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# Yoga belongs to the whole world and indeed to all of mankind: LG Sinha

#### HT News Network

ANANTNAG, JUN 20: Lieutenant Governor Shri Manoj Sinha paid obeisance to Swami Ashokanandaji, the founder of Shri Ramkrishna Mahasammelan Ashram, Nagdandi, Achabal, Anantnag, today. Swami Ashokananda Ji's life and teachings continue to guide our society and

inspire us to work for the spiritual and social upliftment, the Lt Governor said. At Shri Ramkrishna Mahasammelan

Ashram, the Lt Governor addressed the participants of Yoga Shiksha Shivir who are visiting the Ashram from various states and UTs. He called upon the people to embrace Yoga for a healthy life.

"Yoga reduces the stress level and teaches us to live in the present moment, it inspires us to nurture the values espoused by sacred scriptures, to walk the righteous path and it opens the TURN ON.....PAGE 02



# **The MoU between KCCI** and ESC is a momentous occasion for J&K UT: **LG Sinha**

#### HT News Network

SRINAGAR, JUN 20: Kashmir Chamber of Commerce and Industry (KCCI) today inked a Memorandum of Understanding (MoU) with Electronics and Computer Software Export Promotion Council of India (ESC) in Electronic and IT Sector in the august presence of Lieutenant Governor Shri Manoj Sinha.

The MoU was signed by Sh Sandeep Narula, Chairman ESC and Sh Javid Ahmad Tenga, President, KCCI.

The Lt Governor Shri Manoj Sinha congratulated the Kashmir Chamber of Commerce and Industry and Electronics and Computer Software Export Promotion Council of India for entering into a partnership to mentor and promote Kashmir based electronics and software units, organize buyer-seller meet, share experiences, best practices and knowledge in the sector.

"This MoU is a momentous occasion for J&KUT and will hugely benefit the Electronic and IT TURN ON.....PAGE 02

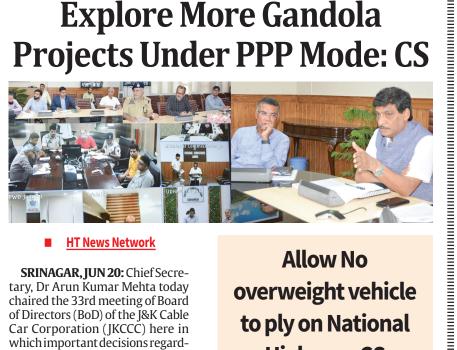
# **NEWS BRIEF**

Social Media Misuse: **SIA Carries Out Searches At Multiple Places In Valley** 

SRINAGAR, JUN 20: State Investigation Agency Kashmir on Tuesday conducted searches at six locations in four districts of Kashmir Valley in connection with a case regarding alleged misuse of social media.

In a handout to GNS, the SIA said that it successfully conducted searches at six locations in Kupwara, Anantnag, Pulwama, and Srinagar districts. The searches were carried out as part of an ongoing investigation in case (FIR No 05/2023) of Police Station SIA/CIK pertaining to misuse of social media platforms for unlawful and secessionist activities. The case was registered by SIA KASHMIR, regarding Indiabased social media entities collaborating with their foreign associates to spread hatred against India and promoting militant activities, it said. According to a police spokesperson, the predawn searches conducted by SIA personnel, aimed to uncover the individuals and groups involved in propagating secessionist, anti-India sentiments through various social media platforms. The identified TURN ON.....PAGE 02

# **Explore More Gandola Projects Under PPP Mode: CS**



HT News Network

SRINAGAR, JUN 20: Chief Secretary, Dr Arun Kumar Mehta today chaired the 33rd meeting of Board of Directors (BoD) of the J&K Cable Car Corporation (JKCCC) here in which important decisions regard-

**Allow No** overweight vehicle to ply on National



Jammu to see high-profile visits in mid-June

JAMMU, JUN 20: Vice President Jagdeep Dhankhar will be on his maiden visit to Jammu and Kashmir on June 22, followed by two more high-profile visits, including that of Union Home Minister Amit Shah on June 23 and Defence Minister Rajnath Singh on June 26.

Officials told news agency-Kashmir News Observer (KNO), that the visit of the Vice President holds immense significance for the region as it marks his inaugural visit to the Union Territory after assuming the top office. As per officials, the Vice President scheduled to attend the Special Convocation of the University of Jammu.

Confirming the details of the visit, the Vice President's Secretariat said the Vice President's visit, scheduled for June 22, 2023, will primarily revolve around attending the Special Convocation of the University of Jammu, and the arrangements for the same have already been put in place. During the course of the event, apart from TURN ON.....PAGE 02

ing expansion of activities of the corporation were taken by the members of the Board.

The meeting was attended by Principal Secretary, Finance; Secretary, Tourism; Director Tourism, Kashmir; DG, Budget; DG, Expenditure Division-I; MD, JKCCC besides other concerned officers.

During the BoD meeting, Dr Mehta impressed upon the officers to take up the work of TURN ON.....PAGE 02

# **New School Timings In Srinagar From Jun 22**

#### HT News Network

SRINAGAR, JUN 20: Directorate of School Education Kashmir has ordered for change in school timings in Srinagar City with effect from Thursday.

The Directorate has by virtue of its new order suppressed all previous orders regarding the school timing within TURN ON.....PAGE 02

#### Highway: CS

#### HT News Network

SRINAGAR, JUN 20: Chief Secretary, Dr Arun Kumar Mehta today directed the concerned to intensify their checking at Toll Plazas and not allow any misfit or overloaded vehicles to ply over the main national highway TURN ON.....PAGE 02

HT News Network

SRINAGAR, JUN 20: Ahead of Ama-

rnath Yatra, the Director General of

Police, J&K, Dilbag Singh on Tuesday

chaired a high level security review

meeting here at Police Headquarters.

comprehensive review of the security

arrangements being placed for the Yatra

to ensure incident free pilgrimage. TURN ON.....PAGE 02

The DGP during the meeting took a

**DGP J&K chairs security review** 

meeting on Amarnath Yatra

# Temperature to soar with hot & dry weather in J&K: MeT

#### HT News Network

SRINAGAR, JUN 20: Hot and dry weather is likely to continue with temperature to soar this week in Jammu and Kashmir, the MeT office said on Tuesday.

The maximum temperatures over many parts of Kashmir division are likely to range between 30-32°C and 38-40°C over the plains of Jammu, the MeT office said, adding the hot and dry weather is likely to TURN ON.....PAGE 02

DCD Kashmir seizes 23k

### tablets of Tapentadol worth Rs 6.7L

#### HT News Network

SRINAGAR, JUN 20: On receiving authentic inputs about air lifting of intoxicating drugs/consignments, an intensive raid of the courier agencies of the district Srinagar was carried out under the leadership of Deputy Drug Controller, Nighat Jabeen with a prudent approach.

During the said exercise, the constituted team of Drug control officers comprising Sameer Sajad, Rumeesa Mohammad, İmtiyaz Ahmad Shalla and Shaila Farooqi conducted a surprise raid of one of courier agencies housed in the vicinity of the District Srinagar.

The team seized 23000 tablets of different brands of Tapentadol valued approximately Rs 670000 during the raid. The particulars of consignee and consignor mentioned on the consignment are under investigation.

Tapentadol is a schedule H1 Opioid analgesic which has to be sold against the prescriptions of RMP for medicinal purposes. The Drugs and Cosmetics Act 1940 provides that the record of sale of this drug has to be maintained by preserving the prescription for record and also maintain records of sale in the shape of cash memo /credit memo. Of late, it has been observed that these drugs TURN ON ..... PAGE 02

ARTMENT

# DC Srinagar visits Yatra **Transit Camp at Pantha Chowk**

#### HT News Network

SRINAGAR, JUN 20: In order to assess the onground arrangements being made for the forthcoming Shri Amarnath Ji Yatra(SANJY)-2023, the Deputy TURN ON.....PAGE 02



# **Display helping & empathetic attitude** for smooth Yatra: Div Com to Camp Directors

#### HT News Network

SRINAGAR, JUN 20: Display helping and empathetic attitude while performing vital role as camp directors for smooth conduct of annual Shri Amarnath Ji Yatra, said Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri while addressing Camp Directors during orientation cum training program held today at TRC, here. TURN ON.....PAGE 02





Srinagar, Wednesday

21-June-2023

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#### Yoga belongs.....

door of peace, mindfulness, physical and mental strength," the Lt Governor said.

He said, due to Hon'ble Prime Minister Shri Narendra Modi ji, Yoga has become a mass movement for healthy society.

"Yoga belongs to the whole world and indeed to all of mankind. Yoga as a science creates unity between body and mind, between people, regions and the countries so that we remain healthy, happy and contribute to growth and welfare of the entire humanity," the Lt Governor observed.

The Lt Governor congratulated everyone associated with Shri Ramkrishna Mahasammelan Ashram and commended their efforts in the service of society and our great nation.

"Selfless service strengthens the spirit of unity in diversity. Our endeavour must be to meet the twin goals of spiritual and socio-economic upliftment. We are at the threshold of a future in which learning and meditation centres can train, guide and leverage our strong human resource base to build Aatm-Nirbhar Bharat," the Lt Governor said.

Sh. A Balakrishnan, President, Vivekananda Rock Memorial and Vivekananda Kendra, Kanyakumari; Sh B.L. Bhat, Chairman, Shri Ramkrishna Mahasammelan Ashram, Anantnag; Sh Syeed Fakhrudin Hamid, Deputy Commissioner, Anantnag, senior officials of police and civil administration and people from all walks of life were present.

#### The MoU.....

Sector in Jammu Kashmir. Participation in trade fairs, access to global market and advisory services will create value addition to grassroots innovation and help the entrepreneurs to commercialize their technologies," he said.

The Lt Governor said, under the guidance of Hon'ble Prime Minister Shri Narendra Modi ji, the reforms introduced over the past few years has brought transformational changes in electronics, communication and technology sectors in Jammu Kashmir.

"In a short period of time, J&K UT has achieved several milestones in digitalisation to keep pace with the competition, to create infrastructure base for budding IT entrepreneurs, to help the rapidly growing economy and to bring efficiency and transparency in public service delivery," the Lt Governor said.

"The rapid change in the IT sector provides an exciting opportunity to transform J&K UT and make it an IT hub of North India. Comprehensive cooperation, creativity and enterprise of all the stakeholders, rich pool of human resources can energise our resolve and move us closer to this goal," he added.

At the MoU signing ceremony, the Lt Governor also talked about how new age technologies can revolutionize the agriculture and allied sector in Jammu Kashmir.

UT. He advised them to look at the tourist destinations not covered under other schemes such as Bharat Mala.

Dr Mehta observed that many of the tourist locations like Sarthal, Mantalai, Sanasar, Doodhpathri, Baderwah and Baisaran (Pahalgam) have tremendous potential of attracting tourists by establishment of cable car projects at these locations. He said that a mechanism under Public-Private partnership should be contemplated over for executing these projects in a time-bound manner.

Regarding the Peerkhoo-Mubarak Mandi vertical lift the Chief Secretary enjoined upon the officers to take up the project forthwith. He said that the project is long awaited and should be developed as an added attraction at Mubarak Mandi Heritage Complex. The package includes connecting it with the tourist places of Bahu Fort and Mahamaya Temple complex.

The Chief Secretary also told the Corporation to have a relook on the alignment of Makhdoom Sahib Ropeway project so that its lower boarding station is readily accessible to the devotees going up to the Sufi Shrine. He told them to extend the ropeway right up to the Hari Parbat Fort for attracting more visitors towards this facility.

During the meeting the Board deliberated upon various agenda items that includes establishment of around six drag lifts at locations of Sonamarg, Doodhpathri, Gulmarg, Kangdoori, Padri (Baderwah) and Sanasar for promoting skiing at these locations. Further the corporation is going to construct ski shops at all the aforesaid destinations for the sport to take off at these locations.

The Board was apprised that the corporation is installing vertical lift between the Peerkho Station of Jammu Ropeway Project and Mubarak Mandi Heritage Complex at an estimated cost of about Rs 27 Cr. The Project had been bifurcated into two stages with one being vertical rise of 38 meters and 30 meters, and two horizontal foot bridges of 34 meters and 30 meters span. It was also added that the Project will have three stations, 02 viewing decks, with parking facility. The vertical lift will have carrying capacity of 13 passengers at a time.

Regarding the performance of the Corporation, the Board was informed that the corporation earned the net profit of Rs 20.21 Cr from the year 2019-20 to 2021-22 despite Covid-19 restrictions during the period. It was also informed that the corporation's financial health has improved a lot over the last few years and has generated the record revenue of Rs 100 Cr during the year 2022-23 receiving praise from none other than Union Finance Minister herself during her Budget speech.

#### Allow No.....

as they breakdown on the way causing massive inconvenience to others. The meeting was attended by Principal

#### Temperature.....

continue till June 23. It said, the weather will mainly remain dry, but a brief spell of shower or thunderstorm at one or two places towards late afternoon or evening can't be ruled out during June 20-23.

Generally cloudy with intermittent light to moderate thundershower at scattered to fairly widespread places during June 24-28, the MeT office added.

Kashmir weather, an independent weather forecaster Faizan Arif told UNI that the prevailing dry weather conditions are anticipated to persist until the upcoming weekend.

He said due to the prevailing conditions Jammu and Kashmir is likely to experience a significant rise in temperature and in Kashmir valley plains temperatures may cross 34°C, while in Jammu plains, daytime temperatures could potentially reach up to 43°C.

He said, the southwest monsoon is anticipated and are likely to arrive around Sunday. From Sunday evening to Wednesday, there is a high likelihood of rain showers in most areas of Jammu and Kashmir.

Srinagar recorded a low of 18.2 degree Celsius on Tuesday against 16.9 degree Celsius the previous night and it was 2.4 degree Celsius above normal for the summer capital of Jammu and Kashmir. The maximum temperature was also 3.3 degree Celsius above normal of 28.4 degree

Celsius on Tuesday, the MeT office said. Qazigund, on Srinagar-Jammu national highway, recorded a low of 16.2°C against 15.2°C on the previous night and it was above normal by 1.9°C for the gateway town

of Kashmir. Pahalgam, had a low of 9.1°C against 9.6°C on the previous night and it was 0.5°C above

normal for the famous tourist resort in south Kashmir. Kupwara settled at 14.1°C against 13.2°C

on the previous night and it was above normal by 1.3°C for the north Kashmir district.

Kokernag recorded a low of 15.4°C against 16.1°C on the previous night and it was 1.4°C above normal for the picnic spot of south Kashmir.

Gulmarg recorded a low of 10.2°C against 10.5°C last night and it was above normal by 1.8°C for the world-famous skiing resort in north Kashmir, the MeT office further added.

#### New School.....

the municipal limits of Srinagar. "In supersession of previous orders, all the government and private recognised schools within the municipal limits of Srinagar City shall observe school timings from 08:30 AM to 02:30 PM, w.e.f 22-06-2023", reads an order, a copy of which lies with GNS.

#### **DGP J&K.....**

assistance to the pilgrims, besides directed for establishing special help lines for the pilgrims.

DGP stressed that helpline numbers of PCRs, District Police officers including SDPOs, & SHOs should be made public and be circulated through every possible medium so that yatris could take note and ask for any assistance effortlessly

He directed for conducting the mock drills of different contingency plans and also to conduct a dry run of convoy under the supervision of senior officers well before the start of the Yatra.

The ADGP Jammu and ADGP Kashmir apprised the DGP regarding the arrangements with regard to security and deployment of manpower in their respective Zones to ensure peaceful Yatra.

ADGP Kashmir in his Powerpoint presentation highlighted security arrangements on both routes leading to the Holy Cave.

The Range DIGs and District SSPs who are directly connected with the Yatra also briefed the chair about the security arrangement being taken for the event.

#### DCD Kashmir.....

are being used by adolescents for addiction purposes.

The department is in process of completing the procedure of relevant regulations and all such persons who have connived in the omission/breach shall be booked under law in due course of time.

Deputy Drug Controller Kashmir has appreciated the efforts of the team and expressed that the department shall bring the matter to its logical end.

Further, she has expressed that the department shall continue such exercises in future and eradicate the menace of drug addiction to the entire satisfaction of the Government.

She has appealed to the Pharma trade and courier trade agencies for furnishing information about illegal activities of such nature to the departmental authorities, so that the menace of drug addiction which has become a social evil can be eradicated from the society.

#### Display helping.....

The Div Com highlighted the role of Camp Directors for facilitating yatries as moderators for instant resolution of issues, besides quick decision makers and information disseminators.

He educated them regarding crowd management, strict adherence to cut-off times, evacuation procedure. ensuring coordination among different agencies and service providers, besides response to emergencies.

The Div Com also instructed them to share data and videos to the Divisional Social Media Cell on daily basis which shall be shared on social media

finding signages for the convenience of the visiting yatries.

Similarly, the PDD Engineers were asked to ensure proper power supply and back at the camp during the Yatra period besides a DG set for adequate capacity at the venue. In addition, they were also directed to install a sufficient number of high mass lights in and round the compound of the yatra transit camp.

The authorities of Srinagar Municipal Corporation (SMC) were directed to ensure proper sanitation and cleanliness in the transit camp on a regular basis, besides deployment of sufficient staff at the camp for periodical cleanliness in and around the transit camp every day.

The DC also directed for installing dust bins at different locations in the premises of the halt camp.

The DC was informed that more than 250 mobile toilets and over 70 mobile wash rooms, 70 urinals have been kept available at the Transit camp for the convenience of the yatries, in addition to newly constructed public convenience facilities.

During the visit, the DC also inspected halt stations/prefab huts, public convenience facilities, proposed space for establishment of Langars, Water Management, installation of Stalls by local SHGs, etc. for the forthcoming annual Shri Amarnath Ji Yatra-2023.

The DC also inspected the identified parking space for the buses ferrying yatries during their temporary halt at the facility and asked the concerned to ensure that an adequate space is kept available for the purpose.

While reviewing the arrangements being made for RFID and KYC registration, the DC asked the SDM East to take all required measures well in advance to ensure hassle-free and fast registration of the yatires during their temporary halt at Panthachowk Yatra Transit Camp.

#### SIA Carries.....

entities are suspected of conniving with foreign associates to further their nefarious agenda, which includes instigating and supporting acts of militancy, the spolice spokesperson said. Additionally, these entities have been targeting government servants, hindering their ability to perform their lawful duties, he said.

"The searches conducted by SIA KASHMIR resulted in the seizure of substantial digital and physical evidence like mobile phones, sim cards etc". The "evidence" will be meticulously analyzed to build a strong case against the accused individuals and organizations, ensuring a comprehensive investigation and subsequent legal proceedings, he added.

"Agritech is another area, which offers huge opportunities for start-ups and IT entrepreneurs of J&K. Internet of Things and Automation for sensor-based smart agriculture, research and development ecosystem, technology enabled agri-informatics will create more jobs and facilitate the creation of new enterprises," the Lt Governor said.

The growth of the technology revolution and the recent interest shown by foreign companies to tap into our skilled manpower base will enable youth to take Jammu Kashmir towards a new era of growth and technological innovation, he added.

With the help of ESC India and their vast global network, we can not only build on the gains of ongoing industrialization but also unleash the creativity and enterprise latent in our young entrepreneurs and start-up founders, the Lt Governor further said.

The Lt Governor instructed the Industries and Commerce Department, Information Technology Department and other stakeholders for utilizing the full potential of Software Technology Park at Rangreth. We must also extend handholding to young entrepreneurs, startups, small companies and promote public-private partnership in the IT sector, he said.

Dr Arun Kumar Mehta, Chief Secretary; Sh Sandeep Narula, Chairman ESC; Sh Javid Ahmad Tenga, President KCCI, Sh. Vikramjit Singh, Commissioner/Secretary Industries and Commerce Department; Sh Veer Sagar, Vice Chairman ESC; Sh Gurmeet Singh, Executive Director ESC, office bearers of ESC and KCCI, senior officers from civil administration and police and members of business community were present.

#### Explore More.....

maintenance and upgradation of Gulmarg Gandola an earliest as it is a major asset of the corporation and caters to thousands of tourists each month. He asked for carrying out thorough inspections of all of its installations by a technical team so as to ensure safety and comfort of the tourists.

The Chief Secretary enjoined upon the officers of the Corporation to explore the possibility of establishing many such cable car projects across the tourist places of the

Secretary, PWD; Divisional Commissioner, Jammu; Deputy Commissioner Jammu/ Udhampur/ Ramban; Chief Engineer, R&B, Kashmir/Jammu besides other concerned officers.

Dr Mehta took note of the reports of traffic jams on the highway for last few days and enquired about its status from the concerned Deputy Commissioners. He enjoined upon them to ensure that the carriageway of the Highway is not allowed to be used for parking or truck holding area anywhere.

He asked for allowing only those vehicles which are carrying stipulated loads on the highway so that there are fewer disruptions on highway due to vehicular breakdown or very slow speeds. He also called for reports against each such breakdown incident for having clarity about the actual reasons behind them. He akso asked for devising SOPs for handling these breakdown events on the highway.

The Chief Secretary asked for measures to improve width of road surface near Nachlana and Dalwas areas. He also stressed on carrying out the protection works like installation of crash barriers and parapets on the critical stretches of the highway. He directed the highway authorities to periodically clear the debris getting accumulated on the sides of the road to increase its carriageway.

Dr Mehta maintained that there should be surety with a traveler that the delays if any would not exceed more than an hour under any circumstances. He made out that few kilometers of bad stretch should not be made excuse for poor management of the traffic. He directed for increasing manpower to manage traffic on critical stretches especially in Ramban District in consultation with the District Administration.

The Chief Secretary stated that measures to improve traffic scenario should include use of Mughal Road to lighten the volume of traffic on NH-44. It was also given out that atleast 4 truck holding areas on the national highway are being designated besides hastening the completion of bridges, tunnels and viaducts for making travel on this road comfortable and pleasant in the months ahead.

The 62-day-long annual Amarnath Yatra begins on July 1 from the twin routes of Pahalgam in south Kashmir and Baltal in central Kashmir's Ganderbal district.

Addressing the meeting, the DGP said that after the successful conduct of very important events Jammu and Kashmir Police is ready with the next big assignment of Shri Amarnath Ji Yatra, an annual and very significant event.

He directed for optimum utilization of available resources in accommodating the requirements of District Police units which are directly concerned with the Yatra.

Emphasising for putting in extra efforts in ensuring the incident free Yatra, the DGP directed for mobilization of manpower from different wings & districts.

He also directed for dovetailing the BDS teams at important locations with deployments. He also directed the officers to ensure that all the SOPs are followed in letter and spirit and stressed for fixing the responsibility of each team head deputed for the yatra.

The DGP directed for deploying assistance teams with all required tools at base camps and other important places for assistance and help to the pilgrims.

He directed for placing all possible security arrangements of Base Camps and strengthening the communication network.

DGP stressed for effective and planned regulation of traffic management on national highway and other roads, parking of vehicles and deployment of forces on both the yatra routes of Pahalgam and Baltal.

He directed that the conduct of deployed personnel should be exemplary, adding that they are also doing facilitation duty besides ensuring safe and secure events.

The DGP emphasised upon the officers to make adequate use of modern security gadgets/technology including CCTVs, drones to further augment the security at important Yatra locations and en-route.

Ĥe stressed for keeping special focus on sensitive locations and base camps including dhabas, langars, eateries & parking places.

He directed for deployment of quick response teams to provide immediate

platforms by concerned incharge officers.

He also directed all Camp Directors to conduct sanitation drives at camps to ensure cleanliness in the surroundings.

The Camp Directors, Additional Camp Directors and Deputy Camp Directors shall leave for their respective camps tomorrow.

#### DC Srinagar.....

Commissioner(DC) Srinagar, Mohammad Aijaz Asad on Tuesday visited Yatra Transit Camp(YTC) at Panthachowk to ensure that all arrangements are put in place well in advance for the Yatries expected to perform darshan of Holy Cave during SANJY-2023

During the visit, the Deputy Commissioner was accompanied by Superintendent of Police Headquarter, SP West, Chief Planning Officer, Sub Divisional Magistrate East, Joint Commissioner, SMC, Chief Medical Officer, Executive Engineers of R&B, PHE and PDD and other Senior Officers of Police and Civil Administration.

On the occasion, the DC inspected the recently created additional accommodation facility to upgraded facilities made for convenience of the yatries during their temporary halt at the transit camp.

The DC was informed that all requisite measures have been taken to ensure that every necessary arrangement including facilities like drinking water, electricity supply, sanitation etc have been made available at the Yatra Transit Camp before the commencement of the annual SANJY-2023.

While taking the Department wise review of the arrangements, the DC asked the R&B authorities to immediately take up the work for black topping of the Transit Camp premises and expedite other repair works.

The Officers of R&B Department were also asked to install hoardings at the designated sites, besides way

#### Jammu to see.....

addressing the gathering, the Vice President will also hand over gold medals to the top 10 students.

As part of his itinerary, after the Special Convocation, the Vice President will proceed to the town of Katra. From there, he will undertake a visit to the revered holy shrine of Mata Vaishno Devi to seek blessings. Additionally, during the day-long visit, the Vice President will also visit the Jammu and Kashmir Raj Bhawan, the official residence of the Lieutenant Governor.

Moreover, Union Home Minister Shah is scheduled to address a public rally in Jammu to mark the "martyrdom day" of BJP ideologue Syama Prasad Mookerjee.

He will also hold a review of security arrangements for the annual Amarnath Yatra, which will commence on July 1. Security forces, especially the J&K Police, are focusing on securing all routes for Amarnath pilgrims. Rajnath will address a "Security Conclave" at Jammu on June 26.

Meanwhile, Bharatiya Janata Party (BJP), Jammu & Kashmir, led by party General Secretary (Organisation) Ashok Koul and J&K BJP Seh-Prabhari, Ashish Sood discussed the preparations for the upcoming public rally of Union Home Minister Amit Shah and Defence Minister Rajnath's visits.

Ashok Koul, while addressing the meeting, stressed upon the party leaders to go for minute planning to manage every aspect of the rally.

He said that the public rally would be a massive one owing to the eagerness of the general public and party workers to listen to their tall leader. He said that in view of anticipation of heavy rush of participants in the rally, every care has to be taken to make sure that no harassment is done to the general public or to the locals during the rally. He specifically focused on the proper parking of the vehicles to ease the commuting and also provision of drinking water in view of the harsh summer days.



# J&K Raj Bhawan celebrates West Bengal Statehood Day

Lt Governor paid tributes to Freedom Fighters. greatest luminaries from West Bengal: remembered their significant contributions in nation building

SRINAGAR, JUN 20: Jammu Kashmir Raj Bhawan today celebrated the West Bengal Statehood Day. Students, Security personnel and the people of West Bengal currently living in J&KUT were the special invitees for the cultural programme organized to commemorate the occasion.

Lieutenant Governor Shri Manoi Sinha conveyed his hearty greetings and best wishes to the people of West Bengal on the auspicious occasion of Statehood Day.

"West Bengal exemplifies the depth, richness, diverse and vibrant Indian cultural traditions. This land of freedom fighters, towering men and women in the field of art, literature and public life has always illumined the country with their contribution and intellectual brilliance," the Lt Governor said.

One of the greatest luminaries, Gurudev Rabindranath Tagore inspired the entire humanity and rekindled the progressive spirit



in the society and Netaji Subhas Chandra Bose's powerful struggle for independence continue to inspire generations, he added. He said the supreme sacrifice

had awakened the consciousness of the society and strengthened the spirit of unity in diversity. Our diversity is source of ernor added.

It is our collective responsibility to ensure that Vitasta is deeply connected to Teesta, the Lt Gov-

Traditional Folk Dance and musical performances by the artists were organized to celebrate the glorious cultural heritage of West Bengal.

## **Baramulla Police Accords Warm** Send-off to Sajjad Bukhari, **Outgoing DySP Hqrs**

#### Tajamul Bukhari

SRINAGAR: Baramulla Police Tuesday organized a function at Officers Mess Baramulla and accorded a warm farewell to outgoing DySP Headquarters Baramulla Sajjad Bukhari upon his transfer from district Baramulla.

SSP Baramulla Amod Ashok Nagpure threw light on the tenure of outgoing officer, lauded his role as a police officer and

and decision mak-

ing during tough-

In his farewell

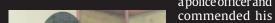
address, the outgo-

ing officer shared

his experience as

DySP Hqrs Baram-

est situations.



# **Div Com Kashmir conducts evening city tour;** inspects developmental progress of SSCL projects

SRINAGAR, JUN 20: To keep the momentum of developmental works of Srinagar Smart City Limited (SSCL) Projects with accelerated pace, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri conducted a late night City tour on Monday to inspect physical progress of different beautification and redevelopment projects.

The Div Com was accompanied by Commissioner SMC & CEO Smart City Srinagar, officers of R&B, I&FC, PHE,



# Mohd Burhan ud **Din assumes charge as District Mineral officer** (DMO) Kupwara

#### Dr. Ab Qayoom

KUPWARA, JUN 20: Exercising the Drawing and Disbursing power's of Driling Engineer/ DDO-1, Srinager in driling wing Kashmir and senior expert cum Workshop Supreintend of Geology Mining department Mohd Burhan ud Din Bhat assumes charge second time as District Mineral officer Geology Mining Kupwara.

Mohd Burhan ud Din who was holding the charge of Exercising the Drawing and Disbursing power's of Driling Engineer/DDO-1, Srinager in driling wing Kashmir was accorded a warm welcome by the Staff of DMO office here at Kupwara.

Mohd Burhan ud Din (DMO) was received with a thumping welcome by the whole staff of DMO office Kupwara While Bashir Ah Peer" Section officer"Bashir Ah Akhoon"Senior supervisor"Ab Rashid Khan "Driling Asstt" Mohd Ashrif Dar "Area Incharage Langate "Mubashir Nazir"Area incharge Handwara"Bashir Ah Shaikh"Area incharge Kupwara B"Javid Ah Mir(Reyaz Ahmad Wani "Hard worker and dedicated employee") and others were also present on this occasion.

In welcome address Section officer of DMO office Kupwara Peer Bashir Ahmad expressed his immense pleasure and love on behalf of the whole Staff of the Geology Mining department district Kupwara that Mohd Burhan ud Din assumes charge second time as DMO Kupwara.

He welcomed the incumbent in district Kupwara again which is famous for its beautiful tourist places like Bangus Valley Lola's etc. and streams like Nallah natural Mawar, Drangyadi, Pharoo and others he prayed that under his leadership the G/M Department Kupwara will crub the illegal extraction/Transportation of minor minrols in district Kupwara.

Various union leaders and many contractors were also present on the occasion and welcomed the DMO with garlands and flower bouquets.

Speaking on the occasion, the employees and contractors said in one voice, "It is our honour to work under the subordination of such a noble, dynamic and honest officer and promised their utmost support to the new DMO Kupwara.

Later on, DMO Kupwara also held a meeting with the Staff of the DMO office and took stock of several important issues.

# 5 missing persons reunited with families in Reasi: Police



ulla and extended his gratitude to all ranks of District Police Baramulla for their cooperation and indentation

towards duty. Officers who were present on the occasion include, SP Hgrs Baramulla, DySP Hgrs Baramulla, DySP DAR DPL, SDPO Pattan, SDPO Uri, SDPO Kreeri, SDPO Tangmarg, SHO Baramulla and SHO Sheeri.

Later on, Bukhari was presented a memento and gifts as a good will gesture and SSP Baramulla extended his best wishes to the outgoing officer for his future assignments.

supervisory skills, KPDCL besides other concerned professionalism, departments. humane nature

He conducted spot visits of Lal Chowk, Batamaloo, Qamarwari, Foreshore Road, Boulevard Road, TRC, Lal Chowk and other places.

While taking stock of the progress achieved on the development of Footpaths, Roads, Drainage System at all the locations, Div Com impressed on the concerned to expedite the execution of developmental works to give a new look to the city.

He instructed shifting of utilities of PDD from roads to sidelines at the earliest to streamline the traffic movement. Besides, he instructed for making all the streetlights functional, replacement of rusted poles, cleaning the visual pollution of wires hanging haphazardly. He also directed for macadamiza-

tion of roads where the work has been completed to avoid slow traffic movement.



Div Com also took the first hand appraisal of the developmental needs of Batamaloo and redevelopment of roads.

He asked concerned officers to submit the detailed report of works completed and the pending portion with expected date of completion.

Similarly, Div Com exhorted agencies that Lal Chowk being the center of City and reflects the developmental facet of the city, the ongoing projects needs to be completed within the shortest possible time by using the multiple shift model of construction.

He underlined that due to the huge

footfall of tourists at Lal Chowk, it warrants being fully functional immediately.

Moreover, Div Com also took the stock of construction of cycle tracks. He impressed on concerned to encourage youth to adopt cycling as a routine means of transport which will help to reduce traffic congestion on the roads.

Later, he visited Foreshore Road and Boulevard Road where he was briefed about milestones achieved on the developmental front and furtherongoing redevelopment of pavements and roads.

**REASI, JUN 20:** Jammu and Kashmir Police on Tuesday claimed to have reunited five missing persons with their families in Reasi district.

A police spokesman in a statement issued to the news agency-Kashmir News Observer (KNO) reads that one Mohd Hanief, son of Akbar Ali of Channa Tehsil Chassana Reasi reported at Police Station Chassana that his daughter is missing from home.

"The missing report has been entered vide DDR No.12 dated 21-02-23 and search launched. Enquiries from the family, relatives & friends gave sufficient clues of the missing girl & accordingly sources of police were activated," police said.

After meticulous track-following & consistent hectic efforts, police said that the said girl has been traced out from Bhatindi, Jammu and after completing all legal formalities, the missing report has been closed vide DDR no.15, Dated – 17/06/2023 and the girl has been reunited with the family.

In another incident, a Police team of Reasi traced another missing girl namely Nazma Bibi, wife of Shoket Ali, daughter of Khan Mohd, whose missing report was entered vide DDR number 08 dated 31/05/2023. "After the hectic efforts team of Police remained successful in tracing the missing girl. After completing all legal procedures, the girl was handed over to the family," police said.

In another incident, one Kulwant Singh, son of Ram Das of Bhagtha Tehsil Katra came to P/S Katra and produced an application for lodging the missing of their two children namely Sumeet Kumar, son of Vijay Kumar, Raghbir Singh, son of Kulwant Singh—both aged 12 yrs and both neighbours and friends.

"On 14-06-2023 at about 1:30 hrs afternoon we found missing from home and gone somewhere out of Bhagtha or somebody has kidnapped our children and taken away. On this, a case under FIR number 193/23 under section 363 IPC registered and investigation entrusted to PSI Raghav Chalotra," police said.

Through technical evidence and human intelligence networks, the said children were traced out after strenuous efforts by the team including PSI Raghav Chalotra and HC Kuldeep Singh which carried out searches in the UT and neighbouring states and lastly the children were traced out near Haryana UP border district namely Yamunanagar, police said.

The recovered children were handed over to the legal heirs after completing legal formalities, police said.

In another incident, one Imtiaz Ahmed, son of Abdul Rashid of Jij Kadeen Tehsil Thakrakote District Reasi lodged an application regarding missing of his wife namely Ruksana Kousar.

# DC Srinagar inaugurates Cash Recycler Machine (CRM) for the public at Shalimar

Facility will address banking needs of people beyond working hours and during all days of the week: DC Srinagar

SRINAGAR JUN 20:- Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today inaugurated Cash Recycler Machine(CRM) of Jammu and Kashmir Bank for public here at Shalimar Branch of J&K Bank with the aim to carry forward the easeof-banking mission in Srinagar District by expanding digital and alternate channels of network.

The CRM was dedicated to the public by the Deputy Commissioner in presence of Lead District Manager(LDM), Srinagar, Abdual Majid and Zonal Head Jkbank, Shabir Ahmad, besides, Cluster Heads, Branch Head and a large number of customers, Senior Citizens and local residents, besides Officials of the Bank. Speaking on the occasion, the



Deputy Commissioner congratu-lated the JK Bank Officers for the public friendly initiative.

The DC also urged the gathering present on the occasion to avail benefits and ease of digital banking services. The DC hoped that the facility would address the banking needs of people beyond working hours and during all days of the week including holidays. He also urged on growing focus on digital and alternate banking channels for the convenience of the customers and people at large.

Earlier, the DC was apprised that the idea behind the installation of Cash Recycler Machine Machine(CRM) is to reduce foot-fall at the branches so that the quality of services provided at the branch can be improved.





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# Dr Raghav Langer visits Baltal; **Reviews SANJY 2023 preparations**

#### **HT News Network**

GANDERBAL, JUNE 20: Secretary, Planning Development and Monitoring Department(NodalOfficer for SANJY via Baltal Axis), Dr. Raghav Langer, today conducted an extensive tour of Baltal to have a firsthand appraisal about the arrangements being put in place for Shri Amarnath Ji Yatra (SANJY) 2023.

During the visit, Secretary was accompanied by Additional District Development Commissioner, Ganderbal, Mushtaq Ahmad Simnani, Chief Engineer PDD, SDM Kangan, CPO, CEO SDA, ACD and other district and sectoral officers

On the occasion, Dr. Langer inspected the arrangements at Baltal



supply, pitching of tents, public utilities and other related arrangements.

While inspecting the arrangements, he gave necessary instructions to the concerned departments to ensure that all arrangements are put in place in time for the convenience of pilgrims.Earlier, Dr. Raghav Langer chaired a meeting and reviewed the action

taken on the instructions issued by LG during his including power and water visit to Baltal. He took a



detailed review of the arrangements being made for smooth conduct of Yatra. He gave necessary directions to the concerned departments for ensuring

all pending works are completed well before commencement of Yatra. Chief Animal Husbandry Officer Ganderbal was directed to complete the registration of ponies and

vaccination besides establishment of Animal Health centers at all identified locations at an earliest with sufficient staff and medicines.

Secretary asked the Beacon authorities to complete all pending minor works on track including fencing as per the instruction issued during the meeting held by LG.

While reviewing the illumination plan, Chief Engineer informed that out of 1243 street lights about 1000 have already been installed at various locations while rest will be installed very soon. Besides, out of 5 km damaged cable, 4.5 km stands already repaired.

Regarding macadamization from Kullan to Baltal, Administrative Secretary directed beacon authorities that blacktopping and necessary repairments of road must be completed in time wherever required.

#### HT News Network

KUPWARA, JUNE 20i: Deputy Commisioner (DC) Kupwara Dr. Doifode Sagar Dattatray inaugurated the Rashtriya Bal Vaigyanik Pradarshani(National Science Exhibition) at DIET complex Kupwara on Tuesday.

More than 300 students of 156 educational institutions across the district participated in the science exhibition and 200 models developed by students were displayed in the exhibition. While inaugration the

science exhibition Deputy Commisioner Kupwara Dr. Sagar said that "Science exhibition indeed provides a wonderful opportunity to

generate curiosity among children, unleash their creativity and imagination. The Deputy Commisioner also said that science



tive and responsible citi-

On the ocasion Dr. Sagar

urged the teachers to moti-

vate their students for new

innovations and research-

based thinking. I am sure

zens," the DC said.

**Bal Vaigyanik Pradarshani** 

exhibitions play an importhe children get inspiration tant role in enhancing the to visualize the future of the scientific temperament of nation and become sensithe children.

"It provides students a platform where they can showcase their creativity and talent. Children's curiosity towards scientific research increases through science exhibitions. Also, that through this science exhibition, more creativity and awareness will increase among our students which subsequently help them to showcase their scientific temperament."

While highlighting the achievements made under Project "Zimmedari" in Kupwara district, Deputy Commissioner said that in a small time of just 6 months, government schools of the district changed and education system and it's management was transformed and reformed under project Zimmedari which completely focused on academics, basic infrastructure, human resource development, co-curricular and extra curricular activities, social and emotional learning.DC said that credit of success of Zimmedari project goes to teachers who put their blood and sweat together.

### Mudasser Sikander assumes the charge of District **Information Officer Kupwara**

HT News Network

KUPWARA, JUNE 20: Mudasser Sikander today assumed charge as District Information Officer, Kupwara.

Mudasser Sikander, 2019 batch JKAS officer is also Functional Manger, District Industries Centre (DIC) Kupwara and Tehsildar Trehgam (Additional charge).

After assumption of charge of District Information Officer chaired an introductory cum interactive session with the employees of Information and Public Relations Department and also reviewed functioning of the Department in the district.

He was briefed about the functioning of various sections of the department.

The DIO enjoined upon the officials to work in coordination and cooperation with special focus on publicity of CSS, and government welfare schemes and programmes so the people can avail benefits of these schemes.

The meeting was attended by Mohammad Tariq Mir, Senior Assistant DIC, and other staff members

## **IUST's Department of English** celebrated 400th Anniversary of Shakespeare's First Folio

HT News Network

Awantipora, June 20. A programme was organized by the Department of English, IUST commemorating the publication of Shakespeare's First Folio which was presided over by Prof Manzoor Ahmad Malik, Dean Academic Affairs, while the renowned theatre personality, Mr. Bhawani Bashir Yasir was Guest of Honour. During the programme, a video feature on, 'Remembering Shakespeare' highlighting the life and memorials of Shakespeare was relayed, besides lecture series by speakers addressing different facets of his work and his imprint on the literary landscape across cultures and languages. Speaking on the occasion, Mr. Bhawani Bashir Yasir said that in-depth characterisation and portraval of universal values and emotions make Shakespeare one of the timeless playwrights, and his creativity is best appreciated through performances.

# **DC Baramulla review progress under Aspirational District Programme**

#### **HT News Network**

BARAMULLA, JUNE 20: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today convened a meeting of all concerned officers at DC Office Complex here to review the progress achieved under different indicators of Aspirational District Programme.

The meeting held threadbare discussion and reviewed the progress achieved under Health, Education, Agriculture, Financial inclusion, Household Electrification, Water resources, Drinking Water, Internet Connectivity, Process Digitization and Skill Development.

During the meeting, other



related sectors were also thoroughly discussed during which DC stressed upon the concerned officers to redouble their efforts so that targets fixed could be

achieved within the stipulated time frame.

After taking a comprehensive review of all the sectors, Dr Sehrish projected that initiatives need

to be taken by all departments to reach 100% saturation across the district.

Meanwhile, the DC directed to devise the appropriate and effec-

tive strategies for overcoming the issues confronting various indicators adding that there is a need to work with added zeal and enthusiasm for transforming the district from Aspirational to inspiration-

Furthermore, the concerned officers highlighted several issues and bottlenecks hampering the proper and smooth functioning wherein the DC assured that all the issues shall be redressed in a time bound manner.

Joint Director Planning M Yousuf Rather, Principal GMC Baramulla (Prof) Dr Ruby Reshi, SEs of R&B, PMGSY and JKPDC, Chief Education Officer, Chief Agriculture officer, Chief Horticulture Officer, Chief Medical Officer and other District Officers attended the meeting.

# DC Kulgam reviews Eid-ul-Adha arrangements

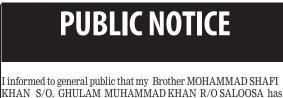
Faroog Rather

KULGAM, JUNE 20: The Deputy Commissioner(DC)Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of officers at the mini-secretariat here to review arrangements put in place for the upcoming festive occasion of Eid-ul-Adha. During the meeting, the DC directed officers of Jal Shakti and KPDCL to ensure smooth supply of water and electricity across the district. He also directed the Jal Shakti department to press water tankers in required areas and ensure no shortage of water at any place. Officers from Sheep Husbandry informed the chair that adequate numbers of sacrificial animals are available in the district. ChiefAnimalHusbandryOfficerinformed the meeting that adequate numbers of poultry birds are available in the district. Instructions were passed by the DC to



Govt. of Jammu & Kashmir (UT) **OFFICE OF THE EXECUTIVE ENGINEER, JAL SHAKTI (PHE)** MECHANICAL DIVISION SOUTH AWANTIPORA Tele/fax: 01933/295537; Email Id: xenphemechsouthawp@gmail.com

**DC Kupwara inaugurates Rashtrya** 



died on 20/09/1995.. Now I am applying for his death certificate. If anybody have any objection He/she may file his /her objection in the BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name .... MANSOOR AHMAD KHAN B/O ...MOHAMMAD SHAFI KHAN R/O..... SALOOSA Block ... WAGOORA Distt ....BARAMULLA



رجریاں ہوئی ہیں ۔ میں ایک غریب آ دمی ہوں۔ڈاکٹر کے خربۓ دوائیاںٴ ٹیسٹ وغیرہ پر بہت خرچہ آتا ہے۔ بحالت مجبوری آٹوبھی فروخت کرنا پڑا۔اس سلسلے میں صاحب ثروت حضرات سے پیل کرتا ہوں کہ میری مالی معاونت کریں ۔اپنے عطیات درج ذیل ا کاؤنٹ میں جمع کریں۔

> (A/C: 0248040100094049) ج اینڈ کے بینک برانچ بارہ پتحربٹہ مالوسرینگر طارق احمد ساكنة شخ داؤد كالوني سرينكر (M.NO: 9596064562)

constitute joint market checking teams to intensify market checking and check the quality of food items such as Bakery, Confectionery, Milk, Meat, Chicken, Vegetables, and other essentials in the market and ensure the availability of quality products.

Municipal authorities were directed to ensure proper sanitation in towns, mosques, and eidgahs. They were also directed to repair defunct lights in town if any.

# **Arrangements for Eid-ul-Adha** reviewed at Kupwara

#### HT News Network

KUPWARA, JUNE 20: On the directions of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray, the Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat today convened a meeting of concerned officers to review the arrangements for upcoming festival of Eid-ul-Adha.

On the occasion, the ADC took a detailed review of all necessary arrangements to be put in place by different departments for smooth celebration of holy festival of Eid-ul-Adha in the district.

Regarding market checking, the ADC directed Tehsildars/AD Food, EOs of MCs and Legal Metrology to hold joint market inspections to check profiteering, black marketing of essential com-

modities by traders including Mutton, Chicken and vegetable and fruit vendors.

The Executive Engineer PDD Kupwara/Handwara was directed to ensure uninterrupted power supply especially at all shrines/ mosques where huge congregations are expected.

The AD Food was directed to ensure availability of essential commodities including Rice, Atta, Sugar, Kerosene oil and LPG.

The Executive Engineer PHE Division Kupwara/ Handwara was directed to

ensure availability of potable drinking water. The EOs of MC Kupwara/

gations will be held.

are in place ahead of the holy festival.

Handwara/Langate were directed for launching a cleanliness drive at the places where main congre-

The ADC also took review of various other arrangements including deploy-Management and Medicare facilities and concerned



#### **EXTENSION NOTICE 05**

Subject: Supply, installation, testing and commissioning of electro-mechanical equipments at water supply scheme Chakpora Brazloo of Jal Shakti (PHE) Mechanical Division South Awantipora under JJM.

Reference: This Office eNIT No.: 06 of 2023-24 Dated: 02-05-2023 issued vide No.: JSD/MDSA/294-306 Dated: 01-05-2023.

Due to No response of the above Subjected work figuring at S No. 01 of eNIT 06 of 2023-24, the date of downloading/uploading and opening of this online work is hereby extended as per following details:

I	Date of downloading/uploading of bids	27-06-2023 (04:00 PM)
II	Date and time of Bid opening	28-06-2023 (01:00 PM)

Sd/-**Executive Engineer** Jal Shakti (PHE) Mech. Division South Awantipora

### Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION KHANABAL Phone and Fax: 01932-222221 Email: xenrnbkhanabal@gmail.com

### CORRIGENDUM

Subject: Extension in Critical Dates.

DIPK-3790/23

Dated: 20/06/2023

Ref: NIT NO 22 OF RNB/KHANABAL/2023-24 /E-TENDERING/3755-64 DATED 29/05/2023. Kindly find below the updated Critical Dates for above referred NIT.

Please Read	Instead of	
Bid Submission End Date: 26.06.2023 (04:30PM)	Bid Submission End Date: <b>19.06.2023</b> ( <b>04:30PM</b> )	
Date and time of Opening of bid (online): 27.06.2023 Time 10:30 AM	Date and time of Opening of bid (online): 20.06.2023 Time 10:30 AM	
All other terms and conditions shall remai	n unchanged.	
DIPK-3800/23	SD	
Dated: 20-06-2023	Executive Engineer,	

50	
Executive Engineer,	
<b>R&amp;B</b> Division Khanabal	



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# DC Rajouri holds phone-in program to address public grievances Next session tentatively scheduled for Friday next week

#### HT News Network

RAJOURI, JUNE 20: Deputy Commissioner, Vikas Kundal, conducted a highly successful phone-in program to address public grievances and provide timely solutions.

During the program, numerous grievances were received and promptly addressed, receiving positive feedback from the public. The District Administration's efforts to bridge the gap between the government and citizens were appreciated.

The program, usually spans

an hour and is aimed to address citizen concerns and ensure efficient resolution of their issues, was held for the fourth time since inception.

It was also revealed that the next phone-in program is tentatively scheduled for Friday next week. The exact timings of the session will be publicised through the social media accounts of the District Information Centre, Rajouri.

The presence of all district officers alongside the DC during the phone-in program facilitated immediate redressal of grievances and enabled them to



respond to inquiries. This program is part of the ongoing efforts by the district administration to improve public service delivery and strength-

relationship. The DC assured the continuation and expansion of such initiatives to meet the needs of all citizens, ensuring efficient and transparent goven the government-citizen ernanceinRajouri.DeputyCommissioner, Vikas Kundal, conducted a highly successful phone-in program to address public grievances and provide timely solutions.

HT - JAMMU

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### People's suffer due to bad condition of PMGSY road

M S Nazki



MENDHAR Thousands of inhabitants of village Sakimadan and adjoining areas are suffering because of bad condition of the Prime Minister Gram Sadak Yojana (PMGSY Road from Sakimadan to Thera road in Mendhar Sub division was in worst condition.many years the said road is converted into muddy patch with big potholes. Locals exposae their lives to high risk on daily basis. During rainy season the said road becomes non-motorable.

Social Worker Dawhood Khan said that common masses are forced to walk on the rough road which causes inconvenience to them.

### **DC Rajouri flags off Prachar Rath on JJM**

#### HT News Network

RAJOURI, JUNE 20: The Deputy Commissioner Rajouri, Vikas Kundal today flagged off a Prachar Rath on the Jal Jeevan Mission, which is aimed at providing safe and clean drinking water to every household in the district. The Prachar Rath is a mobile van that will travel across the district, spreading awareness about the mission and its objectives. The Prachar Rath is equipped with stateof-the-art audio-visual equipment, which will be used to spread awareness about the mission and its objectives. It will also showcase the benefits of having access to clean drinking water.DC Rajouri, stated that the Jal leevan Mission is a highly significant program for them. and they were committed to ensuring its success. He mentioned that with the assistance of the Prachar Rath, they would be able to reach out to more people and raise greater awareness about the mission. He expressed confidence that the initiative would aid them in achieving their objectives and ensuring that every household in the district had access to safe and clean drinking water.Furthermore, he stressed the importance of creating awareness about the JJM and its various initiatives among the rural population of the district. He urged people to actively participate in the mission and contribute towards its success. Among the others who were present during the event were DDC Member Rajouri, Sai Abdul Rashid; BDC Chairperson Rajouri, Darbar Chowdhary; ADC Rajouri, Rajeev Kumar Khajuria; ACR, Imran Rashid Kataria and DSEO, Sandeep Sharma.

### No power cut in Jammu city from 20th June: JKPDD

capacity due to low dis-

charge of water in river

HT News Network

JAMMU, JUNE 20: In its endeavors towards providing respite to consumers from scorching hot weather prevailing in Jammu region, the Jammu and Kashmir Power Development Department (JKPDD) has announced that there will be no power curtailment in Jammu City from 20th June onwards.

According to an official communique received here today in this regard, the power cut shall be restricted below 6 hours rural/ unmetered areas.This improvement in power supply situation has been attributed to certain recent developments in power sector of Jammu and Kashmir like J&K's own power generating plant i.e. 900 MW Baglihar HEP, which was

Chenab, has now picked up and generating power at its full rated capacity.Similarly, the power allocation from Government of India has increased by 200 MW from Hydro generating stations located outside J&K from where J&K imports power, due to improved generation in central Sector hydro generators such as Naptha Jhakri, Koldam and

Tehri. Additionally, there has been an improvement in thermal generation also by around 60 MW, leading to higher allocation of power to J&K.JKPDD spokesperson elaborated that in the present era of digitalization, stringent payment security mechanisms have been introduced by the power generating companies (gencos), whereby, JKPDD has to make advance payments to the gencos for procurement.

DE & CC Kathua organises Job Fair; companies selects 24 candidates on spot

# **District Development Commissioner Rajouri reviews** arrangements for smooth Eid Ul Azha celebrations

#### HT News Network

RAJOURI, JUNE 20: District Development Commissioner Rajouri, Vikas Kundal, chaired a meeting today to ensure seamless arrangements for the upcoming festival of Eid Ul Azha. The meeting focused on crucial aspects like uninterrupted power and water supply, medical facilities, parking, and transport, amongst others.

During the meeting, the DDC emphasised the need to provide all necessary facilities to the public, including sanitation, drinking water, transportation, and uninterrupted power and water supply. The PDD and Jal Shakti Departments were directed to ensure consistent power and water supply during the festive days.

To ensure the safety of the public, the Police authorities were directed to deploy adequate personnel on the holy day, while the Traffic authorities were asked to prepare well-planned traffic management and parking arrangements. The fire and emergency Department were directed to



keep their services on alert 24/7, and the EO MC was directed to ensure cleanliness in the town during the festival.

Moreover, the Health Department was asked to keep all medical facilities readily available to cater to the public's emergency needs. The concerned officer from FCS&CA, Food Safety, and Legal Metrology were directed to conduct rigorous market checking to prevent any overpricing, profiteering, and black-marketing.

ADC Raiouri, Raieev Kumar Khaiuria; ASP, Vivek Shekhar; ACR, Imran Rashid Kataria; CMO, Dr Rajinder Sharma; Administrator Auqaf, Aashiq Rafiq; Tehsildar Rajouri, Varinder Sharma; EXEN PDD Rajouri, Tasadaq Hussain; EXEN Jal Shakti Rajouri, Ashwini Sharma and other concerned officers attended the meeting. Among the others, Molana Mohd Farooq; Shafqat Mir; Rajesh Gupta; Mohd Yousif; Irfan Rehman attended the meeting. Moreover, the Health Department was asked to keep all medical facilities readily available to cater to the public's emergency needs. The concerned officer from FCS&CA, Food Safety, and Legal Metrology were directed to conduct rigorous market.

**District Admin conducts awareness** programme on Nasha Mukht Bharat

#### HT News Network

generating at a reduced

KATHUA, JUNE 20: A job fair was organised by Directorate of Employment J&K through District Employment and counselling centre Kathua in which more than 150 candidates participated and registered themselves as jobseekers for jobs in the private sector. Four companies from

private sector offering 27 jobs participated in the Job Fair wherein a total of 24 candidates were selected on spot and another 11 candidates were shortlisted for suitable job profile.

Pertinently, during the job fair, Companies like Aegios Ltd, Airtel, Mehra polymers ltd and LIC India offered jobs like Sales Executive, Fitter, Financial Advi-

provided information of the government sponsored self employment schemes like Tejeswini, Mumkin, Spurring entrepreneurship and motivated to become self

sor, Graduate Trainee Engi-

The youth were also

neers IT engineer.

employed and job creators themselves. The event is aimed

to bridge the gap between



iob seekers and leading organizations, fostering a platform for employment opportunities in the region. Assistant Director Employment Naresh kumar also informed the unemployed youths of the district that the department of employment is also going to start training related to various skill courses as per demand in the market.

# Abhiyan at Udhampur

#### HT News Network

JAMMU, MAY 23: The UT of J&K has achieved another milestone of declaring 6000 Villages as ODF Plus in the Aspiring category under the "Swachh Bharat Mission Grameen." This has been possible due to strong leadership and support provided at all levels.

These villages are sustaining the ODF Plus status and have systems in place for managing Solid or Liquid waste. The villages have progressed beyond constructing and using toilets to attain cleanliness and adequate sanitation in their villages, hence moving from ODF to ODF Plus.

In its efforts to ensure that all the villages have minimal litter and an adequate system in place to manage waste, the Directorate of Rural Sanitation, department of Rural Development and Panchayati Raj has taken many initiatives. One such major step in this arena is the initiation of the process of door to door collection in many



panchayats where waste is being collected from HHs for its scientific disposal.

In some areas people have even started paying users charges for the waste collection services being provided to them. The department has also put in place assets at Households and Community level for processing Solid and Liquid wastes.

As of now the department has created 59407 Individual compost pits, 309558 individual soak pits, 7138 Community Compost Pits and 20958 Community Soak Pits. As many as 75 villages have been declared as ODF Plus Model villages.

# AJKPCAsks Govt to Appoint Election Commission Member, Hold Delimitation of Panchayat Halqas Panchayat Elections Without Delimitation Unacceptable: AJKPC

### **HT News Network**

Jammu, 20/June/2023: All Jammu and Kashmir Panchayat Conference(AJKPC), a registered organization working for strengthening the Panchayati Raj Institutions in J & K has urged the Union Home Minister Amit Shah and Lieutenant Governor Manoj Sinha to immediately fill the vacancy of Jammu and Kashmir State Election Commission which is lying vacant after the completion of the term of Kewal Kumar Sharma, the first election commission



of J&K.Today while holding election commission of J & a press conference here at K is lying vacant for the last AJKPC Headquarters in 5 months as KK Sharma, the Jammu, Anil Sharma, Presfirst Election Commissionident of the organization er of J & K vacated his office along with other office on 1st Feb 2023 after combearers informed the media pletion of his term but the persons that the post of government took no initiative to fill this important constitutional post.

AJKPC President said, as per article 243(K) of the constitution of India, the superintendence, direction, control of the preparation of electoral rolls, the conduct of all elections to the Panchayats shall be vested in a State Election Commission consisting of a State Election Commissioner to be appointed by the Governor

Giving further details, he informed that all process of holding Panchayat Elections are to be done by State Election Commission.

# **DrBNTripathiassumeschargeofVice Chancellor SKUAST Jammu**

#### HT News Network

JAMMU, JUNE 20: Dr BN Tripathi assumed office as Vice-Chancellor of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu today.Soon after resuming charge as Vice-Chancellor, SKUAST-Jammu, Dr BN Tripathi had an interaction meeting with the statutory officers of the university to assess various activities in the field of Teaching, Research and Extension. He laid emphasis on skill development of students and shared his vision for the development of the university.Dr BN Tripathi graduated from Veterinary College, Mathura in 1984 and completed his M.V.Sc and Ph.D. from



Indian Veterinary Research Institute, Izatnagar in 1987 and 1990, respectively. Prior to joining as Vice Chancellor SKUAST Jammu, Dr BN Tripathi was working as Deputy Director General (Animal Science) ICAR, New Delhi.Dr BN Tripathi did his Post doctorate from Institute of Animal Health,

Compton (UK) in 1998-99 and remained visiting Scientist of Moredun Research Institute, Edinburgh in 2003-04. He is a recipient of International Wellcome Trust Travel fellowship in 2003-04 and International Travel Grants from Indian National Science Academy (INSA) in 2005.Dr Tripathi worked in various Institutes of National and International repute in various capacities including Director, ICAR-National Research Centre on Equines; Director, CCS-National Institute of Animal Health and Head of Animal Health Division, Central Sheep & Wool Research Institute.Dr BN Tripathi is an Elected Fellow of nine Science Academies/Societies including The Royal College of Pathologists (FRCPath), London UK; National Academy.





EDITORIAL

# Addressing the Alarming Rise in Sexual Harassment of Minors and Children in Kashmir

The region of Kashmir has unfortunately witnessed a disturbing trend in recent years: an alarming increase in sexual harassment cases involving minors and children. This editorial aims to shed light on this deeply concerning issue, discuss the underlying factors contributing to its prevalence, and call for immediate action to protect the vulnerable members of society.

The rise in sexual harassment cases involving minors and children in Kashmir demands urgent attention from both the government and society as a whole. The victims, often traumatized and unable to articulate their pain, suffer silently, leaving longlasting emotional scars. Such incidents not only shatter the innocence of the victims but also pose a serious threat to the overall social fabric and future well-being of the region.

Several factors contribute to the increase in sexual harassment cases in Kashmir. Firstly, the lack of awareness and education on sexual abuse prevention leaves children and their families illequipped to recognize warning signs or report incidents.

Additionally, the incessant political instability that have plagued the region have diverted attention from social issues, allowing the problem to persist. The prevailing culture of silence and fear discourages victims and their families from reporting these crimes, leading to an underreported and unaddressed crisis.

Law enforcement agencies and the judicial system have a pivotal role to play in combating this issue. It is crucial to establish specialized units within the police force dedicated to handling cases of sexual harassment involving minors and children. These units should be adequately trained to handle sensitive cases, ensuring a victim-centric approach and safeguarding the well-being of the survivors. Simultaneously, the judicial system should prioritize these cases, expediting their progress through the courts while ensuring fair trials and appropriate punishments for the perpetrators.

An effective way to combat sexual harassment is through education and awareness campaigns that target both children and adults. Schools should incorporate age-appropriate curriculum that teaches children about their rights, personal boundaries, and how to identify and report inappropriate behavior. Parental involvement is essential in reinforcing these teachings at home and creating an open dialogue with their children. Furthermore, community awareness programs, workshops, and public service announcements should be organized to inform and empower individuals to recognize and prevent such crimes.

# **MOBILE ADDICTION** MATTER OF CONCERN

HT - EDIT

@headlinestodaydaily
Generation



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Mobile phone is such a device without which we feel patchy nowdays. It is one of the source of Communication, Knowledge, Pleasure, Entertainment etc . This device has taken such a place in our lives which is irreplaceable. This device has become like the part of our body.

This is such a device which is very convenient to us in one side but it has become a hamper now . Every technology has both productive and unproductive use, it depends on individuals to perceive which side of technology. Mobile addiction is one of the destructing addiction. Like other addictions it is also and addiction . It has also been scientifically proven that when a person uses mobile phone, it do have harmful radiations which are virtuous for us. Especially when we use mobile phone for the purpose of pleasure some harmones are released in our minds like Dopamine and Oxytocin. They provide us huge pleasure and then we become addicted to it .

Like when we use mobile phone we enter into online world and gradually we become disconnected from real world or offline world. Thus it takes us away from reality. Relationships are getting spoiled due to this , individuals spend huge and huge time on mobile phones instead of spending it on some productive thing. Nowdays in many of the households quarrels start due to this addiction because when a person is busy with his/ her mobile phone,he/she doesn't contemplate about what is occurring around them. Most of the real happenings are avoided due to this addiction.

Nowdays it is trend among parents also to provide mobile phones to their wards at such a young age when they are immature. They provide them phones when they pass some examination or some standard ,they provide them it as a present without envisaging that their wards are not properly matured . Mostly they become impotent to use that for any right purpose. Parents do have an intention that their wards will gain more knowledge from this, they provide them it as a source of learning. But usually that present takes the form of catastrophe sooner or later . They become detached from their families when they enterinto online world . So parents should not do this lapse to provide mobile phones to their wards at young age .

I have also seen cases around me, when a baby or a toddler starts crying, parents or their family members provide them mobile phones in order to make them stop crying, without cogitating that weeping for a baby is much better than providing them phones . And parents proudly say that their wards know how to use a mobile phone, they should think that this is the beginning of cataclysm to come in future. It has also been proven that by using mobile phone in excess reduces our memory power. So losing ones memory power is not a wisecrack. Peculiarly young ones are mostly affected.

I have also seen cases when people are sitting with one another physically but mentally they are in online world using mobile phones. This device have taken the savour of relationships, family discussions etc.

In my sense there should be a rule in every family not to use mobile phone while sitting around eachother. Some steps may be taken to reduce this addiction like parents should strictly barren their young wards from using mobile phones. Instead put in them a habit of reading, enjoying nature etc. There are many productive things to do instead of using mobile phones. Mobile phone takes us from real world and bring us in online world.

Mobile phone is also one of the reason for Depres-

sion. When a person consistently uses mobile phone ,his/her social connections are affected and the person usually doesn't share the feelings with anyone. Energy is getting squandered due to imprudent usage of mobile phones ,instead that energy can be used for any productive use . Time wastage is also one of the consequence of mobile phone usage .Much of the productive time gets wasted on this device. Time is more precious than anything else .So wasting time on such a device is very detrimental to us . Using mobile phones for longer hours make us much feeble and we remain aloof from physical activities.

I myself am trying to bring a change around me because I believe on this quote (Be the change you want to see around you). I generally use a sentence at my home which is (Please come out from online world and enter into offline world) because real world is much more beautiful and cheerful than this online world.

Mobile phone on the other side is a hub and source of Knowledge but to availability of enormous distractions ,that side is mostly avoided . We should take enormous care about which usage we are experiencing.



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Providing comprehensive support to victims is of utmost importance. Counseling services, helplines, and safe spaces should be established to ensure that victims have access to the necessary resources to heal and recover. Collaboration between the government, NGOs, and healthcare providers can help create a network of support that addresses the psychological, emotional, and legal needs of the survivors.

Combating sexual harassment requires a collective effort from the government, civil society, religious leaders, and the media. Cooperation among these stakeholders is essential to create a society that prioritizes the protection of its most vulnerable members. The media has a significant role in raising awareness, highlighting cases, and advocating for justice, while religious leaders can use their influence to promote values of respect and equality.

The rising cases of sexual harassment involving minors and children in Kashmir demand immediate attention and a multifaceted approach to address this pressing issue. By prioritizing education, strengthening law enforcement and the judicial system, and creating a supportive environment for victims, we can work together to protect the innocence of our children and create a society that values their well-being. It is only through collective action and unwavering commitment that we can bring about lasting change and safeguard the future of Kashmir's young generation.

# A BILINGUAL POETRY BOOK

### Reviewed by Khursheed Ahmad Wani

KHURSHEED WANI

Williamsji Maveli, a rare diamond of the literary world, was born on 23 April 1955 in Kalitamkara village in Thrissur district of Kerala state in India. He was well-known in the early 1970s (Williamsji, Irinjalakuda) as a writer of romantic, charming lyrics in his native Malayalam, including many sonnets. In his early school days at "Don Bosco English Medium High School", he began writing lyrics. Later, while in college, he released his first work of lyrics titled "Ragha Pooja" (Offerings to Love ) in Malayalam in 1973. He was elected as the magazine editor at Christ College in 1976. During this time he prepared manuscripts for magazines, namely "Kalithoni" for the Sharadaya Study Circle of Kalitumkara and another magazine "Shilpi" for the Irinjalakuda Sakti Mathurbhoomi Study Circle. He has done Master's in English Literature from Christ College. He was very impressed by Sachidanan's style of teaching poetry. He was also influenced by the popular Malayalam Literary Critic Mampuzha Kumaran. He wrote about 300 songs for Malayalam films and magazines, notable for 'Cinerama.' He became the Assistant Script Writer of the late A.C. Sabu, the only Journalist specializing in Cinematography at that time and a close associate of Kanmani Films director, the late Ramu Kariyat (Chemmeen fame) who brought the first Silver Award to Malayalam Film for the best feature film during the year 1970. Williamsji was also associated with the screen play works of



Williamsji's 50th book titled 'CHARIS-MATIC', published by LiteratuesLight and powered by Aesthetic Creations. It is a bilingual book. The two languages are English and Malayalam. This book is an unwonted blend of thoughts from the creative mind of poet Williamsiji Maveli. The cover page of it is state of the art, arresting and eye-catching. The poet has dedicated this treasured souvenir to his twin grand-daughters, Joanne William & Leanne William. This book depicts the charismatic leadership of twin budding artists that make people admire and willing to follow them. The cover pages depict two art forms Mohiniattam and Kathakali (Classical Dances of Kerala).

The opening poem of the book 'Treasured Hunt' presents a complex experience of consciousness. It shows the brilliant flow of the poet's pen. I don't want to go too deep into it but I suggest you read it and enjoy the strong feeling of the poet. One more poem 'Winged Words', in this poem the poet has used figure of speech to compare divine love with a dove bird. The poet rightly turned his joyful experience into an admiring poem.

Another poem titled, 'Obsession', in this poem one can realize the cadence of words. Cadence is a literary device used to indicate the fluctuation of the voice when reading words. Melodic patterns arise while reading words. In both poetry and prose, cadence helps set a pace. Life's passion and obsession with time transforms the life into a beautiful infinity of glorious moments.

One more poem titled, 'Love is Bountiful', a rhyme royal indited very beautifully. The poet rightly said, 'Hold the truth that shows us the straight pathway.' Readers will notice the use of imagery the poet has used in this poem. The poet used beautiful images that will grab the attention of readers the whole nine yard. Another poem titled, 'Inner Flame' indited exclusively about life's struggle against uncanny situations and the ray of light that made him the essence. In addition, the metaphorical meaning of the poem will also be able to attract the reader's attention.

One more poem titled, 'All are near! All are Far!' the poet has composed this poem very well, using melodious words from head to toe with great skill. It shows how brilliant and lively the poet's imagination and creation are! 'None Are Above' another poem written nicely in which the poet highlights the significance of leaf and lyric. Here the readers can realize the importance of symbolism.

'Debris', one of the masterpieces from this book in which that poet has used a literary device called the mood. The mood of this poem is very sad, curious and nostalgic. The poet rightly said,

'I am now soulless, body, the debris The heavy storm of blood clot floats.'

Another poem titled, 'Lost in the Tides' in which the poet nicely said 'Lost in the tides of time, my soul still wishes you to be ....' It will appeal to all readers because of its figurative meaning. One more poem titled, 'The Departure', the poet has turned a scene of the departure of his loved one while at the railway station into poetry and ends with a wish.

'An ode of Love', a love poem exclusively indited about the poet's beloved. I read the whole poem I can call Williamsji – a great romantic poet of Kerala. The poet concluded this poem with,

'The waves of my ocean have been thrilled over again

And I wanted to shape my sky with my own sharp eyes!'

Another poem titled, 'Under an Orange Tree', the poem reflects tranquil emotions, and at times the poet falls into a dreamy dream and so on. Reading this poem I remembered my own encounters, feelings and desires. 'The Lonely Sky', a nice poem on page 50, in which the poet eloquently uses similes to captivate the reader. The poem is very short but very interesting and tear-jerking. It will make the readers think because there is sadness hidden in it.

Another poem, 'Be the Light' in this poem that poet has well said that be a beacon light in the darkness. In addition, he says how important it is to have light and remain light; let go of negative thinking; breaking the chains of hatred in life. The poet rightly concluded this poem with a strong desire.

Williamsji Maveli has written this bilingual book in an excellent style, with excellent use of eloquence. The poet has a gift of the gab to present everything in verses. He has a strong grip on diction. He made an excellent use of language to create impact and effect. I recommend every poetry lover to read this book and find how beautifully it is written. I would like to pay my sincere tribute to Williamsji for this wonderful publication.

> Reviewer, Poet, Reviewer, Author, Teacher, From Batagund Langate, khursheed1605@gmail.com

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# **Exploring a World of Career Opportunities**



**AUBAID AHMAD AKHOON** 

The 10th board exams have concluded, and now students are faced with the daunting task of selecting the right subjects for their further education. The choice of subjects is a crucial decision that can have a significant impact on the student's future career opportunities. In today's rapidly changing world, new career paths are emerging, and it is essential to be aware of all the options available to make informed decisions

While NEET (National Eligibility cum Entrance Test) and JEE (Joint Entrance Examination) are commonly associated with medical and engineering career paths, it is important to remember that they are not the sole gateways to success in the medical field. In fact, the realm of medical streams is vast and offers a multitude of diverse and fulfilling career opportunities. Let us embark on a journey to explore the untapped potential that lies within the medical domain, as well as the myriad of possibilities in other subjects.

**Expanding Horizons in Medical Streams:** While NEET and JEE are highly regarded and popular career paths for aspiring doctors and engineers, it is crucial to recognize that they are not the only avenues to pursue a career in the medical field. Here are some alternative options to consider:

Allied Health Professions: These encompass a wide range of healthcare roles that play a crucial role in patient care. Students can explore professions such as physiotherapy, nursing, medical laboratory technology, radiography, speech therapy, and occupational therapy, among others. These professions offer rewarding careers focused on improving the health and well-being of individuals.

Biomedical Engineering: This interdisciplinary field combines engineering principles with medical sciences to design and develop innovative healthcare technologies and medical equipment. Students interested in both technology and healthcare can contribute to advancements in prosthetics, medical imaging, biomaterials, and biomedical research.

Biomedical Research: The field of biomedical research offers opportunities for students passionate about scientific explo-

ration and discovery. Working in research institutes or pharmaceutical companies, they can contribute to groundbreaking advancements in understanding diseases, developing new drugs, and improving healthcare outcomes.

Public Health: Public health professionals work towards improving the overall health and well-being of communities. Students can pursue careers in public health administration, epidemiology, health education, environmental health, and health policy. These roles focus on preventing diseases, promoting healthy lifestyles, and addressing health disparities.

#### **Exploring Career Opportunities in Other** Subjects:

While the medical field offers diverse avenues, it is equally important to consider career opportunities beyond this domain. Here are a few examples:

**Engineering:** Engineering fields, such as civil, mechanical, electrical, and computer science, offer exciting prospects for students with a passion for problem-solving and innovation. They can contribute to infrastructure development, technological advancements, sustainable energy solutions, and digital transformations.

Pure Sciences: Students inclined towards subjects like physics, chemistry, and mathematics can pursue careers in research and academia. They can explore fields such as astrophysics, theoretical physics, chemical research, mathematics, and data science. These disciplines contribute to expanding the frontiers of human knowledge.

Social Sciences: Subjects like sociology, psychology, economics, and political science open doors to careers in social work, counseling, research, policy analysis, human resources, international relations, and more. These fields focus on understanding human behavior, societal dynamics, and shaping policies for social change.

Arts and Humanities: The arts and humanities offer diverse career paths in fields like literature, journalism, history, fine arts, language studies, and communication. Students can explore opportunities in media, content creation, writing, cultural preservation, education, and creative industries.

Conclusion: While NEET and JEE may be popular pathways in the medical field, it is crucial to recognize the vast array of career opportunities available beyond these exams. By exploring allied health professions, biomedical engineering, biomedical research, and public health, students can find fulfilling and impactful roles within the medical domain. Additionally, there is a world of possibilities in other subjects

"Choosing a career without proper guidance is like setting sail without a map or compass. Career guidance can be the lighthouse that illuminates the path to a fulfilling and successful future.'

Career guidance is a crucial aspect of every student's life that determines their future. The right career path can lead to a successful and fulfilling life, while the wrong one can lead to frustration and dissatisfaction. Unfortunately, in Kashmir, there is a lack of awareness and information about the various career options available, and there is no culture of visiting a career counsellor. This has led to a situation where many students are unaware of the vast array of career opportunities available to them. Recent surveys have shown that 93 percent of students in India are aware of less than ten career options, mostly limited to the traditional fields of engineering, medicine, law, finance, and IT. However, with over 600 career options available today, it is essential to increase awareness levels of all the available career options for students. One way to do this is by attending a career guidance program or setting up an appointment with a career counsellor. Career guidance typically begins with an assessment of an individual's skills, interests, and strengths. This information is then used to identify potential career paths that may be a good fit. A career counsellor or advisor may provide information about various occupations, such as job requirements, growth potential, and earning potential. Career counsellors can also help individuals explore education and training options, such as college or vocational programs, and offer advice on how to gain relevant work experience. They are the right people to explore and ask for a desired new but appropriate career path. Career counselors let people make informed decisions with practical guidance and thorough research. They keep students updated with all the leading platforms and current requirements in the market.

Moreover, educators in India are extensively working towards achieving improvements in the educational sector. Career counselors are among those who groom younger minds in a suitable direction. When schools, institutes, or even parents lack to offer proper guidance to the students, career counselors come into action. It is the utmost account of the counselor to show and be aware of all the career paths available to the ones in need. Career guid-

ance information will help students fulfill their aspirations by setting up realistic goals. A career guidance counselor is an expert in career opportunities and options that students must have, depending on their interests and capability. A counselor is well aware of the opportunity and examines them from a broader perspective to find a suitable solution for a particular student. Career counselors respect and comprehend the children's and parents' perspectives and, accordingly, recommend an ideal middle path. They try to be fair and deliver a balanced opinion by making both parties understand the details of career options. They make students aware of options like ethical hacking, astrophysics, sports psychology, and more. These counselors can introduce students to all the effective alternatives present in the market. Choosing the right career is not just about earning money or status. It is also about finding a job that brings satisfaction and personal fulfillment. Career guidance with an expert counselor will develop a clear road map to fulfill future dreams. With the help of a career counselor, students can discover their strengths and interests, explore new opportunities, and make informed decisions about their future. Bottom line: career guidance is essential for every student to make informed decisions about their future. The role of a career counselor is to provide students with the necessary guidance and information to help them choose the right career path based on their interests, skills. and capabilities. With the right guidance, students can explore new opportunities and fulfill their aspirations, leading to a successful and fulfilling career. In regards to career counseling for students, I would like to extend a professional invitation to guardians and students to visit my office. Our team of expert career counselors is dedicated to providing personalized and comprehensive guidance to help students make informed decisions about their academic and career paths. We strive to create a supportive and encouraging environment to ensure that students receive the necessary assistance and resources to achieve their goals. "Career guidance is not about telling you what to do, it's about empowering you with the knowledge, skills, and confidence to make informed decisions about your future."

The lack of awareness and information about career options in Kashmir, as well as the limited culture of visiting career counselors, has resulted in many students being unaware of the vast array of opportunities available to them. Studies have shown that a significant percentage of students in India are only aware of a handful of traditional career options. However, with over 600 career options available today, it is essential to increase awareness levels and provide comprehensive guidance to students.

Career guidance programs and career counselors can play a crucial role in empowering students to make informed decisions about their future. These professionals assess students' skills, interests, and strengths to help them identify potential career paths that align with their capabilities and aspirations. They provide information about various occupations, educational requirements, and growth prospects, enabling students to explore a wide range of options. Additionally, career counselors can guide students in accessing relevant educational and training programs, gaining practical experience, and staying updated with current market trends and requirements.

In essence: expanding career horizons beyond traditional paths is crucial in today's dynamic world. Students should be encouraged to explore the diverse range of career opportunities available in the medical field and beyond. Career guidance programs and career counselors play a vital role in providing students with the necessary information and support to make informed decisions about their future. By equipping students with knowledge, skills, and confidence. career guidance empowers them to navigate their career paths successfully and achieve their goals.

In regards to career counseling for students, I would like to extend a professional invitation to guardians and students to visit my office. Our team of expert career counselors is dedicated to providing personalized and comprehensive guidance to help students make informed decisions about their academic and career paths. We strive to create a supportive and encouraging environment to ensure that students receive the necessary assistance and resources to achieve their goals. For prior appointment call me on 9205000016 & 9205000010.

Author is a renowned Educational Columnist /Motivational Speaker and an Associate Editor of the weekly publication 'Education Quill.' He currently serves as the Senior EDP Head at DD Target PMT Kashmir, a reputable institute renowned for its coaching classes in the medical/JEE/ Foundation Classes.

# **US Sec's Lawsuits Against Binance And Coinbase Hit Cryptocurrency Market**

# Indian Authorities Including RBI Strictly Monitoring The Global Developments



After shaking the foundation of traditional finance and making central banks give a war cry, the cryptocurrency world faces one of its most critical moments as it moves forward nonchalantly. With over a trillion dollars in market cap and the bitcoin keeping in the range of \$26,000, it's not a doom or gloom story for digital assets. But there are some upheavals, nevertheless!

The United States Securities and Exchange Commission (SEC) has filed lawsuits against Binance and Coinbase, the two biggest crypto exchanges in the world. The American capital market regulator has charged them with operating as exchanges, brokerdealers, and clearing houses without any licenses. Binance was also accused of commingling customers' funds and running two unregistered securities - BNB and BUSD. BNB is the native coin of the Binance network as BTC is to bitcoin, and BUSD is the stablecoin operated by a blockchain company Pexos under the license of Binance. BUSD, with roughly \$16 billion in outstanding, was forced to close by the US regulators on the charges that it is unregistered security.

The enforcement action being taken by the US regulator is to force crypto exchanges and crypto tokens to get themselves registered with the SEC and follow the rulebook prescribed for securities. The SEC argues that crypto exchanges can't claim that no law applies to their businesses. It further claims that many crypto exchanges are taking calculated risks in which the cost of enforcement is included. Given this, the SEC is in no mood to let crypto exchanges operate without proper



licenses and submit to the existing laws for securities and capital markets.

Following the collapse of FTX in November, which wiped out about \$10 billion of investors' money, the US regulators have taken a tough stance against crypto exchanges and their services. In the first such enforcement action, SEC forced a US-based crypto exchange to sign a \$50 million settlement deal after charging it with offering unregistered securities in the form of staking services. In a recent interview, SEC

chair Gary Gensler claimed the crypto market poses the same scenario as before the federal securities laws came into being in 1933. Scammers are cheating investors who end up in queues outside bankruptcy courts. There is no protection for investors and no legal recourse available to them. It can't be allowed to continue.

What Gensler is doing now, he should have done much before big collapses and failures rocked the crypto world. But businesses can't be allowed to be dictated by the regulators. It must have free and

autonomous space to operate. In other words, businesses need well-defined perimeters to operate freely. In today's context, what the SEC claims is subject to how the courts view them. The courts may dismiss SEC's enforcement, calling them an overreach, something that's not within its power or jurisdiction. That's where there is a need for a clear law that governs the activities in the arena of cryptocurrencies.

A similar situation arose in India when the Reserve Bank of India, through a circular in 2018, asked the banks not to process crypto transactions. Its overreach was overruled by the Supreme Court of India in 2020. What next? Crypto businesses still does not have access to full range of banking services in India. Recently, Twitter founder Jack Dorsey claimed in an interview that its officials were threatened with raids and jail terms if they did not act in a particular manner, removing posts that the government viewed objectionable. In the same breadth, Dorsey, a big-time Bitcoin maximalist, questioned India's democracy.

In its lawsuit, SEC requested the court to free the assets of Binance.US, an affiliate of Binance. But the court did not agree with the SEC, saying it would harm the customers and the digital assets market. It asked SEC and Binance to engage in talks and find a solution, which they did. Binance.US has laid off many employees as it prepares for lengthy and costly litigation with SEC. Coinbase, an American company, got a license in Bermuda recently and is in the process of setting up bases in the UK and UAE. It's moving out of the US likes scores of other crypto firms. Coinbase CEO, Brian Armstrong, has claimed that the US will lose a significant share of the global financial market to cryptofriendly jurisdictions such as Dubai, Singapore, and Hong Kong.

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# **PM Modi embarks on** state visits to US, Egypt

#### **HT News Network**

New Delhi, June 20 (UNI) Prime Minister Narendra Modi on Tuesday morning left on a six-day visit to the US and Egypt. The PM will attend programmes in New York City and Washington, including Yoga Day celebrations at the UN Headquarters and hold talks with US President Joe Biden.

In a tweet, the PM said: "Leaving for USA, where I will attend programmes in New York City and Washington DC. These programmes include Yoga Day celebrations at the @UNHQ, talks with @POTUS @Joe-Biden, address to the Joint Session of the US Congress and more."

In a departure statement, the PM said he is travelling to the US on a State Visit at the invitation of President Joe Biden and First Lady Jill Biden. "This special invitation is a reflection of the vigour and vitality of the partnership between our democracies.'

He said he looks forward to celebrate the International Day of Yoga on June 21 at the UN Headquarters



with the UN leadership and members of the international community.

"I look forward to this special celebration at the very location that supported India's proposal in December 2014 to recognize an International Day of Yoga.

He said his visit to Washington will be an opportunity to enrich the depth and diversity of the India-US partnership.

"India-US ties are multifaceted, with deepening engagements across sectors. USA is India's largest trade partner in goods and services. We collaborate closely in science & technology, education, health, defence and security fields. The initiative on Critical &

strong bi-partisan support to India-US ties. During my visit, I will address a Joint Session of the US Congress at the invitation of Congressional leadership."

"Strong people-to-people linkages have been instrumental in developing the trust between our countries."

He said he looks forward to meeting the vibrant Indian-American commu-**Emerging Technologies has** nity that represents the best added new dimensions and of our societies. He will also widened collaboration to meet some of the leading defence industrial coop-CEOs to discuss opportunieration, space, telecom, ties for elevating the bilatquantum, Artificial Inteleral trade and investment ligence and biotech sectors. relationship and for build-Our two countries are also ing resilient global supply chains. collaborating to further our

shared vision of a free, open "I am confident that my and inclusive Indo-Pacific." visit to the US will reinforce PM Modi said his discusour ties based on shared values of democracy, diversions with President Biden and other senior US leaders sity and freedom. Together we stand stronger in meet-"will provide an opportunity to consolidate our bilating the shared global chaleral cooperation as well as lenges." in plurilateral forums such

He will travel to Cairo from Washington D.C. at the invitation of President Abdel Fattah El-Sisi.

"I am excited to pay a State Visit to a close and friendly country for the first time," the PM said.

# "We Are Not Neutral...": What PM Modi Said On Russia-Ukraine Conflict

#### **HT News Network**

New Delhi: Prime Minister Narendra Modi has said that India stands on the side of peace in the ongoing Russia-Ukraine conflict, Wall Street Journal (WSJ) reported.

In an interview with WSJ ahead of his departure for a historic State visit to the US, PM Modi said that when it comes to the Ukraine conflict, "Some people say that we are neutral. But we are not neutral. We are on the side of peace."

Asked about cricitism in the US of his government for not taking a more forceful stance against Russia in the conflict with Ukraine, PM Modi told the publication, "I don't think this type of perception is widespread in the US." "I think India's position is well known and well understood in the entire world. The world has full confidence that India's topmost priority is peace," he told the Wall Street Journal in an interview that was conducted at the Prime Minister's residence in New Delhi.

The Prime Minister said all countries should respect international law and the sovereignty of countries, disputes should be resolved with diplomacy and dialogue, not war. India has abstained from UN votes

condemning the invasion. The PM during his interview with WSJ said he has spoken several times

to Russian President Vladimir Putin and Ukrainian President Volodymyr Zelenskyy. He said he most recently



spoke to President Zelenskyy on the sidelines of the Group of Seven summit in Japan in May. "India will do whatever it can" and supports "all genuine efforts to bring an end to the conflict and ensure enduring peace and stability," PM Modi said.

According to The Wall Street Journal, India's relationship with the US has strengthened in recent years in part because of economic ties. Trade between the two countries reached a record USD 191 billion in 2022, making the US India's largest trading partner. The US is India's third-biggest source of foreign direct investment and one of the top five destinations for investment from India.

India has at the same time, maintained close ties with Russia, which still provides about 50 per cent of the country's military supplies, including arms, ammunition, tanks, jet fighters and S-400 air defence systems, according to WSJ.

PM Modi during the interview also said that "there is an unprecedented trust" between the leaders of the US and India. He hailed growing defence cooperation between the two countries as "an important pillar of our partnership," which he said extends to trade, technology and energy.

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In the US, PM Modi will address the joint session of the US Congress, meet with business leaders and Indian expats, and join President Joe Biden for a state dinner at the White House.

### **BJP** wants to run Delhi through ordinance: **Kejriwal**

#### HT News Network

New Delhi, June 20(UNI) Delhi Chief Minister Arvind Kejriwal on Tuesday accused the BJP-led Centre of trying to establish control over the elected state government through a recent ordinance that has led to the formation of the National Capital Civil Service Authority (NCCSA).

"Through this ordinance, the BJP-led Centre is trying to establish control over the elected Delhi government," Kejriwal said after attending the first meeting of the NCCSA here.

Addressing a press conference, Kejriwal alleged that the BJP was trying to rule Delhi on the strength of the ordinance despite losing four elections in the national capital.

Kejriwal said the ordinance places officers above the ministers, the chief minister and even the cabinet.

# Mamata takes strong exception of Raj Bhavan's decision to hold 'State Foundation Day'

#### **HT News Network**

as G20, Quad and IPEF."

He will also join President

Biden and First Lady Jill

Biden for the State Banquet

along with a number of

dignitaries."The US Con-

gress has always provided

Kolkata, June 20 (UNI) West Bengal Chief Minister Mamata Banerjee has taken strong exception to Governor CV Ananda Bose's alleged decision to observe "Bengal Foundation Day" on Tuesday.

"I am stunned and shocked to know that you have decided to organise a programme on June 20 at Raj Bhavan, commemorating what peculiarly chosen to describe as 'the state foundation day of West Bengal'.

Since independence, we in West Bengal have never rejoiced over or commemorated or celebrated any day as the foundation day of West Bengal. Rather, we have seen the partition as a result of unleashing of communal force that could not be resisted at that point in time," Banerjee wrote to the governor in a letter. In this regard, kindly refer to our telephonic discussions today when you admitted that the unilateral and non-consultative decision to declare a particular day as the Foundation Day of the State of West Bengal is not warranted. You were kind enough to assure us that you would not proceed to hold the programme, the chief minister wrote the letter on Monday, which was circulated to the media last night." I would like to state



that West Bengal was carved out of the undivided State of Bengal in 1947 through a most painful and traumatic process. The process involved uprooting millions of people across the border and death and displacement of innumerable families." The economy of Bengal was destroyed and devastated, and the truncated State of West Bengal suffered a sudden disruption of communication and infrastructure, too."She continued saying "The slicing out of West Bengal was seen as a historical necessity at that point of time, but it was also known that it was a tragic destiny for the people of Bengal. The State was not founded on any particular day, least of all on any 20th of June. Contrarily, the State was formed through the infamous.

# **Amid Heatwave Hospitalisations**, **Centre Rushes Team To Worst-Hit States**

#### **HT News Network**

New Delhi: Health Minister Mansukh Mandaviya today chaired a high-level today to review the country's preparedness as several states continue to reel under intense heatwave.

Mansukh Mandaviya said a five-member team, comprising senior officials from the Health Ministry, Indian Meteorological Department (IMD), will visit states worstaffected by heatwave conditions.

He said the Indian Council of Medical Research (ICMR) has also been directed to suggest steps to minimise the adverse effect of heatwave.

"Arrangements will be made at every level for the protection of common life. We



The IMD said heatwave conditions over east India and adjoining central India are likely to abate from tomorrow.

Over the past few days, deaths due to heat stroke have been reported from several states, including Uttar Pradesh, Bihar and Odisha. In the wake of scorching heat, several states have extended their summer vacations as a response to the extreme heat. Earlier, the India Meteorological Department (IMD) had said that most of India would experience above-normal maximum temperatures from April to June. A heatwave is a period of abnormally high temperatures, more than the normal maximum temperature that occurs during the summers, according to National Disaster Management Authority.

Now the final decision in every department will not be that of the minister, but of the departmental secretary. The secretary can overrule the decision of the Minister. Above the cabinet will be the chief secretary who will decide which decision of the cabinet is correct, which clearly shows the BJP government's intention," he alleged.

## Rs 1.63 cr valued gold seized, three held at Kannur Int'l Airport

#### ■ HT News Network

Kannur, June 20 (UNI) The Directorate of Revenue Intelligence (DRI) sleuths on Tuesday, seized smuggled gold weighing more than two kilograms valued around Rs 1.63 crore from three passengers, who arrived at Kannur International Airport.

According to sources, they detained Faizal of Azhiyoor and Unais Hassan of Narikunni, duo hails from Kozhikode district and Abdul Azeez of Eriyad in Kasaragod district, in this connection.

The smuggled compound form gold was concealed in capsules and kept inside their bodies.

A Customs source said the gold and arrested persons were later handed over to the department and interrogation is ongoing.

### **Cong lodges complaint** against Nadda and other **BJP leaders**

HT News Network

Bengaluru, June 20 (UNI) Karnataka Congress has lodged a complaint against BJP National President JP Nadda and party's IT Cell Head Amit Malviya with the city police in connection to posting derogatory posts against party leaders including Rahul Gandhi.The complaint has also been lodged against Chandigarh BJP President Arun Sood for releasing an animated video of Rahul Gandhi, claiming that Congress is indulging in anti-national activities. The complaint has been lodged by Karnataka Minister Priyank Kharge and KPCC Spokesperson Ramesh Babu, under IPC Sections 505 (2), 553 (A), 120 (B), 34. Malviya had posted the video from his official account on June 17, claiming Rahul Gandhi indulges in anti-national activities on his visits outside India. It also claims Congress and Rahul Gandhi.

want to ensure no one dies of a neat stroke, Mr Mandaviya said.

He said a virtual meeting will be held with the health ministers of the states where temperatures are soaring.

The weather agency has predicted severe to very severe heatwave conditions in various regions such as Uttar Pradesh, Bihar, Haryana, Tamil Nadu, Madhya Pradesh, Jharkhand, Vidarbha, Odisha, West Bengal, Andhra Pradesh, Telangana among others.

# **Nine years of Modi govt** unique in India's history: Yogi

#### HT News Network

Ambedkar Nagar (UP), June 20 (UNI) Chief Minister Yogi Adityanath on Tuesday credited Prime Minister Narendra Modi's effective leadership with changing the global perception of India and said that the nine years of Modi government are unique in Indian history.

Inaugurating and laying the foundation stone of 2,339 development projects worth Rs 1212 crore in Ambedkar Nagar, the CM said, "The nine years of Prime Minister Modi are

unique in Indian history. No one could think of abrogating Article 370 in Kashmir, but the PM made it a reality."

He said, "Whether it be the development of India's infrastructure, internal and external security, or the work of taking schemes for poor welfare to the general public, everything has been done with great sincerity." Yogi said that today's



India has changed, as has extremism, Maoism and the world's perception of it. Naxalism in this country, "The world now looks to which was spread out over India in times of crisis and more than 115 districts, but PM Modi now serves as a today it has been reduced "Sankat Mochak' (spin docto 3 to 4 districts. By eraditor)," he said. cating Naxalism and Mao-Stating that nine years ism from Indian soil, the ago, infiltration occurred in

foundation for Ram Rajya border regions, he said that has been laid, and its vision it does not happen anymore. will soon be realised." "Even if someone dares to He also highlighted that India has surpassed Britain do so, India today has the

to become the fifth-largest courage to carry out airstrikes and surgical strikes economy in the world and inside the enemy's own is also leading the G-20 stronghold in order to group of countries today. Taking a swipe at Paki-

destroy him," he said. The CM said, "Nine years stan, Yogi said that while ago, there was terrorism, India under Prime Minister

Narendra Modi's leadership is providing free ration to over 80 crore people, the people in the neighbouring country are struggling to get two meals a day.

He said, "Pakistan is getting punished for its sins. India is embarking on a new journey, while Pakistan is starving. Even the people residing in Pakistan-occupied Kashmir are demanding to leave the impoverished Pakistan."The CM asserted that Kashi Vishwanath Dham has evolved into a grand Dham in recent years and that a magnificent Ram temple is currently being constructed in Ayodhya. "Keep in mind that as Ayodhya develops, Ambedkar Nagar will directly benefit from it. Ambedkar Nagar will benefit the most from the Ayodhya Corridor. This is the honour of the heritage," he said.In an attack on Congress, he said, 'Today no one can devour

money meant for the government schemes, it goes directly to the poor's.

## **Rajnath Singh to join Indian** Navy personnel on board **INS Vikrant on IYD**

#### HT News Network

New Delhi, June 20 (UNI) Defence Minister Rajnath Singh will join Indian Navy personnel onboard indigenously built aircraft carrier INS Vikrant to perform yoga on the occasion of International Day of Yoga tomorrow, June 21.

Admiral R Hari Kumar, Chief of the Naval Staff; Kala Hari Kumar, President of Naval Welfare and Wellness Association, along with other senior officers of Indian Navy and the Ministry of Defence will be present during the event, a statement said.

Armed forces personnel including Agniveers will participate in the event, embracing the spirit of unity and well-being. After the yoga session, Rajnath Singh will address the gathering and felicitate the yoga instructors.

On the occasion, Indian Navy will stream an exclusive video on Indian Navy's outreach activities emphasising the theme 'Ocean Ring of Yoga', while Indian Navy units that are deployed in the Indian Ocean Region will visit various ports of Friendly Foreign Countries to spread the message of "Vasudhaiva Kutumbakam" which is also the theme for IDY 23.

The UN recognised June 21 as the International Day of Yoga through a resolution in 2014.

Later tomorrow, Rajnath Singh would inaugurate the Integrated Simulator Complex (ISC) 'Dhruv' at the Southern Naval Command, Kochi.

ISC 'Dhruv' hosts modern state-of-the-art indigenously built simulators which will significantly enhance practical training in the Indian Navy, the statement added. ISC 'Dhruv' hosts modern state-of-the-art indigenously built simulators which will significantly enhance practical training in the Indian Navy, the statement added.



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Sudan spiralling into destruction, says UN chief

#### HT News Network

GENEVA: Sudan is descending into death and destruction at an unprecedented speed, UN chief Antonio Guterressaid on Monday as he urged donors to step in and curb

The pledging conference comes mid-way through a three-day ceasefire which appeared to have brought calm to the capital Khartoum, after the failure of earlier truces to ensure secure aid corridors.

More than two months into the fighting, the United Nations is worried that the crisis could spill over and destabilise neighbouring African states.

"The scale and speed of Sudan's descent into death and destruction is unprecedented," UN Secretary-General

The death toll has topped 2,000, the Armed Conflict Location and Event Data Project said.

Sudan by the war, which has forced around 550,000 to seek refuge in neighbouring countries, according to UN figures. Around \$3 billion needed The UN has two appeals for tackling the crisis – the humanitarian response within Sudan, which needs \$2.6 billion this year, and the regional refugee response, which needs \$470 million.

However, both are less than 17 per cent funded."The situation in Darfur and Khartoum is catastrophic," Guterres

### Third G7 meeting to take place in London

#### HT News Network

London, June 20 (UNI) G7 foreign ministers will gatherinLondon on June 21 for the third meeting under Japan's presidency to discuss the post-conflict restoration of Ukraine, the Japanese Foreign Ministry said on Tuesday.

"On June 21, Japanese Foreign Minister Yoshimasa Hayashi will seize the opportunity to visit the United Kingdom to attend a conference on the reconstruction of Ukraine, co-organized by the British and Ukrainian governments, and the third G7 Foreign Ministers' meeting under the Japanese presidency this year is planned to be held," the ministry said in a statement.

Japan assumed the presidency of the Group of Seven in 2023. The previous ministerial meetings took place on February 18 in Germany on the sidelines of the Munich Security Conference and in Japan's Karuizawa from April 16-18. The G7 heads of state's summit took place in Hiroshima from May 19-21.

### **Finland: Finnish** parliament approves candidacy of Petteri **Orpo as new PM**

HT News Network

Helsinki, June 20 (UNI) The Finnish parliament on Tuesday approved the candidacy of Petteri Orpo, the

# Six Palestinians killed in new wave of tension: medics and Israeli soldiers in the village, the dem-

#### HT News Network

Ramallah, June 20 (UNI) Six Palestinians were killed and dozens injured on Monday in a new wave of tension in the West Bank, medics and security sources said.

The Palestinian Ministry of Health said that Zakareya Al-Za'oul, 20, died after being shot in the head by Israeli soldiers in the village of Husan in west of the West Bank city of Bethlehem.

Palestinian eyewitnesses and local sources said that during clashes that broke out between Palestinian demonstrators and Israeli soldiers in the village, the demonstrators threw stones at the soldiers who opened fire and killed Al-Za'oul.

There was no Israeli authorities' comment on the incident of Al-Za'oul's death. However, Israel Radio reported that an Israeli army force opened fire at a group of young men who threw Molotov cocktail bombs at the soldiers.

On Monday, five Palestinians were killed and 91 others injured with 23 of them in serious condition, after an Israeli army force, backed by bulldozers and a helicopter, stormed the northern West Bank city of Jenin, according to the health ministry.

An Israeli army spokesman said in a press statement that seven of its soldiers were injured during the operation in Jenin and the condition of the injured ranged from light to moderate.



The statement said that helicopters opened fire after gunmen were spotted, the first incident of its kind in 20 years. Militants groups affiliated with Palestinian factions announced that their members engaged in clashes with the storming Israeli forces in more than one place and managed to damage several vehicles and cause casualties among the soldiers.

Tension between Israel and the Palestinians has been flaring in the West Bank since January, following daily Israeli army raids on Palestinian cities, towns, villages and

refugee camps to arrest Palestinians wanted by Israeli security forces. Six Palestinians were killed and dozens injured on Monday in a new wave of tension in the West Bank, medics and security sources said.

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# "Putin Threat Of Using Tactical Nuclear Weapons Real," Says Joe Biden'

#### HT News Network

Washington: US President Joe Biden said on Monday the threat of Russian President Vladimir Putin using tactical nuclear weapons is "real", days after denouncing Russia's deployment of such weapons in Belarus.

On Saturday, Mr Biden called Putin's announcement that Russia had deployed its first tactical nuclear weapons to Belarus "absolutely irresponsible".

"When I was out here about two years ago saying I worried about the Colorado River drying up, everybody looked at me like I was crazy," Biden told a group of donors in California on Monday. "They looked at me like when I said I worry about Putin using tactical nuclear weapons. It's real," Biden said.Last week, Belarusian President Alexander Lukashenko said his



decades deployed such nuclear weapons in Europe. The Russian deployment is being watched closely by the United States and its allies as well as by China, which has repeatedly cautioned against the use of nuclear weapons in the war in Ukraine."When I was out here about two years ago saying I worried about the Colorado River drying up, everybody looked at me like I was crazy," Biden told a group of donors in California on Monday. "They looked at me like when I said I worry about Putin using tactical nuclear weapons. It's real," Biden said.Last week, Belarusian President Alexander Lukashenko said his country has started taking delivery of Russian tactical nuclear weapons, some of which he said was three times more powerful than the atomic bombs the U.S. dropped on Hiroshima and Nagasaki in 1945. The deployment is Russia's first move of such warheads - shorter-range, less powerful nuclear weapons that could be used on the battlefield - outside Russia

# If grain deal ends, UN pledge on Russian exports 'will go on'

#### HT News Network

MOSCOW: Russian deputy foreign minister said on Monday that even if a deal allowing shipments of Ukrainian grain via the Black Sea ends, Russia's agreement with the United Nations to ease its own exports will stay in force, state news agency RIA reported on Monday.

Moscow has repeatedly said it sees little chance of agreeing an extension of the Black Sea Grain Initiative beyond July 18, because it says Western sanctions are thwarting its own UN-backed attempts to export both grain and fertiliser.

Asked by RIA if the collapse of the grain deal would invalidate its memorandum with the UN, Deputy Foreign Minister Alexander Grushko said: "No, it will not." After invading leading grain exporter Ukraine last year, Russia blockaded its Black Sea ports, contributing to a global surge in food prices. To help persuade Russia to allow grain ships safe passage under the Black Sea initiative last July, a separate three-year agreement was also struck in which the UN agreed to help Russia with its food and fertiliser exports. But Moscow has repeatedly complained that Western sanctions imposed in response to the invasion continue to create financial, logistical and insurance obstacles to its shipments. PoWsKyiv on Monday accused Hungary of barring access to eleven Ukrainian prisoners of war that Russia handed over to the EU country, which has maintained ties with the Kremlin during the invasion of Ukraine.



Ukraine says Hungary barring access to PoWs handed over by Russia

The Russian Orthodox Church said earlier this month that a group of Ukrainian prisoners of war from Transcarpathia – a region home to an ethnic Hungarian minority – had been transferred to Budapest.

refugee camps to arrest Palestinians wanted by Israeli security forces.

the unfolding catastrophe.

Guterres told the conference.

A record 25 million people – more than half Sudan's population – are in need of aid, according to the UN.



country has started taking delivery of Russian tactical nuclear weapons, some of which he said was three times more powerful than the atomic bombs the U.S. dropped on Hiroshima and Nagasaki in 1945.The deployment is Russia's first move of such warheads - shorter-range, less powerful nuclear weapons that could be used on the battlefield - outside Russia since the fall of the Soviet Union. The United States has said it has no intention of altering its stance on strategic nuclear weapons in response to the deployment and has not seen any signs that Russia is preparing to use a nuclear weapon.

In May, Russia dismissed Biden's criticism of its plan to deploy tactical nuclear weapons in Belarus, saying the U.S. had for

Around 100,000 ethnic Hungarians live in Transcarpathia in western Ukraine.

On Monday Kyiv said Ukrainian officials have not been able to get access to the returned detainees.

"All attempts by Ukrainian diplomats over the past few days to establish direct contact with Ukrainian citizens have not been successful," foreign ministry spokesman Oleg Nikolenko said in a statement on Facebook. "Essentially they are being kept in isolation," he said.

They communicate with relatives in the presence of third parties and are denied contact with the Ukrainian embassy, Nikolenko added. He accused Hungary of "ignoring" Kyiv's attempts to establish dialogue.

"Dirty bomb"

# **UN chief urges Israel to end** settlement activities in occupied **Palestinian territory**

since the fall of the Soviet Union.

#### HT News Network

United Nations, June 20 (UNI) UN Secretary-General Antonio Guterres on Monday urged the Israeli government to "immediately and completely" end all settlement activities in the occupied Palestinian territory, a UN spokesman said.

Guterres was deeply troubled by Sunday's decision by the Israeli government to amend settlement planning procedures, said Farhan Haq, deputy spokesperson for the UN chief, in a statement.

Haq noted that the changes can be expected to expedite the advancement of Israeli settlement plans in the occupied West Bank, including East Jerusalem.

Guterres was also deeply alarmed by the anticipated advancement next



week of over 4,000 settlement housing units by Israeli planning authorities, Haq said.

'The secretary-general reiterates that settlements are a flagrant violation of international law," said the spokesman.

They are a major obstacle to the realization of a viable two-state solution and a just, lasting and comprehensive peace."

The expansion of these illegal settlements is a significant driver of tensions and violence and deepens humanitarian needs, he said.

It further entrenches Israel's occupation of Palestinian territory, encroaches on Palestinian land and natural resources, hampers the free movement of the Palestinian population, and undermines the legitimate rights of the Palestinian people to self-determination and sovereignty, said Haq.

"The secretary-general urges the government of Israel to halt and reverse such decisions and to immediately and completely cease all settlement activities in the occupied Palestinian territory and to fully respect its legal obligations in that regard," he said.

**Europe is fastest** warming continent, says study

#### HT News Network

GENEVA: Europe is now the fastest warming continent on the planet, with the temperature having risen by about twice the global average since the 1980s, according to a joint report by the World Meteorological Organisation and the European Union.Europe's summer last year was the hottest on record and caused thousands of deaths, scientists confirmed, while warning that such events could become more routine. The report on the state of climate said heat waves led to some 16,000 excess deaths last year in Europe, said the report, which was published on Monday."Unfortunately, this cannot be considered a one-off occurrence or an oddity of the climate," said Dr Carlo Buontempo, Director, Copernicus Climate Change Service."Our current understanding of the climate system and its evolution informs us that these kinds of events are part of a pattern that will make heat stress extremes more frequent and more intense across the region," he said.

Scientists have warned of record high temperatures ahead across the world as excess warming from climate change mixes with a tip towards El Nino. The reason Europe is warming faster than other continents has to do with the fact that a large part of the continent is in the sub-Arctic and Arctic – the fastest warming region on Earth as well as changes in climate feedbacks, scientists.

leader of the National Coalition Party that won the parliamentary elections in the country, as the new head of government, a RIA Novosti correspondent reported.

Orpo's candidacy was approved by a vote of 107 in favor, 81 against and 12 abstentions, the speaker of the parliament said.

After the parliamentary elections in Finland in April, Orpo led a negotiating group to form a new government, which included representatives of the National Coalition Party, the Finns Party, the Swedish People's Party of Finland and the Christian Democrats.

As of June 16, the parties managed to develop a common program of action for a four-year term of the mandate and formed a new, 77th government of Finland.

Finnish President Sauli Niinisto is scheduled to appoint a new cabinet on Tuesday afternoon

### **China launches new** space satellite

#### HT News Network

Taiyuan, June 20 (UNI) China on Tuesday launched a Long March-6 carrier rocket to place a new experiment satellite in space, media reports said.

The rocket carrying the Shiyan-25 experiment satellite lifted off at 11:18 AM from the Taiyuan Satellite Launch Center in the northern province of Shanxi, according to Xinhua news.

The satellite successfully entered the preset orbit. This satellite will mainly be used to carry out new

Earth-observation technology experiments. This was the 477th flight mission of the Long March rocket series.

### Four people fatally shot in US Idaho

San Francisco, June 20 (UNI) Police in the U.S. state of Idaho said on Monday they were investigating a shooting that left four people dead in the small city of Kellogg, and one person was in custody.

The Shoshone County dispatch center received a 911 call Sunday evening, indicating that multiple people had been killed inside a residence in Kellogg, Idaho State Police said in a news release.

Law enforcement officers found four people dead when they arrived and detained a 31-year-old male believed to be connected with the deaths, according to the release.





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**HT - BUSINESS** 

10

# DC Shopian reviews Eid-ul-Adha arrangements

# Stresses for conducting intensive market checking; making adequate availability of essentials, sacrificial animals

#### HT News Network

SHOPIAN, JUNE 20: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today convened a meeting of concerned District officers to review the arrangements for the upcoming festival of Eid-ul-Adha. The DC on the occasion passed directions to officers to intensify the market checking by making tehsil wise teams and ensuring all commodities are sold at already fixed prices, besides ensuring availability of all essential supplies in the market to avoid hoardings and profiteering. He directed the MC authorities to ensure proper fumigation, sanitation and cleanliness at all the places including Eid-Gahs, Masjids and across the district.

The DC also directed for setting up of sale outlets (Mandis) for sale of sacrificial animals (Goats/Sheeps) at Shopian, Keller, Zainapora and Imam Sahib areas of the district. It was also directed that teams of the Veterinary department be kept at these Mandis. The Animal Husbandry Department was directed to establish health camps at the Mandis for screening of animals. The Fisheries Department was also directed to make the availability



of Fish sale on the eve of Eid festival. During the meeting, the DC urged Sectoral officers of Jal Shakti and PDD to ensure uninterrupted supply of water and electricity barring curtailment schedule to the district. The DC instructed the tehsildars to activate its market surveillance Squads to check the quality of food items such as Bakery, Confectionery, Milk, Meat Chicken, Vegetables and other essentials in the market and take action against the earring traders. On the occasion, the traffic, police

authorities were instructed to

ensure smooth movement of traffic

especially in the town.

Among others, SDM Zainapora, Assistant Commissioner Revenue, Assistant Commissioner Development, CAHO, DIO, AD Fisheries, AD FCS&CA, CAHO, DSHO, Tehsildars and other concerned were present. The DC also directed for setting up of sale outlets (Mandis) for sale of sacrificial animals (Goats/Sheeps) at Shopian, Keller, Zainapora and Imam Sahib areas of the district.

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# 'Women for Startups': Day 2 witnesses impressive participation from budding Startups & aspiring entrepreneurs

#### HT News Network

SRINAGAR, JUNE 20: The Twoday workshop organized by Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) in collaboration with Startup India (DPIIT), Government of India with a theme of 'Women for Startups' to empower women entrepreneurs of J&K concluded today at the JKEDI Pampore Campus.

Continuing the momentum generated on the first day, today's sessions focused on "Pitching to Investors and Incubators," offering invaluable insights and strategies for entrepreneurial success. The workshop, held under the guidance of Commissioner Secretary, Industries and Commerce, witnessed the participation of over 150 aspiring entrepreneurs and startups.

Ajaz Ahmad Bhat, Director, JKEDI reiterated the significance of this workshop and spoke at length with the aspiring entrepreneurs. "Nurturing the entrepreneurial spirit among women is a transformative endeavor, and it requires equipping them with the right tools and knowledge. I thank the expert team from Startup India, especially Aastha Grover, Head Startup India, who connected with us online to share valuable insights. I also thank



Angel Investor Rahul Narvekar for his inspiring and informative sessions. His session has inspired the aspiring startups present here who will be the role models and job providers of tomorrow," said Director, JKEDI. "Iam sure that startups present here must have gained insights into crafting a clear and concise business plan, and effectively communicating their vision to potential investors," he added.

The highly anticipated session on "Pitching to Investors and Incubators" was facilitated by Rahul Narvekar, CEO, and Founder of the India Network. Narvekar, a seasoned entrepreneur and investor, brought his expertise and insights to guide the aspiring startups through the intricacies of designing compelling pitches, securing crucial investments, and effectively leveraging the support of investors and incubators to fuel business growth."Pitching to investors and incubators is a cru-

success, and I am honored to share my experiences and strategies with these talented women entrepreneurs from J&K," said Rahul Narvekar.Throughout the session, Narvekar discussed various elements that contribute to a compelling pitch, such as clearly articulating the problem being addressed, highlighting the solution and its competitive advantage, showcasing market potential and scalability, outlining the business model, and demonstrating a strong and capable team. Additionally, he emphasized the importance of effective communication, storytelling, and presenting a confident and compelling narrative.

# CUK SLS organises special lecture

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#### HT News Network



Ganderbal, June 20: Department of Law, School of Legal Studies (SLS), Central University of Kashmir (CUK), organised a special talk and seminar by Dr. Vijaylakshmi Brara, Professor of Sociology at Royal Global School of Humanities and Social Sciences, Royal Global University, Guwahati, for the students and the faculty at varsity's Tulmulla campus.Dr. Vijaylakshmi Brara spoke on "Gender and Cultural Constructs: Reflections from Northeast India" and presented facts about the everyday life of women in North-Eastern culture. She challenged various traditional propositions with reference to the status of women within socio-economic and political milieu in Northeast India. The lecture was followed by an interactive seminar in which all the students and faculty members participated. They discussed contemporary issues on gender and sexuality along with the ongoing situation in Manipur. The event was moderated by Dr. Anil Kumar, and arranged by student members of Gender Justice Club. Dr. Hilal Ahmad Najar welcomed and introduced the guest speaker and Dr. Mudasir Bhat proposed the vote of thanks.

# Change of Land Use: DLC approves 1 case in Rajouri

#### HT News Network

RAJOURI, JUNE 20: The District Level Committee (DLC) on change of land use in Rajouri gave its approval for one case of converting agricultural land to non-agricultural use. In a meeting chaired by Deputy Commissioner Rajouri, Vikas Kundal, detailed discussion was held on the applications received online from various areas of the district. After careful deliberation, the committee approved one case of converting agricultural land for non-agricultural purposes. In addition, the concerned departments were given specific instructions to ensure the prompt issuance of No Objection Certificates (NOCs). It was emphasised that proper verification of documents and adherence to the regulations under the Land Conversion Regulations of 2022 should be carried out.Officers who attended the meeting included DFO Nowshera, DP PCB, Anupam Koul; ACR, Imran Rashid Kataria; EXEN PWD(R&B) Rajouri, Sardar Khan and other concerned officers.

### JNV Budgam announces admission for Class VI for the session 2024-25

#### HT News Network

BUDGAM, JUNE 20: The Principal, Jawahar Navodaya Vidyalaya (JNV) Budgam, appealed to the students and the parents whose wards are desirous to seek admission for 6th class for the session 2024-25 to apply online. In his message, the Principal said that the forms are available online and those willing can apply. The last date for submission of online forms is August 10, 2023. Candidates who are bonafide residents of the district Budgam and studying in class V in the academic session 2023-24 in Govt./Govt. recognized school in the district and had studied full academic session in each class and passed classes III & IV from Govt. / Govt. recognized school and are born between 01.05.2012 to 31.07.2014 (Both the dates inclusive)

# Handholding session regarding Field Test Kit held at Budgam

DC emphasises significance of JJM in providing sufficient, clean tap water to every household

#### HT News Network

BUDGAM, JUNE 20: The District Administration Budgam in collaboration with Mission Directorate of Jal Jeevan Mission, J&K organised an extensive handholding and awareness programme under the chairmanship of Deputy Commissioner (DC) Budgam, Akshay Labroo at Sheikh ul Alam Hall, here. Trained Women from dif-The programme was ferent panchayat halqa's organised as part of the Jal took part in the sessions. Jeevan Mission Stakehold-**Executive Engineers PHE** er's Field Test KIT (FTK) Division Budgam, Er Sakeel Training programme. ul Ahmad and Chadoora Er. Several stakeholders Nazia Nazir, alongside their including PRIs, Pani Samiti Assistant Executive Engimembers, Jal Shakti neers, Coordinator DPMU Department field staff, Er. Mudasir, and various Poshan Abhiyaan, Health other officers from different ASHAs and AWWs, District departments were present Project Management Unit in the event. During the session, DC JJM Staff, Implementation Support Agencies, water discussed about various testing lab staff, and FTK facets of Jal Jeevan Mission,



Jeevan Mission team Budgam for working tirelessly and hoped that the whole project will be completed well before timeline and 100% saturation of functional tap household connections will be achieved.

### Drug Control Department Kashmir seizes 23k tablets of different brands of Tapentadol worth Rs 6.7lac

SRINAGAR, JUNE 20: On receiving authentic inputs about air lifting of intoxicating drugs/ consignments, an intensive raid of the courier agencies of the district Srinagar was carried out under the leadership of Deputy Drug Controller, Nighat Jabeen with a prudent approach.

During the said exercise, the constituted team of Drug control officers comprising Sameer Sajad, Rumeesa Mohammad, Imtiyaz Ahmad Shalla and Shaila Farooqi conducted a surprise raid of one of courier agencies housed in the vicinity of the District Srinagar. KKS C X E K K

om difhalqa's conservation efforts. He emphasised the significance of Jal Jeevan Mission :Sakeel in providing sufficient, oora Er. clean tap water to every household.

Ingi-<br/>Ingi-<br/>PMUThe DC said, these train-<br/>ing sessions not only<br/>increase knowledge of per-<br/>son but make him/her more<br/>dedicated towards fulfilling<br/>the aspirations of the pub-<br/>lic.

t various On the occasion, the DC appreciated the role of jal

During the presentation, Consultant Nizam Mansoori, Rakesh Singh from PMC elaborated on the responsibilities and obligations of different stakeholders, such as Pani samitis, and shared their exemplary water management and rainwater harvesting methods with the attendees. He encouraged them to commit to the Jal Jeevan Mission's vision with passion and dedication.

PMC's team provided visual assistance, highlighting the essential aspects of Jal Jeevan Mission, water harvesting, and conservation and explaining them wonderfully.

# Shah I/C, assumes charge as Executive Officer of Municipal Committee Langate

#### DR. AB QAYOOM

Langate, Jun, 20: Shakeel Ahamad Shah I/C Assistant sanitation officer ULB took charge as the new Executive Officer (EO) of Langate Muncipal Committee. On the occasion newly appointed officer held detailed discussions with the staff members of the department especially with elected Municipal committee chairman Adv Shahnawaz Abdullah and was briefed about various steps being taken to improve the system in the Langate town. The officer said that he is fully aware of the challenges ahead and will try his evel best to make town neat, clean and green Langate.



Meanwhile employees under the banner of MC chairman Adv Shahnawaz Abdullah while welcoming the new Executive Officer extended their support for making Langate a Green and devloped town of district Kupwara.

# Director Agriculture Kashmir inaugurates Lavender Festival at Sirhama Anantnag

HT News Network

SRINAGAR, JUNE 20: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today inaugurated Lavender Festival at Floriculture Farm Sirhama, Anantnag.

Speaking on the occasion, Director Agriculture highlighted the economic importance of Lavender crop and said that there is a huge potential to grab in this sector.

The Director said that the department is introducing new interventions for strengthening this crop. He further said the cultivation



of Lavender on commercial lines and participation of educated youth in this allied wing of agriculture could

help achieve socio-economic transformation of the farming community. Iqbal reiterated the Department's commitment to introduce and promote

Lavender in newer areas so that more and more people from the farming community could adopt this under integrated farming concept.

Director said that Lavender is a multi dimensional crop and the agro-climatic conditions of our region are one of the best in the country, therefore the Department is working on a long term plan for the cultivation and marketing of this flower.

He said that under HADP special attention has been paid to the promotion of lavender in the region and different projects have been approved for the development of this crop.

# Training for preparation of ULB electoral roll held at Kupwara

#### HT News Network

KUPWARA, JUNE 20: On the directions of District Election Officer (DEO) Kupwara, Dr. Doifode Sagar Dattatray, Election Department Kupwara today organized a workshop cum training programme for preparation of Urban Local Bodies (ULB) electoral roll.

The training was held at Election Office Kupwara and was attended by Executive Officers of Municipalities, BLOs and concerned dealing assistants/Data Entry operators.During the training programme, the experts and election staff provided detailed awareness to the participants regarding the involvement of the process of Electoral Roll.Earlier, a detailed training schedule was issued by the Election department Kupwara for conduct of the training for the officials of all 3 Municipalities of Kupwara district.

### Director Horticulture chairs meeting for efficient management of Apple Leaf Blotch Miner Pest

#### HT News Network

SRINAGAR, JUNE 20: In order to work out the joint strategy for efficient management of Apple Leaf Blotch Miner Pest and to prevent its spread, the Director Horticulture Kashmir, Ghulam Rasool Mir today chaired a meeting at Directorate of Horticulture Kashmir Srinagar.

During the course of the meeting threadbare discussion was held on the intensity, proliferation, transmission and management/eradication of Apple Leaf Blotch Miner.





**Too Much or Too Little Sleep** May Raise Your Risk of Diabetes

🔰 @HEADLINESTODA17

Poor quality sleep also increases the risk of developing diabetes. People who slept longer than 10 hours were at greatest risk. This link may be related to impaired insulin production or utilization due to sleepiness. Sleep experts advise practicing good sleep hygiene to reduce your risk.

ccording to new research presented at ENDO 2023 in Chicago, Illinois, the duration of sleep, as well as its quality, are linked with the risk of developing diabetes.

Getting fewer than six hours or more than 10 hours of sleep appears to put people at increased risk for developing the condition.

Longer duration of sleep presented the highest degree of risk.

#### Having poor quality sleep may also increase people's risk.

#### Studying the link between sleep and diabetes risk

To conduct their research, the study's lead author, Dr. Wonjin Kim, an associate professor at CHA University School of Medicine in Seoul, South Korea, and his team of researchers examined data from 8,816 healthy people participating in the Korean Genome and Epidemiology Study (KoGES)-Ansung and Ansan Cohort Study.

This large, ongoing consortium project, which is being carried out by the Korea National Institute of Health, includes six prospective cohort studies.

Its goal is to create healthcare guidelines for non-communicable diseases, including:

#### diabetes obesity high blood pressure metabolic syndrome cancer

#### cardiovascular disease

Its data has been used in several studies. For the current study, people's sleep



was also measured among those who slept more than 9 hours each day.

The study participants were followed up for 14 years and during this time, 18% of people received a diabetes diagnosis.

#### How sleep duration and quality of

#### sleep might influence diabetes risk

According to Kim, they observed a U-shaped relationship between the hours slept and the risk of developing diabetes, which he said indicates that both short and sleep duration might affect people's risk.

"Specifically, we found that subjects who slept for more than 10 hours/day showed the greatest risk," said Kim.

"Additionally," he added, "we discovered that the longer sleep duration group showed your diabetes risk duration was divided into four groups: <6, a decreased insulin glycogenic index, which 6-7, 8-9, and 9 hours per day. Sleep quality is a marker of insulin secretory function." somnographic Technologist (RPSGT) and devices such as smartphones, tablets

Kim told Healthline that, in his opinion, the association between sleep and diabetes risk might exist because of both insulin resistance and decreased insulin secretory function.

"Considering that the main pathogenesis of type 2 [diabetes] is insulin resistance and impaired insulin secretion, we hypothesize that the increased risk of DM during long sleep duration may be due to the deterioration of pancreatic beta cell function caused by excessive sleepiness.

'Therefore, both short and/or long sleep duration, as well as poor sleep quality, might be a risk for diabetes," he explained.

## How to get better sleep to reduce

Susan Miller, who is a Registered Poly-

lead researcher at SleepMattressHQ, said that, based on this study, there are several steps you can take to improve your sleep.

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#### Aim for optimal sleep duration

"The study suggests that both short sleep duration ( $\leq$ 5 hours) and long sleep duration (≥10 hours) are associated with an increased risk of diabetes," said Miller. "Therefore, it's important to aim for a sleep duration of around 7-9 hours per night for most adults." She noted that this range is what's gener-

#### ally recommended for optimal health. Keep a consistent sleep schedule

Maintaining a regular schedule helps to regulate your body's circadian rhythm, which will, in turn, help you get good rest. "Try to get to bed and wake up at the same time every day to maintain a consistent sleep routine," she advised.

#### Create a sleep-friendly environment

Miller suggests keeping your bedroom cool, dark, and quiet. You'll also want to make sure your bedding and pillows are comfortable and that you have a mattress that provides adequate support.

#### Practice relaxation techniques

"Engage in relaxation techniques such as deep breathing exercises, meditation, gentle stretching, or taking a warm bath before bedtime," said Miller. "These relaxation techniques can reduce stress and prepare your body for sleep."

Limit stimulants and electronic devices Miller suggests avoiding substances like alcohol, caffeine, and nicotine near bedtime since they can interfere with your sleep. "Additionally, limit the use of electronic

FOOD **3 Common Diet Misakes That Are Negatively Affecting Your Overall** Health

@headlinestodaynews



n our quest to look good and stay fit, we often come across numerous sayings, trends and tips that we blindly follow. However, it is important to remember that not everything we hear and read is actually beneficial for our health. It's easy to get caught up in fad diets, quick-fix solutions, or unverified advice that promises instant results. Achieving and maintaining good health requires a balanced approach that has proper nutrition at its centre. Nutritionist Rashi Chowdhary recently posted an Instagram reel to raise awareness about the same. In the video, she talked about three different health misconceptions.

In the caption of her video, Rashi Chowdhary shared a detailed list of do's and don'ts. Here is what the nutritionist said:

#### 1. Too much fruit is not okay

Consuming more than 100 grams of fruit at once can lead to a rapid increase in sugar levels. While fruits are nutritious, it's essential to be mindful of the amount you consume. Excess of fruits is bad for hormonal imbalances, stubborn weight, high insulin levels, or issues like PCOS. Unless you engage in regular intense workouts or lead a highly active lifestyle, more than necessary fruit consumption may provide an excess of sugar. It's crucial to find the right balance between fruit intake and your daily energy expenditure.

#### 2. Dairy is not good for acne-prone skin

For many individuals, dairy and acne don't mix well. Growth hormones present in dairy products can lead to inflammation, clogged pores and acne breakouts. Lowering dairy consumption, especially products with synthetic hormones and antibiotics, can help alleviate gut issues that contribute to acne.

#### 3. Zero-fat or low-fat packaged foods are not healthy

Ready-to-eat foods often contain unhealthy additives. Including good fats in the diet promotes healthy skin, stable blood sugar levels and robust brain health. Check nutritional labels for the quantity and quality of fats to make informed choices. In our quest to look good and stay fit, we often come across numerous sayings, trends and tips that we blindly follow. However, it is important to remember that not everything we hear and read is actually beneficial for our health. It's easy to get caught up in fad diets, quick-fix solutions, or unverified advice that promises instant results.



ight to moderate alcohol consumption may lower the risk of cardiovascular events such as heart attack and stroke by reducing activity in parts of the brain that respond to stress, new research claims.

But researchers caution that



and co-director of the Cardiovascular Imaging Research Center at Massachusetts General Hospital in Boston, said in a news release.

Instead, researchers wanted to understand how light to moderate alcohol consumption (one to two drinks a day for men and one drink a day for women) reduces cardiovascular disease, as seen in other researchTrusted Source. "If we could find the mechanism, the goal would be to find other approaches that could replicate or induce alcohol's protective cardiac effects without the

adverse impacts of alcohol," said Tawakol. Reduced stress signals in brain

In this observational study,

researchers examined data on

more than 50,000 people enrolled

in the Mass General Brigham Bio-

bank.People filled out a survey at

alcohol also carries health risks. "We are not advocating the use of alcohol to reduce the risk of heart attacks or strokes, because of other concerning effects of alcohol on health," study author Dr. Ahmed Tawakol, a cardiologist

the time of enroliment, which included a question about their alcohol consumption during the prior year.Researchers obtained information from participants' medical records about any major cardiovascular events they experienced during the study period.

# How Obesity Can Change Your Brain and Make it Harder to Lose Weight

have been studied for years, but new research shows how weight gain may impact the brain itself. In a new studyTrusted Source in Nature Metabolism, researchers have discovered the alterations associated with obesity in the brain may have long-term impacts – even after someone loses weight – preventing long-lasting weight loss.

The researchers found that brain changes may result in people no longer getting signals that they're full.

Traditionally when somebody eats a meal, signals are sent to the brain to notify it that the body is full or has a satisfactory content of food. However, scientists have discovered that the impact of obesity on the brain could be irreversible even after weight loss, resulting in regaining weight.

Feeling full after a meal

A link between the brain and obesity has been largely studied, but its long-term implications are still being evaluated.

"It's not necessarily that people haven't eaten enough, it's that they aren't receiving those signals to the parts of the brain that are responsible for the good feelings that comes from food," said Lizzy Davis PhD RDN, Assistant Professor and Dietitian Education Program Director in the Department of Nutrition Sciences at the University of Alabama at Birmingham.

Experts explain that hormone levels help regulate appetite and energy.

"It is understood that key hormonal signals, such as leptin and insulin, which regulate appetite and energy homeostasis, are often dysregulated in obesity," said Dr. Sahar

besity and its impact on the brain Takkouche, lead expert in Bariatric and Obesity Medicine and assistant professor in the division of Diabetes, Endocrinology, and Metabolism at the Vanderbilt University Medical Center in Tennessee.

In this study, researchers conducted a controlled trial with 60 individuals, 30 who are medically obese (a BMI of greater than 30) and 30 who are of non-obese weight (a BMI of 25 or less). During testing, participants were fed carbohydrates, fats, or water (control) by using a nasogastric tube, a direct pathway to the stomach that bypasses the mouth, to understand the direct connection between the gut and the brain.

The night before the testing, all participants had the same meal. When the participants received carbohydrates, fats, or water during testing, their brains were evaluated through functional MRI (fMRI) and single photon emission computer tomography (SPECT) to understand the brain's response to these foods.

By using these testing techniques, researchers were able to understand food's effect on the various reward centers of the brain particularly in an area called the striatum.

When looking at this area, researchers discovered that in lean people, there was slowing in the striatum resulting in the brain understanding that the body was fed, and dopamine levels also increased indicating feeling satisfied.

However, in patients with medical obesity, there was no slowing in the striatum, dopamine levels did not rise, and resultingly, the brain did not recognize the sensation and satisfaction of being full after eating.

Takkouche explains that dopamine is a



critical neurotransmitter responsible for

"reward, motivation, and pleasure systems

poses that diminished responses in the brain's

reward system to food stimuli and obesity

lead to increased food consumption to achieve

"We thought there would be different

the same level of pleasure," she explained.

"The reward deficiency hypothesis pro-

in the brain.'

responses between lean people and people with obesity, but we didn't expect this lack of changes in brain activity in people with obesity," said Dr. Mireille Serlie, lead study author and professor of endocrinology at the Yale School of Medicine, in a press release. **ADVERTISEMENT** 

Weight loss didn't reverse the changes

The medically obese patients were then asked to lose approximately 10% of their body weight within 3 months - an amount that is already scientifically known to improve metabolism, body sugar, and improve overall health.

Interestingly, those participants who did lose the 10% did not have any change in their brain's ability to recognize fullness or feeling satisfied.

Davis explains, "The lean group did see significantly higher release of dopamine, compared to the obese and the 10% weight loss group and this is important because dopamine is the reward transmitter and sends the signal of pleasure."

"This means the lean group got more of a pleasure and satisfactory sense from the infusion of lipids, compared to the obese group, pre and post 10% weight loss," Davis continued.

A new way to fight obesity

According to the World Health OrganizationTrusted Source, 4 million people die each year due to the effects of overweight or obesity.

As medical experts learn about the biological effects of obesity, they are having more luck and finding long lasting obesity treatments.

This research leads to the idea that those

who lose weight may quickly regain their weight back as there may be an irreversible change within the brain in medically obese individuals.

Obesity is a complex idea that has many ramifications for the brain.

"Obesity engenders a state of chronic lowgrade inflammation which is linked to alterations in brain function and may lead to cognitive impairment, mood disorders, and increased risk of neurodegenerative diseases - this complex relationship between obesity and brain signaling is a critical subject of ongoing research," Takkouche told Healthline.

While this data and information are compelling, there's more to be learned about the brain and obesity.

"We do need to be careful about our takeaway from this paper as the sample size was small and the study design does not allow for a cause-and-effect takeaway. In other words, we are not able to say that this causes obesity," Davis told Healthline.

Serlie says the next step is to understand when the brain does this. "We need to find where that point is when the brain starts to lose its capacity to regulate food intake and what determines that switch. Because if you know when and how it happens, you might be able to prevent it."

"Losing weight is not just about 'eat less, move more' - and there's a lot going on in our bodies, especially in our brains, that we're just beginning to understand," says Takkouche.

"It's important to be patient with ourselves and others who are trying to lose weight as it can be more complex than it seems," she said.



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Generation

# Moeen Ali faces finger issue as rain delays start of day 5

BIRMINGHAM: Ben Stokes Ashes gamble on Moeen Ali might have backfired after Ali took himself out of the England attack and off the field in a critical period of the first test against Australia on Monday, because of a blistered spinning finger that caused him grief for much of the match at Edgbaston.

Moments earlier, he had served up a poor over a full toss then two short balls, the second of which Marnus Labuschagne carved to the boundary to highlight the issue he was having in his first test for nearly two years after coming out of retirement in cricket's longest format.

His finger opened up when bowling in Australia's first innings, forcing him to go off for treatment. It briefly left England without a frontline spinner in its bid to stop Australia from chasing down 281 to win.

Though he did return, with a patched-up finger, to bowl one more over just before stumps, Ali's availability is in question for the second test at Lord's next week.



"(It's a problem) for tomorrow and the rest of the series," former England captain Eoin Morgan told Sky Sports. "They have plucked him from almost obscurity and

he's bowling a huge volume. "That over (against Labuschagne), with those three deliveries, he actually bowled himself out of the attack, which happens very, very rarely, particularly in test matches. Yes, you are exposed the

whole time but this very rarely happens. There is a clear hindrance, him trying to bowl," Morgan added.

Ali bowled 33 overs in Australia's first innings, quite the workload for a player who has only played the shorter formats since September 2021.

He was brought back despite a lack of first-class cricket in something of a gamble by Stokes, fol-

lowing an injury to first-choice spinner Jack Leach that has ruled him out of the entire series.

With heavy rains delaying the start of day 5 of the test, England will most probably favour their pacers to get wickets for them.

"If conditions are how we think they are going to be overhead, with possibly swing and sea on offer we won't see a lot of Moeen Ali," Morgan said.

# **Bopanna, Ankita to lead Indian contingent** in tennis at Asian Games

NEW DELHI: Doubles specialist Rohan Bopanna will once again be India's flag-bearer in the tennis event at the Asian Games as the All India Tennis Association (AITA) on Tuesday announced a 12-member squad for the continental quadrennial games.

The Asian Games will begin in Hangzhou on September 23. Sumit Nagal who made his Asian Games debut in the 2018 edition competing in doubles alongside Ramkumar Ramanathan and Sasikumar Mukund are the likely singles players in the side for the Games. The 43-year-old Bopanna will most probably pair up with Ramkumar. Yuki Bhambri and Saketh Myneni, the other two players in the squad, are already playing as a pair on the ATP Tour.

The women's contingent will be led by the 2018 Asian Games bronze medallist in singles, Ankita Raina.

The other members are in-form Karman Kaur Thandi, Rututaj Bhosle, Sahaja Yamlapalli, Vaidehi Chaudhari and Prarthane Thombare. India won a gold and two bronze medals at the 2018



Asian Games in Jakarta, where the Bopanna-Divij Sharan pair had defeated Kazakhstan's Alexander Bublik and Denis Yevseyev to clinch the doubles gold.

In the men's singles, Prajnesh Gunneswaran won bronze.

Former India player Rohit Rajpal has been named captain of the men's squad while Ankita Bhambri will be the captain of the women's team. The core of the Indian contingent in both men's and women's sections largely remains the same, with Ramanathan, Nagal and Bopanna also featuring in the side that competed in the Jakarta Games.

Among women, four players who competed in Jakarta five years back, Ankita, Karman, Ruturaj and Prarthana are also in the current side, while Sahaja and Vaidehi are the new additions.

The squad: Men: Sumit Nagal, Sasikumar Mukund, Ramkumar Ramanathan, Yuki Bhambri, Rohan Bopanna and Saketh Myneni. Women's: Ankita Raina, Karman Kaur Thandi, Rutuja Bhosale,

Sahaja Yamlapalli, Vaidehi Chaudhari, Prarthana Thombare.



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