Tips To Manage Stress And Sleep Well



A good night's sleep is essential for maintaining good physical and mental health. Some of us like to scroll endlessly on social media while others get busy introspecting or get stressed out. The reasons can be many but the outcome is common - a poor sleep cycle. If you too are struggling to fall asleep and waste hours every night just trying to doze off then there is a fix for it. According to nutritionist Lovneet Batra, by making some lifestyle changes you can wash away stress and get your sleeping schedule back on track.

Below are some tips you can follow to fix your sleep cycle.

1. Diet changes

The nutritionist suggests consuming certain foods that can help you manage stress and get better sleep. These include pumpkin seeds, banana, chamomile tea, almonds, and kesar tea. You can consume these before going to bed.

2. Go to bed at the right time

If you want to have a good sleep naturally then maintain a gap of at least three hours between your last meal and bedtime.

3. Exercise

While it is advised to engage in some sort of physical activity daily, you can still aim for at least four days a week. Working out reduces stress and it also makes you exhausted, which leads to better sleep.

4. Hydration is important

Keeping yourself hydrated throughout the day is also important if you want to have a night of good sleep.

5. Share feelings

Never hesitate in sharing what is in your mind or anything which is troubling you. If you are stressed due to any reason share it with your friends, family members or close ones. It will definitely help you feel good.

6. Vitamin D and Vitamin B12 levels

The nutritionist suggests checking the levels of vitamin D and vitamin B12 two nutrients in your body if you are facing difficulty sleeping.

7. Soak up the sun

Getting adequate sunlight can also be effective in fixing your sleep cycle. The nutritionist advises soaking up the morning sun for 15 to 20 minutes daily.

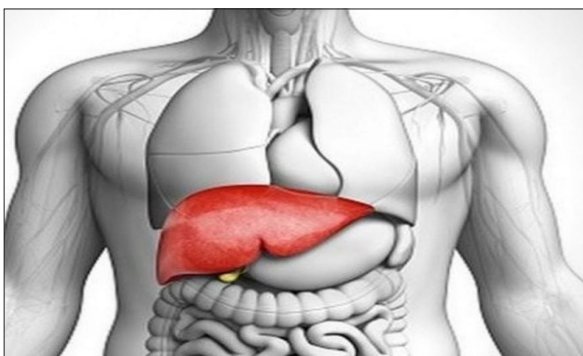
8. Pay gratitude

Paying gratitude before sleeping is another way you can feel better and wake up with a fresh mood in the morning.

Diet tips, lifestyle changes for liver health

The liver is an essential organ responsible for removing toxins from our body and promoting overall health but poor dietary and lifestyle habits can cause damage to the liver, which can have severe health implications. However, natural remedies derived from diet can play an essential role in supporting liver function and reducing the risk of liver damage. In an interview with HT Lifestyle, Saloni Jhaveri, In-House Nutritionist at Conscious Food, shared, "Several natural remedies can promote liver function. Milk thistle, a herb with a flavonoid complex called silymarin, has antioxidant and anti-inflammatory properties that can protect the liver.

Turmeric, a spice containing curcumin, can prevent liver damage caused by toxins and enhance liver function. Green tea has catechins, compounds that have anti-inflammatory and antioxidant properties and can help protect the liver from damage caused by toxins." She revealed, "Garlic, which contains allicin, has antioxidant and anti-inflammatory properties that protect the liver from toxins and improve liver function. Beetroot, which contains betaine, is a compound that can protect the liver from toxins and enhance liver function. Besides incorporating these natural remedies into your diet, maintaining a healthy lifestyle is crucial for promoting liver health. This includes eating a balanced



diet, exercising regularly, avoiding smoking and alcohol, and managing stress levels. If you have liver disease or suspect that you may have liver damage, it is essential to consult your healthcare provider for appropriate diagnosis and treatment." Dr Manoj Kuteri, CEO and Medical Director of Atmantan Wellness Centre, said, "Liver health is one of the most important

determinants of the health of a person. Most of detox programs are focusing on cleansing the liver. The liver is the key organ in our body that helps to filter harmful toxins and to metabolise them. Detoxification is the most important function of the liver and they convert the toxins such as environmental toxins and various drugs into less harmful substances

which can then be eliminated from our body. A healthy liver also contributes hugely to the metabolism of nutrients, the digestion of fats by producing various enzymes, and also for the storage of critical nutrients in our body. The liver plays a major role in improving our immune functions and regulating blood sugar levels. When there is ill health of the liver, it can lead to fatty liver and followed by a series of disorders." Reduce the intake of Omega 6 fats and increase Omega 3 fats

Omega-6 fatty acids are a type of polyunsaturated fatty acid that is important for good health, but they should be consumed in moderation. Intake of too many Omega 6 fats that comes from refined and

processed oils can have major ill effects on liver health. Excess consumption of Omega 6 fats can lead to liver inflammation causing the liver to poorly function. Omega 3 fats such as chia seeds, flax seeds, fatty fish, etc. on the other hand help to reduce inflammation.

Maintain a low BMI or keep a healthy weight

The main cause of non-alcoholic fatty liver is Obesity and overweight, which can in turn lead to liver damage including cirrhosis and liver cancer. Excess weight can lead to insulin resistance, an increase in visceral fat, and damage to normal liver functions. Avoiding sugary and processed foods and drinks and exercising regularly helps one maintain optimum weight.

World Ovarian Cancer Day 2023: Expert Explains Reasons Behind Asymptomatic Ovarian Cancer

Ovarian cancer is a type of cancer that originates in the ovaries and is a significant health concern for women. It's important to highlight that many women with ovarian cancer don't experience any symptoms at all. It ranks as the third most common cancer in women in India, after breast and cervical cancer, causing more fatalities than any other gynaecological cancer. The absence of symptoms during the early stages of ovarian cancer presents significant obstacles in its prompt diagnosis, often leading to advanced-stage detection and reduced treatment effectiveness, ultimately resulting in lower survival rates. Therefore, addressing the challenges and burden associated with early detection requires a two-fold approach: increasing awareness among women and improving access to healthcare services.

1. Hidden location:

The ovaries are located deep within the pelvis, resulting in small tumours going unnoticed until they grow or spread

2. Mimicking other conditions:

Ovarian cancer can spread to neighbouring pelvic organs, such as the bladder or rectum, causing symptoms mistakenly associated with other conditions

3. Nonspecific symptoms:

Abdominal bloating, pelvic pain, and similar symptoms are not unique to ovarian cancer and can be attributed to various causes

4. Subtype variations:

Certain ovarian cancer subtypes, such as germ cell tumours or stromal tumours, may



remain asymptomatic until reaching a considerable size

The importance of regular screening for ovarian cancer

Regular check-ups play a vital role in the early detection and effective management of ovarian cancer. Given the challenges associated with diagnosing ovarian cancer in its early stages, regular gynaecological check-ups and for doctors to perform pelvic exams, especially for women who are at higher risk of developing ovarian cancer are crucial tools for identifying the disease before symptoms manifest.

The most common screening tests for ovarian cancer include a rectovaginal pelvic exam and a CA-125 blood test. These tests help to understand the cause behind the unexplained signs or symptoms. Similarly, transvaginal ultrasounds may detect abnormalities that require further investigation. Screening is recommended for females with inherited risks like BRCA 1, BRCA 2, or mismatch repair gene repair

mutations. Women with a family history of breast cancer, ovarian cancer, or colorectal cancer, those with a personal history of endometriosis, cancer, or a genetic mutation such as BRCA1 or BRCA2, those who are obese, those who smoke and those who have undergone hormone therapy after menopause are at a higher risk of developing ovarian cancer. It is crucial for women falling into these categories to discuss their risk with a doctor and seek regular consultations. Regular check-ups aid in the early detection of ovarian cancer, enabling close monitoring and personalized risk assessment for high-risk individuals, and facilitating timely intervention and preventive measures.

A comprehensive approach to ovarian cancer detection

In addition to regular check-ups, a comprehensive approach to ovarian cancer detection involves a combination of factors such as - raising awareness among women about the risk factors and symptoms of ovarian cancer crucial. Educating women about the nonspecific symptoms associated with the disease, such as abdominal bloating, pelvic pain, dyspepsia, loss of appetite, and urinary urgency or frequency, can encourage them to seek medical attention promptly. Additionally, doctors need to be vigilant and consider the possibility of ovarian cancer while evaluating patients with these symptoms. Furthermore, maintaining a healthy lifestyle and managing risk factors can contribute to reducing the incidence of ovarian cancer. Regular exercise, a balanced diet, and avoiding smoking and excessive alcohol consumption are important lifestyle choices that can help lower the risk of developing ovarian cancer.

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KISHAN REPLACES INJURED RAHUL IN INDIA TEST SQUAD FOR WTC FINAL

A Decision On Unadkat's Availability For The WTC Final Will Be Taken Later

MUMBAI: Ishan Kishan has replaced the injured KL Rahul in India's squad for the World Test Championship (WTC) final against Australia at The Oval in June. Rahul, the captain of Lucknow Super Giants, had been sidelined from the rest of the IPL and the WTC final with a thigh injury. A decision on Jaydev Unadkat, who had hurt his left shoulder while training in the IPL, for the WTC final will be taken later, according to a BCCI statement.

Kishan is uncapped in Test cricket, but has played 14 ODIs and 27 T20Is so far, and was also part of the Test squad for the home series against Australia before the IPL. He is the

second wicketkeeper in India's WTC squad behind KS Bharat, who had recently made his Test debut against Australia in February this year in the absence of Rishabh Pant. He played six innings in the four Tests for a total of 101 runs with a high score of 44.

Kishan has played 48 first-class matches so far for 2985 runs at an average of 38.76 with six hundreds, and in the recent Ranji Trophy season he played just two games and scored 180 runs while averaging 45.

As Rahul had announced earlier on social media, he will now undergo surgery and will subsequently report to the National Cricket Acad-



emy (NCA) in Bengaluru for rehab. Rahul's LSG team-mate Unadkat is also out of the rest of the IPL with an injury. He then travelled to Mumbai for scans and visited one of the specialist consultants appointed by the BCCI.

Umesh Yadav has also joined the injury list, having hurt his hamstring during Kolkata Knight Riders' game against Royal Challengers Bangalore on April 26. The fast bowler has not played for KKR since, but has resumed "low-intensity bowling". The BCCI's medical team is working with KKR's staff to get Umesh fit and is "closely monitoring" his progress.

In the injury-enforced absence of

both Rahul and Shreyas Iyer, Ajinkya Rahane might return to India's XI, having last played in a Test in January 2022. Former India coach Ravi Shastri had backed Rahane's inclusion in the squad, underlining Rahane's desire to play Ranji Trophy as one of the key differentiators. Rahane's return means his county championship debut with Leicestershire is likely to be pushed back after initially committing to play eight red-ball games and the entire 50-overs competition. Cheteshwar Pujara is already in the UK and is in excellent form, having scored three centuries in four games for Sussex in county cricket.

Ireland host Bangladesh in final Super League contest as South Africa watch on

DHAKA: Bangladesh and Ireland played their first ODI series in thirteen years in March. They are now playing another starting Tuesday. This one is far more important for the hosts as the three-match ODI series in Chelmsford is the last chapter of the ICC's ODI Super League. The result of this series will directly affect a third country: South Africa. Ireland were thumped 2-0 in the previous ODI series between the sides in Sylhet, but Chelmsford is vastly different. The visitors, although in good form, will only have one day to train at the ground to figure out the conditions.

Ireland have a big task on their hands during this ODI series. They have to beat Bangladesh 3-0 and one of those wins have to be by a big margin. Ireland are 30 points and 0.305 runs per over in net run rate behind South Africa, who are in eighth place in the points table. Ireland are in eleventh place so if they have a great series, their first white-wash against Bangladesh, a World Cup place will be theirs.

South Africa will however be hoping that that isn't the case and would certainly be backing Bangladesh, the team who beat them 2-1 in March



2022 in their backyard. Bangladesh have already qualified, and winning the series will take them to second (3-0) or third (2-1) spot in the points table. They are currently in fourth position but a strong finish in the points table is what captain Tamim Iqbal had desired at the start of the ICC ODI Super League.

Josh Little's return from the IPL is good news for the home side. The addition of Craig Young will also bolster their pace attack as Ireland try to bounce back from a long and tough tour of the subcontinent. They lost both ODI and T20I series in Ban-

gladesh, as well as the two Tests against Sri Lanka. But they will be happy about some individual performances. Curtis Campher, Lorcan Tucker and Paul Stirling struck Test centuries while Harry Tector's three fifties made him Ireland's highest scorer on their tour of the subcontinent. Andy McBrine had a stellar Test match in Dhaka when he took a six-for, Ireland's best bowling show in the two tours, apart from a fighting half-century.

Graham Hume was the surprise package in the bowling department, particularly in the white-ball match-

es in Bangladesh. In trying conditions and flat batting pitches, Hume was their best performer, including taking a four-wicket haul. Ireland would however want contributions from their captain Andrew Balbirnie and some clarity on George Dockrell's role.

The visitors have struggled to regularly train at the Fenners ground in Cambridge due to rain. Their practice match was also abandoned due to rain. Away in Chelmsford, there was no training for either side in the lead-up to the series as there was a County Championship match ongoing till May 7. The only time they will get a look at the main venue will be on the eve of the match.

Tamim is leading a well-oiled machine. Bangladesh's only glitch recently was losing to world champions England in a home ODI series in early March. They beat India late last year, having already made it to the World Cup directly. Shakib Al Hasan and Mushfiqur Rahim have been Tamim's most important performers, while Litton Das, Taskin Ahmed and Mehidy Hasan Miraz have contributed heavily too. Taskin is missing out due to an injury, but the rest are in this squad.

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