



Srinagar

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Ponting: If Robinson
hasn't learned already ...
then he's a slow learner

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Women contributing
immensely towards nation
development: Advisor
Bhatnagar

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Articles 35-A & 370 temporary provisions but lasted for 70 years: VP Dhankhar

Convocation is the moment of transformation in a student's life: LG Sinha

■ HT News Network

JAMMU, JUN 22: Hon'ble Vice President of India, Shri Jagdeep Dhankhar today addressed the Special Convocation Ceremony of University of Jammu, at General Zorawar Singh Auditorium.

Stating that the convocation ceremony holds a significant essence in one's life, the Vice President advised the students to never be under tension or stress and never be afraid of failure. He praised the Lt Governor of J&K for steering the UT to newer heights of development.

The Vice President said that Jammu



& Kashmir is charting a new path of remarkable growth and development post abrogation of Articles 35-A and 370. The region's integration into the national mainstream has paved the way for investments, development and improved governance, he maintained.

Shri Dhankhar noted that the region, unlike before, now has the prevalence of harmonious atmosphere and called it as the greatest homage to the life and mission of Dr Syama Prasad Mookerjee who laid down his life for building a strong and united India.

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Amit Shah On Two-Day Visit To J&K From June 23

HT News Network



JAMMU, JUN 22: Union Home Minister Amit Shah will visit Jammu and Kashmir on June 23 and 24 during which he will attend various development programmes in Jammu and Srinagar, sources said.

The home minister will begin his tour of the Union Territory by laying wreaths on the statue of

TURN ON.....PAGE 02

Yet another hottest day of Season for Kashmir valley, Srinagar at 34.8°C

■ HT News Network

SRINAGAR, JUN 22: Sweltering hot weather conditions continued to prevail in Kashmir valley with Srinagar recording the season's hottest day at 34.8°C on Thursday, officials said.

Srinagar recorded the hottest day of the season with temperatures soaring to 34.8°C on Thursday against 34.0°C on Wednesday and it was 5.6°C above normal for the summer capital of Jammu and Kashmir.

The previous maximum temperature for Srinagar was recorded at 35°C on June 3, 2018, they said.

The all-time highest maximum temperature of Srinagar was recorded at 37.8°C on June 29, 1978.

The current hot and dry conditions are likely to continue till June 23 and there is possibility of further rise in temperatures, independent forecaster Faizan Arif told UNI.

Qazigund, on Srinagar-Jammu national high, recorded 43.8°C against 33.0°C, Pahalgam recorded at 29.3°C against 28.4°C.

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NEWS BRIEF

Better arrangements for Amarnath Yatra in place this year: Div Com Kmr

SRINAGAR, JUN 22: Divisional Commissioner Kashmir VK Bidhuri Thursday said that administration has put in place better arrangements for Amarnath Yatra this year.

He said the administration is committed to provide better and hassle-free services to Amarnath devotees so that they do not feel any sort of inconvenience during the Yatra.

"There are better facilities in place. The track leading to the cave has

TURN ON.....PAGE 02

2 PHE Daily Wagers Die In 5 Days

SRINAGAR, JUN 22: Two daily wagers working in PHE Department died within a span of five days while on job assigned to them by the officials at the helm of affairs in Kashmir Valley.

Yesterday, a daily wager Bashir Ahmed Alaie succumbed to his injuries at SKIMS Soura.

Alaie, a resident of Khandiphari Bijbehara village of South Kashmir sustained injuries after he fell down from 3rd storey of a building while trying to repair the water leakage in a designated Yatri Camp at Tourist Reception Centre (TRC) Harnag.

He was taken to a nearby Hospital where doctors referred him to SKIMS Soura. "He succumbed to his injuries at 11pm yesternight. Alaie is

TURN ON.....PAGE 02

ITBP Officer Posted On Amarnath Yatra Duty Dies

SRINAGAR, JUN 22: An Indo Tibetan Border Police officer posted on Amarnath yatra duty died at Sonamarg in Ganderbal district of Jammu and Kashmir, police said on Thursday. ASI Madan Raj, 58, fell unconscious near the Baltal base camp for the Amarnath yatra on Wednesday night, a police official said.

Raj, a native of Uttarakhand, was rushed to a hospital where he died during treatment, the official said.

Though the cause of his death was not known yet, death due to cardiac arrest — triggered by lower oxygen concentration at high altitudes — is

TURN ON.....PAGE 02

High profile event of "Vitasta Cultural Festival" all set to begin today

■ HT News Network

SRINAGAR, JUN 22: The third and final high profile event of "Vitasta Cultural Festival" is all set to begin tomorrow with all pomp and show at Sher-i-Kashmir International Convention Centre (SKICC), located on the picturesque banks of Dal Lake, popularly known as "Srinagar's Jewel".

Union Home Minister, Amit Shah would be inaugurating the carnival.

TURN ON.....PAGE 02

Two JK doctors dismissed for fabricating evidence in Shopian case

■ HT News Network

SRINAGAR, JUN 22: Jammu and Kashmir government on Thursday terminated the services of two doctors, Bilal Ahmad Dalal and Nighat Shaheen Chiloo, for allegedly being part of a conspiracy and falsifying the facts and projecting the "death" of two women in 2009 as "rape and murder" case, officials here said.

Two women, Asiya and Neelofar, were found dead in a stream in Shopian on May 30, 2009. There were allegations that they were raped and murdered by security personnel. The case

TURN ON.....PAGE 02

CS Reviews Traffic Management In Srinagar Town

E-challan to start at 25 traffic intersections from June 23



■ HT News Network

SRINAGAR, JUN 22: Chief Secretary, Dr Arun Kumar Mehta today chaired a meeting at Civil Secretariat here to review the traffic arrangements in the

Srinagar City. He also reviewed the status of traffic movement on the Srinagar-Jammu national highway for the upcoming Shri Amarnathji Yatra and the ongoing tourist season.

TURN ON.....PAGE 02

Srinagar Admin Conducts Intensive Raid On Courier Agency

■ HT News Network

SRINAGAR, JUN 22:- On the directions of the Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad, the District Administration in collaboration with Drug Control Organization wing carried out an intensive raid of a Courier agency operating in Srinagar District and seized a huge quantity of intoxicating drugs/ consignments.

Taking cognizance of the specific input regarding trafficking of psychotropic substances by some anti-social elements through aerial route, a team of Drug Control Organization under the supervision of Deputy Drug Controller, Kashmir, Mrs Nighat Shah Jabeen raided a courier service agency and seized as many as 23000 tablets of different brands of Tapentadol valued at around Rs 6.70 lakh.

Meanwhile, the particulars of consignee and consigner mentioned on the consignment are under investigation and the Drug Controller department is in

TURN ON.....PAGE 02

PROGRESSING JK

Mission Youth: Boon For Enhancing Skills, Promoting Youth Entrepreneurship

■ HT News Network

SRINAGAR, JUN 22: Mission Youth, a comprehensive youth development program, launched by Jammu and Kashmir government, has proved boon towards enhancing skills and entrepreneurship among youth of the region.

The initiative has been successful in addressing the socio-economic issues faced by the youth of the UT by providing them a platform to optimally harness their skills in different potential entrepreneurial prospects, thereby contributing towards growth and development of the region.

One of the primary objectives of Mission Youth was to address the issue of unemployment among youth which has been successful in creating employment opportunities by providing requisite training and support for entrepreneurship. Under the ini-

tiative, the government has established incubation centres and provided financial assistance to young entrepreneurs to start their own business ventures. This has not only created jobs but also boosted econ-



omy of the region.

Muzafar Wani of Ramssoo, Ramban, always dreamt of owning a vehicle as he wanted to secure a respectable livelihood that could fulfill the needs of his family for a better tomorrow.

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Blue Pansy Declared As 'Butterfly Of J&K'

■ HT News Network

JAMMU, JUN 22: The government of Jammu and Kashmir on Wednesday declared Blue pansy (Junonia orithya) as butterfly of the Union Territory of Jammu and Kashmir.

"Sanction is hereby accorded to declaration of Blue pansy (Junonia orithya) as butterfly of the Union Territory of J&K," reads an order

TURN ON.....PAGE 02

Yet another probe ordered against ULB head

VC SDA to enquire into allegations of misconduct by President MC Yaripora

■ HT News Network

SRINAGAR, JUN 22: The administration of Jammu & Kashmir has ordered an enquiry into alleged misconduct by president Municipal Committee Yaripora, Kulgam.

The Housing & Urban Development Department (H&UDD) has appointed Haris Ahmed Handoo, vice-chairman Srinagar Development Authority, as an inquiry officer to enquire into the matter of alleged misconduct of president Municipal Committee Muhammad Yosouf

Khan. "It is further ordered that Mohd Rafeeq Bhat, JKAS, Deputy Director, Urban Local Body, shall be the presenting officer in the case," reads an order, a copy of which is in possession of news agency—Kashmir News Observer (KNO).

The probe has been ordered under Section 26 of Jammu & Kashmir Municipal Council Act-2000 which empowers the Government to remove a president or vice-president of Municipality from his office on the ground of abuse of his powers or of habitual failure to perform his duties.

The inquiry officer has been directed to complete the probe within a period of 10 days, the order states.

It is pertinent to mention that the Housing & Urban Development Department had ordered probes against heads of several urban

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CONTINUE FROM FRONT PAGE.....

Articles 35-A.....

The Vice President announced a Memorandum of Understanding between the Indian Council of World Affairs and University of Jammu. This, he said, will facilitate greater exposure to the University in domains of culture, education and foreign affairs at a global level.

Lieutenant Governor Shri Manj Sinha expressed gratitude to the Hon'ble Vice President for attending the convocation and blessing the students at the beginning of their working life.

Congratulating the students, the Lt Governor urged them to follow their passion, move forward with new resolutions, adapt to the change and learn new things accordingly, and share the wisdom earned at the University with the world. "Convocation is the moment of transformation in a student's life. Stepping into the real world is also considered as start of a new mission, a mission to use special knowledge and skills and to contribute in equitable, sustainable growth in building a strong and prosperous India," the Lt Governor said.

In this era of Artificial Intelligence and new emerging technologies, rapid changes are happening around us. This change has given us an opportunity to see the entire education system in a new perspective, he observed.

We have to respect individuality and unique talent hidden within each student. Classrooms should inculcate courage, give students the power of independent thinking and inspire them to become a better person and not just a class topper, the Lt Governor said.

The Lt Governor said, in the future, students will not come to Universities to receive just bookish knowledge or to accumulate more information. Universities will have to prepare human capital which will ensure its relevance in this fast changing world powered by algorithms, he added.

The Lt Governor appreciated the J&K Higher Education Council and Vice Chancellors of all Universities of J&K and associated stakeholders for their significant contribution in implementing National Education Policy and promoting independent thinking, scientific temper, creativity and nurturing unique personality among the students.

"Under the guidance of Hon'ble PM Shri Narendra Modi Ji, NEP 2020 is promoting an education system that makes students conscious, not mechanical. It makes them carrier of knowledge, wisdom and values and not a storehouse of memories," the Lt Governor said.

"In the coming future, only that education will be relevant which will prepare the student for life-long learning with spiritual and cultural values. Education that will not just impart technical knowledge but promotes individuality, uniqueness of the student. Education that will sharpen student's skill of critical, creative thinking, communication and collaboration and help them to flourish," he observed.

National Education Policy 2020 promotes life-long learning and enables students to adapt to change in different sectors. We cannot predict skills that would be required in the next 10 years but individuality, independent and Critical Thinking, and Creativity will improve resilience and adaptability, he said.

The Lt Governor also extended his hearty congratulations to all the faculty members and teachers of University of Jammu.

Convocation is also a moment of pride for teachers. Our ancient scripture beautifully describes the relationship between Guru and Disciple. Guru prays that his fame and his disciple fame may increase together. This is an example of the highest values of our Indian culture. In that sense, students are not handed over just medals and degrees, but a legacy of values and a huge responsibility on their shoulders to enrich and preserve it for future generations, the Lt Governor said.

Commending the new initiatives of University of Jammu, the Lt Governor said, "I am confident that in the coming days, Jammu University will give new direction to the education sector of the country".

Prof Umesh Rai, Vice Chancellor, University of Jammu, presented the University report and highlighted special programmes to be rolled out soon. The University is in the process of setting up a full-fledged Directorate of Hindi and a Centre of Excellence in Dogri, he said.

Various significant initiatives of the University of Jammu including programmes like 'College on Wheels', 'Design Your Degree', promotion of national, local language and culture; translating the Constitution of India into Dogri language; multi-arts festival like Duggar Darpan; initiatives in sync with Hon'ble Prime Minister's call for "Land to Lab" and "Lab to Land" approach; MoU with the High Altitude Warfare School of Army at Gulmarg in the discipline of Disaster Management, received special appreciation from the Hon'ble Vice President.

Dr Sudesh Dhankhar, wife of Hon'ble Vice President; Prof Dinesh Singh, Vice Chairman, Higher Education Council, J&K; Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Vice Chancellors of various Universities; Members of University Council, eminent personalities; senior officials, faculty members and students attended the Special Convocation ceremony.

Amit Shah.....

BJP ideologue and Bhartiya Jana Sangha founder Syama Prasad Mookerjee in Jammu on Friday morning.

After that, Shah will lay the foundation stone of the Central Forensic Sciences Laboratory at Samba. He will also inaugurate and lay foundation stones of various development schemes in the

city, sources said.

In the afternoon, the Union home minister will travel to Srinagar where he will attend a function at Raj Bhavan for the inauguration and laying foundation stones of various development projects, they said.

Later, he will attend the 'Vitasta' festival organised by the Union Ministry of Culture in the city.

On Saturday, the home minister will lay the foundation stone of the 'Validan Stambh' in Srinagar before returning to the national capital. (Agencies)

Yet another.....

while Kokernag had 32.7°C against 31.5°C the previous day.

Gulmarg recorded 26.0°C against 24.6°C and Kupwara recorded 33.7°C against 33.1°C today, MeT office said.

The Meteorological Department forecast of mainly hot and dry weather to continue with a brief spell of Shower or thunderstorm at one or two places towards late afternoon or evening can't be ruled out.

It said the weather generally will remain cloudy with Light rain or thunderstorm at scattered places of Jammu and few places of Kashmir division on June 24 while it would be generally cloudy with intermittent light to moderate thunder-shower at many places from June 25-28.

Few places over Jammu division may receive intense showers for a short period, it said.

The MeT office said the maximum temperature over plains of Kashmir division likely to range between 32-35°C and 40-41°C over plains of Jammu till June 23.

Kashmir valley observed the season's hottest day yesterday with temperatures continuing to soar all over the valley and Srinagar recorded at 34 degree Celsius on Wednesday.

Srinagar recorded a low of 20.5°C against 19.7°C on the previous night and it was above normal by 4.79°C for the summer capital of Jammu and Kashmir.

Qazigund, had a low of 17.2°C against 17.4°C on the previous night and it was above normal by 2.9°C for the gateway of Kashmir.

Pahalgam, recorded a low of 11.3°C against 10.6°C on the previous night and it was 2.2°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

Kupwara settled at 17.4°C against 16.5°C on the previous night and it was above normal by 3.3°C for the north Kashmir area, while Kokernag recorded a low of 17.7°C against 18.0°C on the previous night and it was 3.6°C above normal for the place famous picnic spot of south Kashmir.

Gulmarg recorded a low of 13.5°C against 13.6°C on previous night and it was above normal by 3.8°C for the world famous skiing resort in north Kashmir's Baramulla district, the MeT office said.

High profile.....

after the ancient Vedic name of Jhelum River, aims to bring to life Prime Minister, Narendra Modi's, vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi ka Amrit Mahotsav initiative. The festival being organised by the Union Ministry of Culture through the North Zone Cultural Centre, Patiala, is the last in the series of three programmes of 'Vitasta'. Earlier, this festival was organised in Chennai (Tamil Nadu) and Pune (Maharashtra).

The dignitaries will also visit the exhibition and art camp organised at the venue.

The entry of the attendees would be strictly on the entry cards being issued by the organisers. All the participants are compulsory required to bring their invitation letters for entry to the event.

Two JK doctors.....

triggered massive unrest in Kashmir for over a month.

Initially the case was investigated by police and later the Central Bureau of Investigation (CBI) during the probe of the case found that the two women were never raped.

The two doctors Bilal and Nighat were associated with the postmortem of the two women.

The two were terminated from the service for "actively working" with Pakistan and hatching a conspiracy with its assets within Kashmir to falsify the post-mortem report of Asiya and Neelofar of Shopian, who had unfortunately died by accidental drowning on 29th May 2009, officials said.

"The ultimate aim of the duo was to create disaffection against the Indian state by falsely accusing the security forces of rape and murder. The investigation reveals that the top echelon of the then government knew about the facts, which was conveniently buried, while Kashmir burnt," they said.

The government has invoked 311 (2) (c) of the Constitution of India to sack the two doctors after investigation clearly established that the duo acted on behalf of Pakistan ISI and the terror outfits, officials said.

Nighat is working as a Consultant Gynaecologist and currently posted at Sub-District Hospital Chadoora and Bilal is working as a Medical Officer and is currently posted at NTPHC Takiya Imam, Shopian.

CS Reviews.....

The meeting was attended by Principal Secretary PWD, Divisional Commissioner Kashmir, Commissioner SMC, IGP traffic, DIG traffic, DC Srinagar, SSP traffic, VC J&K LCMA and others concerned.

Deputy Commissioners of Anantnag and Ramban attended the meeting through video conferencing.

While chairing the meeting, Dr Mehta stressed

upon the officers to take all necessary measures to smoothen the flow of traffic in Srinagar city and all other areas with zero tolerance against offences like wrong parking and lane indiscipline. He expressed concern on the traffic snarls around the Dal Lake area and directed the concerned to take corrective measures in this regard at an earliest.

Maintaining that checking points should not create unnecessary problems for the commuters, CS directed the traffic authorities to make their checking methods more people friendly. He said that there should be no halting of buses at their will and these should stop only at designated locations. He said that wrong parking has to be dealt with strictly and any vehicle found wrongly parked should be towed away.

The Chief Secretary also inquired about the traffic arrangements for the upcoming Amarnathji yatra and said that a proper plan should be framed to ensure smooth flow of traffic. He said that the coming months should not witness any traffic jams and all preparations have to be made in advance to plug any loopholes.

Dr Mehta enjoined upon the officers that the experience of yatra is on pilgrimage and other tourists should be pleasant so that they promote Jammu and Kashmir as a tourism destination back home.

He also asked the traffic department to hold a stakeholders consultation and formulate SOPs which all stakeholders comply with without need for coercive measures.

The Chief Secretary also inquired about the progress of Intelligent Traffic Management System (ITMS) in Srinagar and directed the concerned to detect traffic violations through the upgraded system. He said that the traffic department should start generating e-challans against the violators from June 23 at the intersections which are fully automated.

Under the Smart City Project, the authorities have installed closed-circuit television (CCTV) cameras and other devices in Srinagar. The cameras have begun sending live video and photo feeds of traffic violations to a command and control centre.

It was informed that the ITMS cameras have been installed about 60 intersections in Srinagar out of which 25 are fully ready to start generating e-challans.

Dr Mehta also asked the Deputy Commissioners of Anantnag and Ramban districts to examine the routes in their respective districts and see that all critical, protective work have been carried out to ensure smooth movement of vehicles.

Srinagar Admin.....

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

Worth to mention that Tapentadol is a schedule H1 Opioid analgesic and 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. It has been observed that these drugs are being used by adolescents for addiction purposes.

Appreciating the efforts put in by the team of Drug Controller Organization, Kashmir, the Deputy Commissioner, Srinagar Aijaz Asad stressed the team to bring the matter to its logical end. He further asked the Department to continue such inspection in future to eradicate the menace of drugs from the District.

The DC also urged the Pharmaceutical agencies and Courier service agencies operating in Srinagar District to bring such illegal activities into the notice of Drug Controller organization and District Administration, so that menace of drug addiction which has become a social evil can be eradicated from the society.

Mission Youth.....

Wani, who was working as driver couldn't bear expenses of his family including his two daughters with that meagre salary.

"Sometimes I would not get work for many days. Many times I decided to stop my daughters from going to school. I always wanted to educate them but financial constraints always forced me to look another way", Wani said as he was revealing his struggle of 12 years while working for different vehicle owners on daily basis.

Wani couldn't save enough money to purchase his own vehicle and the unfulfilled needs of the family had left him in a devastating feeling of frustration and depression. That is when the Mumkin scheme started by J&K Government through Mission Youth came to the rescue of Wani.

"In October last year, a friend of mine informed me about the 'Mumkin' livelihood scheme for unemployed youth and asked me to contact Mission Youth officials, Wani asserted. It was like a dream come true when I was informed about the benefits of the scheme, he said". An elated Wani said that he is satisfied being the happy owner of 'Tata Yodha' and is earning enough to feed his family and educate his daughters.

In the present financial year, 4482 youth have been facilitated for self-employment under the scheme with a total financial support of 165 crore through scheme banking partner and 16 crore as government contribution towards subsidy. Self-employment avenues created under this scheme have instilled a sense of self-reliance and positivity among youth.

Similarly, Tejaswani scheme is a specially tailored self-employment programme for empow-

erment of young women of Jammu & Kashmir aimed to promote entrepreneurship among them.

This scheme helped them in attaining economic independence and improved their social status. All women entrepreneurs covered under the program have been given Entrepreneurship Development Program trainings through Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), for attaining proper market skills and technology knowhow for making their business viable.

Afshana of Ganderbal always dreamt of securing a respectable livelihood that could fulfill her personal and family's financial needs. She, before opting for Tejaswani, used to give home tuition to small children in her neighbourhood. However, that was not sufficient to bear her personal expenses.

"Sometimes I would feel very distraught. I always wanted to serve my family and society but financial constraints always forced me to look another way", Afshana said as she was recalling her past.

Afshana established a poultry farm with the assistance provided under Tejaswini scheme and now she is providing employment to five more fellow girls.

This financial year, assistance to more than 1588 women entrepreneurs has been provided under the scheme with a resultant employment generation of 3615. Total financial assistance to the tune of 102 crore has been sanctioned along with an amount of 12 crore as government contribution towards subsidy.

Likewise, the Mission Youth started Youth Volunteer Program for youth engagement at grassroots level and rolled out a special volunteer program in the name of YOUTH CLUBS. The initiative was approved by the Governing Body of Mission Youth, headed by Lieutenant Governor. The volunteer program was made fully operational on the eve of International Youth Day 2021 and 4500 youth clubs have been constituted under the program across the UT.

More than one lakh youth have been involved in volunteer activities through the program who got opportunity to work through real challenges and make meaningful change in the society. Youth have been enabled to learn new social skills like collaboration and problem solving that are vital to succeed in academics, workplace, and their personal lives.

An amount of Rs. 7.25 crore has been provided as grant in aid for specified activities of the youth clubs in present financial year.

"We always felt alienated from the system but after joining Youth Volunteer Program of Mission Youth, we are feeling part of policy making and governance", said Aqib from Pulwama.

The youth volunteer members of Pulwama organized a month long drug de-addiction campaign in every Panchayat of the district recently. "We will make Pulwama a drug free district within next few months", said an enthusiastic Youth volunteer.

Mission Youth has been a game changer for the youth of Jammu and Kashmir. The initiative has provided the youth with the necessary resources and support to enhance their skills and promote entrepreneurship, thereby contributing to the socio-economic development of the region. The success of Mission Youth serves as an inspiration for other states to implement similar initiatives

for the development of their youth.

Mission Youth' has succeeded in turning J-K youth into ambassadors of innovation, peace and development through systematic interventions for youth engagement and outreach under six domains including livelihood generation, education/skill development, financial assistance, counseling/theory, sports and recreation.

Remarkably, tremendous work performed by the Mission Youth during past few years bore fruit when the Mission Youth was awarded with Prime Minister's award for the Excellence in Public Administration 2022, under the Innovation (State) category on 16th Civil Services Day this year.

Blue Pansy.....

issued by Principal Secretary to the Government, Forest Ecology and Environment, Deeraj Gupta.

Last year, the Government had declared Kalji Pheasant as the bird of the Union Territory.

Yet another....

local bodies in Kashmir.

In September last year, it had removed Bilal Ahmad Bhat, President, Municipal Committee, Awantipora from his office on the grounds of abuse of his official powers.

Better arrangements.....

been widened. Reeling at many places have been done. Light arrangements have been improved. The security agencies have installed good number of CCTV there," Divisional Commissioner Kashmir V K Bidhuri as per KNS told reporters at Pratap Park Srinagar.

Lauding the support of civil society and others, the Divisional Commissioner Kashmir said "Unlike past we got huge support and cooperation from civil this year. People from all walks of life came forward and extended their support," Div Com Kashmir said.

He added the Yatra should be seen beyond economic and religious activity as it has age old connection with local tradition.

2 PHE Daily....

survived by his two kids and wife," one of the family members of the deceased told the news agency Kashmir News Trust.

Earlier, on 17 June this month, a PHE daily wageer Shabir Ahmed Yatoo died after falling from a dilapidated water tank in Tarzoo Sopore. "Yatoo was cleaning the water supply scheme Tarzoo when he fell down and died in the hospital. This water tank has not been designed scientifically by engineers. Instead of concrete slab, tin sheets have been used for the water supply scheme," Sajad Parray, president Kashmir PHE Joint Employees Association told KNT adding that the irony is that even after the unfortunate incident, the concerned Engineer didn't bother to visit either on the spot or to the house of the victim at Goshubugh Pattan.

He appealed to the government to equip PHE employees with safety gadgets and provide government jobs to one of the family members of the deceased who died in harness.

ITBP Officer.....

one of the most common causes of fatalities among Amarnath pilgrims and security forces posted there for duty.

The 62-day yatra is scheduled to begin on July 1.

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Marine Assemblers

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Better arrangements for Amarnath Yatra in place this year: Div Com Kmr

SRINAGAR, JUN 22: Divisional Commissioner Kashmir V K Bidhuri Thursday said that administration has put in place better arrangements for Amarnath Yatra this year.

He said the administration is committed to provide better and hassle-free services to Amarnath

devotees so that they do not feel any sort of inconvenience during the Yatra.

"There are better facilities in place. The track leading to the cave has been widened. Reeling at many places have been done. Light arrangements have been improved. The security agencies



have installed good number of CCTV there," Divisional Commissioner Kashmir V K Bidhuri as per KNS told reporters at Pratap Park Srinagar.

Lauding the support of civil society and others, the Divisional Commissioner Kashmir said "Unlike past we got huge

support and cooperation from civil this year. People from all walks of life came forward and extended their support," Div Com Kashmir said.

He added the Yatra should be seen beyond economic and religious activity as it has age old connection with local tradition.

Deaf & mute orphan siblings from south Kashmir pass class 10 exam with flying colours

ANANTNAG, JUN 22: Two deaf and mute orphan siblings from the Hussanpora Bagh area of Bijbehara in south Kashmir's Anantnag district have passed the 10th class examination with flying colours the results of which were declared on Monday.

Mohammad Ahsan and Bisma Jan, the students of the Zaiba Appa Institute of Inclusive Education, Bijbehara, have secured 361 and 389 marks respectively. The siblings lost their parents around a decade ago and are raised by their brother.

Talking to the news agency—Kashmir News Observer (KNO) in a sign language explained by their teacher, Ahsaan and Bisma said they are thankful to Javed Ahmad Tak, a Padma Shri awardee who started this school where hundreds of specially-abled students are receiving education.

They said that people with disabilities should never lose their hope but follow their dreams with passion, "They too can lead a successful and cheerful life," they said.

The siblings, however, said there should be separate schools and colleges for the specially-abled children so as to "lead an independent life".

Their brother Owais Ahmad while talking to KNO said he suffered a lot, especially when both Ahsaan and Bisma were studying in primary classes.

"I work as a labourer and I will leave no stone unturned to make them continue their education so that they get a good job and won't remain dependent on anyone in life," he said.

State of education: Majority of schools underperform in class 12 exams in Kupwara

KUPWARA, JUN 22: In the recently declared results of class 12, 19 out of 54 higher secondary schools in Kupwara district have performed poorly with less than 50 percent results.

Kupwara district has a total of 54 Higher Secondary Schools, 102 High Schools, 700 Middle Schools and 894 Primary Schools.

As per the details available with news agency—Kashmir News Observer (KNO) 19 higher secondary schools have underperformed in the recently declared result of class 12 with below 50% result.

Figures revealed that 19 Higher Secondary schools have not even managed to cross 50 percent mark, raising questions on state of education in the district.

Of these underperforming institutions only 5 have managed to cross 45 per cent pass percentage. They include BHSS Sanzipora, Laderwan, Tarathpora, Batpora Magam and GHSS Kupwara. Another four more schools have managed to cross 40 percent pass percentage. They include BHSS Lone Harrie, Kralpora, Sogam, Kandi Khass.

A total of 824 boys and 742 girls appeared in the examination from the district. Of them, 350 each boys and 350 have passed the examination.

BHSS Warapora has managed to secure a 40 per cent pass percentage. "In this institution a total of 37 boys



and 33 girls appeared in the examination. Of them, only 13 boys and 15 girls passed the examination," showed the figures.

It said that three schools have not managed to touch the 40 per cent mark as well. They include BHSS Kalaroos, GHSS Trehgam and BHSS Halmatpora have attained the pass percentage of 38.68, 39.39 and 37.86 only. In these institutions a total of 488 boys and 414 girls appeared in the examination of which 179 boys and 166 have passed the examination.

The figures also revealed that 2 institutions have even failed to secure a pass percentage of 35 per cent. BHSS Keran and BHSS Warsun have secured

only 34.55 and 32.00 pass percentage. In these two institutions a total of 110 boys and 70 girls appeared in the examination of which 31 boys and 18 girls attained the pass percentage.

Three schools, the data revealed, have secured only 25, 25 and 24 pass percentage. They include HSS Tekipora, BHSS Khumriyal and BHSS Kukroosa.

A total of 315 boys and 243 girls had appeared in the examination. Of them, only 85 boys and 58 girls have passed the exams.

At BHSS Teetwal a total of 59 boys and 20 girls had appeared in the examination. Of them, only 10 boys and 4 girls have passed the exams.

In a first, No-Smoking pledge ceremony held in health, edu institutions across Kashmir

Aim is to keep young generation away from smoking: Officials

SRINAGAR, JUN 22: A No-Smoking pledge ceremony was held across all health institutions and educational institutions of Kashmir to sensitize students and others on the ill effects of tobacco consumption and smoking.

The Directorate of Health Services Kashmir and the Directorate of School Education Department had already issued separate circulars in this regard.

An official told the news agen-

cy—Kashmir News Observer (KNO) that all the Chief Medical Officers, Medical Superintendents and Block Medical Officers carried out a No-Smoking pledge ceremony in all the health institutions. He said that on the direction of DSEK, the ceremonies were also held in the educational institutions of Kashmir.

The officials said the aim of conducting No-Smoking pledges is to keep the younger generation

away from tobacco and smoking.

The spokesperson of the Directorate of Health Services Kashmir Dr Mir Mushtaq, who is also the Nodal Officer of NTPC Kashmir, told KNO that for the first time, such kind of exercise was done in the whole of Kashmir as DHSK and DSEK jointly took the pledge.

This was done in view of the ongoing 'tobacco-free youth campaign' launched by the Union Ministry of Health and Family Welfare,

Government of India, he said.

Recently, on the eve of No Tobacco Day, the campaign was launched by Secretary Health J&K Bhupinder Kumar who directed all the concerned officials to actively participate in the campaign.

Dr Mushtaq said that DHSK and DSEK have conducted a series of meetings on the issue and held joint pledge ceremonies in order to implement Tobacco Free Edu-

cational Institutions (TOFEI).

The aim is to make all educational institutions tobacco-free and to raise awareness about the ill effects of tobacco so that the future generation won't get attracted to the menace.

"Such kind of pledge ceremony was held for the first time in the history of Kashmir and it was successful as all educational and health institutions actively participated in it," he said.

Firefighters await promotions for over a decade, Fire Services faces staff crisis

SRINAGAR, JUN 22: The firefighters in the Fire & Emergency Services have expressed frustration as they await long-overdue Departmental Promotion Committees (DPCs) that haven't been conducted for over a decade. The lack of promotions has left many fire stations without adequate leadership or sufficient staff, raising concerns about the department's ability to effectively respond to emergencies.

Firefighters within the department while talking to the news agency—Kashmir News Observer (KNO) expressed distress over the absence of career progression opportunities, with no

promotions granted for the past ten years. They said the higher officials have ignored their pleas and are turning a blind eye to the issue due to which there is an immense frustration among the workforce.

The sources in the department reveal that numerous leading firemen have completed mandatory firefighting courses in Nagpur, making them eligible for the position of Sub Officers. However, despite the presence of vacant positions and an increasing number of trained firefighters each year, their promotions have been indefinitely delayed.

The situation is dire across

the union territory, the officials said, adding that three districts – Baramulla, Kupwara, and Bandipora – are being run by a single Assistant Director while each district should have been led by one Assistant Director.

In an ideal setup, each district headquarter station should have an Assistant Director, followed by a Divisional Fire Officer, Station Officer, Sub Officers, and other supporting staff.

However, even the Headquarters lacks a Sub Officer, let alone other fire stations. One firefighter, eligible for promotion to the Sub Officer position, lamented waiting for over a decade to move up

the ranks.

"These stations are currently managed by either selection grade fire-fighters or Hawaldars, both of whom lack the qualifications to serve as station in-charges," he said.

As per the regulations, a Sub Officer should assume this role, but due to a lack of promotions, qualified candidates are left waiting, while lower-ranking officers run the stations. The firemen of the 2010 batch are eligible to be promoted as Selection Grade in 2020 but even after three years, they are waiting for getting promoted.

The Selection Grade firemen of the 1998 batch are

waiting for the last more than one decade to become Hawaldars but they are yet to work as Selection Grade officers.

The Hawaldars 1991 batch should have been Sub Officers ten years ago but they are still working as Hawaldars when they should have been Divisional Fire Officers.

At least, 300 employees including Firemen and Selection Grade firemen were asked to sit in exams for promotion to the next level in vide order no DF&ES/Estt/ DPC/01/2021-02-CC-61393 dated 29th December 2021 and results are still awaited even after about two years.

Surprisingly, in the entire

north Kashmir and Ganderbal, there is only one station officer (Inspector) who is yet not confirmed as he is working as 'in-charge' and not confirmed yet.

The prolonged absence of promotions and the resulting staffing crisis within the Fire Services Department is raising concerns about the department's ability to ensure public safety and respond effectively to fire emergencies.

Official sources said the "severe crisis" in career progression has taken a toll on the mental health of the employees. "Even our children taunt us for stagnation as we retire in the same grade where we were recruited," they said.

"We fail to understand if there are posts available in the department, why we are not being promoted. We are being punished for unknown reasons?"

"Efforts must be made to address this issue promptly, ensuring that deserving firefighters are recognized and given the career advancement opportunities they deserve, while adequately staffing fire stations for the safety of communities they serve," they added.

An official while acknowledging the concerns of these firefighters assured that the grievances will be brought to the attention of higher authorities.

School Edu Deptt issues advisory to combat ill-effects of heat wave

SRINAGAR, JUN 22: In order to combat the ongoing heat wave in Kashmir, School Education Department Thursday issued a detailed instructions to be followed by all educational institutes.

In the guidelines regarding precautions to be observed by schools to combat the ill-effects of heat wave, Directorate of School Education Kashmir (DSEK) in a circular said that the prevailing heat wave in various parts of Kashmir Division may pose a risk at times to the health of the school going Students.

According to the news agency—Kashmir News Observer (KNO), DSEK said that in order to combat the ill effects of the heat wave, the heads of all educational institutions of government as well as private are advised to adhere to the issued guidelines.

"The guidelines are advisory in nature and schools may use as per local conditions in the manner deemed fit to prepare their own SOPs and guidelines to combat ill effects of the heat wave in their schools," DSEK said.

It also said that the guidelines shall be disseminated among parents, students and teachers for maximum care and benefits.

Guidelines:

Modifications in daily routines:

Morning Assembly should be brief and conducted in such an area or in classrooms where students are not exposed to direct sunlight.

Sports and other outdoor activities be adjusted in early hours.

Care be taken during assembly and dispersal of students.

Transportation:

Overcrowding in school buses be strictly avoided and students as per seating capacity be carried in school buses.

Drinking water and first aid kits must be available in buses.

School Buses and Vans be parked in shaded areas.

Parents be sensitized to pick up the children personally wherever applicable.

Hydration:

Sufficient potable water be kept available at multiple places preferably in water coolers or earthen pots (Pitchers).

Students should be sensitized regarding proper hydration and advised to sip water at regular intervals.

Increased hydration naturally results in increased use of washrooms so washrooms need to be kept in clean and hygienic conditions.

Food and Meals:

Meals served to students under PM POSHAN must be served hot and fresh.

Students carrying food in tiffin be advised to bring light food for lunch which would not become stale easily.

Lunch of the students be checked before consumption.

Do's and Don'ts to be displayed at prominent places

Do's:

Drink sufficient water even if not thirsty.

Use ORS (Oral Rehydration Solution), home-made drink like Lassi, Lemon Water etc. to keep yourself hydrated.

Cover your head by Hat, Umbrella or scarf etc. Stay indoors as much as possible.

In case of illness or faintness, consult doctor immediately.

Don'ts:

Don't go outside empty stomach or immediately after consuming food.

Avoid direct sun especially in the afternoon.

Don't go outside barefoot.

Don't eat junk or spicy or stale food.

DC Budgam takes stock of beautification works along Humhama-Budgam road

Stresses on work completion on Clock Tower, drainage works

HT News Network

BUDGAM, JUNE 22: The Deputy Commissioner (DC), Budgam Akshay Labroo today took stock of beautification works along the Humhama-Budgam road.

During inspection, DC said that under face-lifting of roads, a robust drainage system will be developed, besides streamlining of public utilities and regular sanitation and cleanliness drives be also carried out at all identified spots from Humhama Chowk to Budgam road stretch.

He instructed the concerned to ensure bush cutting and covering of open areas besides dumping points be shifted from roadside for the public convenience.

Direction was given to the concerned for illumination of Bridge at Naraspora near Railway Approach road besides coloring of electric poles under the beautification of the town areas.

The DC also took stock of construction



tion of Clock Tower at Old Bus Stand, landscaping and tile works there.

Instructions were given for completion of all ongoing works in a stipulated time frame.

DC directed the concerned to ensure macadamization of all identified spots, and removal of construction material and legacy waste from either side of the road for smooth and hassle-free movement of both public as well private transport.

Earlier, DC also flagged-off a sanitation rally under Safai Abhiyaan campaign at Humhama Chowk.

The DC among others was accompanied by ADDC Dr Akramullah Tak, President Municipal Council Budgam, Mushtaq Ahmad, Ward Members, JD Planning, ACD, ACP, Executive Engineers of different engineering wings, EO Municipal Committee Budgam and others concerned during the visit.

DDC Shopian chair DLRC, DCC meeting; reviews performance of Banks

HT News Network

SHOPIAN, JUNE 22: The District Development Commissioner, (DDC) Shopian, Faz Lul Haseeb today chaired the District Consultative Committee (DCC) cum District Level Review Committee (DLRC) meeting at Mini Secretariat, Shopian.

J&K Bank has disbursed 89 percent of total credit amounting to Rs 1203.74 crore in the district for the financial year 2022-23, intimated District Lead Bank, Manager Farooq Ahmad.

Giving a complete break-up of the credit disbursed by various banks operating in the district, LDM said that all the banks operating in the district have extended a credit disbursement of 1203.74 crores against the yearly target of Rs.2052.86 crore, registering an achievement of 63 percent



of the annual credit plan 2022-23 for quarter ending March 2023.

The deposits of the district decreased from Rs. 1571.76 crores as on March 31, 2022 to Rs. 1557.49 crores as on March 31, 2023 thereby showing a decline of -0.9% on YOY basis & has shown increase of 5% on quarterly basis from Rs 1483.13 crores as on 31 December, 2022.

It was informed that the priority sector advances of the district decreased from

Rs. 1322.09 crores as on March 31, 2022 to Rs. 1163.03 crores as on March 31, 2023 thereby showing a decline of -12% on YOY basis & -9% on quarterly basis from Rs 1282.70 crores as on 31st December, 2022.

Non priority sector of the district increased from Rs. 416.00 crores as on March 31, 2022 to Rs. 755.54 crores as on March 31, 2023 thereby registering a growth of 82% on YOY basis & 36% on quarterly basis from Rs 554.86 crores as on 31st

December, 2022.

On the occasion, DDC emphasized the need for improving the credit flow in Agriculture and allied sectors under the HADP plan. Besides, the credit flow in the Renewable energy sector was also emphasized upon.

The performance with respect to social security schemes under Mission Utkarsh was also discussed and the chair emphasized the need for roping in the people under social security schemes with joint coordination of all concerned agencies.

Besides reviewing the performance of Banks & Govt. departments under various schemes, the Chairman of DCC & DLRC meetings directed the line agencies to sponsor cases and the Banks for speedy disposal of Govt. Sponsored cases.

PD&SJ Kulgam chairs 3rd District Coordination Committee meet

Farooq Rather

KULGAM, JUNE 22: The 3rd District Coordination Committee meeting of various stakeholders for the justice delivery system was held under the chairmanship of Principal District and Sessions Judge (PD&SJ) Kulgam, Mohammad Ashraf Bhat at Rest House Chawalgam, Kulgam.

The meeting was attended by Additional Sessions Judge Kulgam, Chief Judicial Magistrate Kulgam, Secretary DLSA Kulgam and Public Prosecutor Kulgam.

Meeting was also attended by Additional Deputy Commissioner, Executive Engineer R&B Division Kulgam, Assistant Executive Engineer from R&B, PDD, Chief Medical Officer, DY.S.P Hqrs, Executive Officer



Municipal Committee Qazigund, officers of the Housing Board and Superintendent District Jail Anantnag.

During the meeting, the point wise agenda was discussed threadbare and the

various procedural hiccups and other impediments in timely execution of highlighted points were shared with the concerned stakeholders present in the meeting. The Chairman, emphasized upon the par-

ticipants for streamlining and enhancing the level of coordination between the courts and other stakeholders for strengthening the justice delivery system and for the said purpose all the participants assured their cooperation on ground to enhance the judicial output by providing required infrastructures and other logistic support to remove the impediment if any at the earliest.

The Chairman extended gratitude to all the participants of the meeting and the meeting was concluded with the hope that the commitments made by the stakeholders in the meeting will get implemented in letter and spirit on ground and review thereof shall be taken in the next Coordination Meeting.

Internal Assessors training under NQAS initiated in Kashmir Division

HT News Network

SRINAGAR, JUNE 22: Ministry of Health & Family Welfare in collaboration with National Health Mission, J&K today started three days internal assessors training under National Quality Assurance Standards (NQAS) up to 24th June, 2023 for Medical Superintendents, DyCMOs, Medical Officers and Programme Management Units under NHM from all the Districts of Kashmir Division at Conference Hall, TRC, Srinagar.

Dr Mushtaq Ahmad Rather, Director Health Services Kashmir (DHSK) was chief guest in the inaugural session. Speaking on the occasion, Director Health said that the main objective of



the training is to provide an overview of National Quality Assurance Standards as well as to increase the pool of Internal Assessors in the UT of J&K.

He informed the house that under the supervision of Secretary to Govt.; Health & Medical Education Department, Bhupinder Kumar the training is being conducted right on time as many health facilities of UT of J&K are being taken up for NQAS certification this

financial year.

He stressed upon the participants that the gaps which have been identified during physical assessment of the health facilities need to be addressed and closed for expediting the national certification process of the shortlisted health facilities.

He also encouraged the participants to implement Quality Assurance in every facility as this will help to improve the Quality of Health care services being

delivered to the community. He wished the training to be a great success and for successful implementation of the National Quality Assurance Standards in respective health facilities in the near future.

Expert trainers from National Health System Resource Centre, Dr Vineeta Dhanekar and Dr Annapoorna Consultants have been deputed by MoH&FW, GoI to impart the training to participants along with National Assessors from the UT of J&K.

Others present on the occasion included Dr Jitender Mehta, State Nodal Officer, Quality Assurance; Dr Qazi Haroon, Divisional Nodal Officer, NHM, Kashmir; Dr Syed Ghazala Nazki, Programme Manager, NHM,

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE EXECUIVE ENGINEER SPL SUB DIV. TANGDAR NOTICE INVITING TENDER

(REW) Tender Notice No.29 SSD Tangdar of 2023-24 Endt No.980-88 E-tendering DATED:21.06.2023

For and on behalf of the Lt. Governor, J&K UT e-tenders (in Single Cover System) are invited on percentage % basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In rupees)	E/Money (in Rs)	Time of Completion In days	Class of Contractor	Major Head of Account
1	2	3	4	5	6	7	8
1	Constrt of community composite pit at Baghbeela	1.456	200	2912	10 days	DEE/DDC	SBM
2	Constrt of community composite pit at Dildar A	1.456	200	2912	10 days	DEE/DDC	SBM
3	Constrt of community composite pit at Dildar B	1.456	200	2912	10 days	DEE/DDC	SBM
4	Constrt of community composite pit at Gomal	1.456	200	2912	10 days	DEE/DDC	SBM
5	Constrt of community composite pit at Hajinar	1.456	200	2912	10 days	DEE/DDC	SBM
6	Constrt of community composite pit at Kandi Bala	1.456	200	2912	10 days	DEE/DDC	SBM
7	Constrt of community composite pit at Kandi Payeen	1.456	200	2912	10 days	DEE/DDC	SBM
8	Constrt of community composite pit 01 at Khawarpura A	1.456	200	2912	10 days	DEE/DDC	SBM
9	Constrt of community composite pit at 02 at khawarpura A	1.456	200	2912	10 days	DEE/DDC	SBM
10	Constrt of community composite pit at Khawarpura B	1.456	200	2912	10 days	DEE/DDC	SBM
11	Constrt of community composite pit at atkonagaba	1.456	200	2912	10 days	DEE/DDC	SBM
12	Constrt of community composite pit at Gabra A	1.456	200	2912	10 days	DEE/DDC	SBM
13	Constrt of community composite pit at Gabra B	1.456	200	2912	10 days	DEE/DDC	SBM
14	Constrt of community composite pit at atGabra C	1.456	200	2912	10 days	DEE/DDC	SBM
15	Constrt of community composite pit at Nachiyen	1.456	200	2912	10 days	DEE/DDC	SBM
16	Constrt of community composite pit at Tangdar A	1.456	200	2912	10 days	DEE/DDC	SBM
17	Constrt of community composite pit at Tangdar B	1.456	200	2912	10 days	DEE/DDC	SBM
18	Constrt of community composite pit at Tangdar C	1.456	200	2912	10 days	DEE/DDC	SBM

Position of AA: TS: Accorded

- The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:
- Special condition: for works Adv cost upto Rs.3.00 lakhs, only DEE class and DDC Registered Card holders of respective Panchayat Halka shall take part in tendering process in light of the Govt Order No: 238 F of 2021 Dtd:9/7/2021. Bidder must upload any documents Residential certificate/Aadhar card/Ration card/Electricity bill showing panchayat name as residence proof that she/he is residing the particular panchayat Halka
- Bids must be accompanied with cost of tender document in shape of E Challan /Treasury receipt in favour of Executive Engineer Spl Sub Div Tangdar (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer Spl Sub Div Tangdar (Tender receiving authority). The successful Bidder has to produce an amount equal to 3% additional performance security deposit of the allotted cost. The same shall be released after the successful completion of the defect liability period of the work. The EMD of 2% successful bidders shall be released after receipt of 3% Performance Security.

01.	Date of issue of Tender Notice	21.06.2023
02.	Period of downloading of bidding documents	21.06.2023
03.	Bid submission start date	21.06.2023
04.	Bid submission end date	06.07.2023 upto (04.00P.M)
05.	Date & time of opening Bids (on line)	07.07.2023at (10.00A.M) in the Office of the Executive Engineer Spl Sub Div Tangdar

5.The date and time of opening of Bids shall be notified on web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same web site in the office of the Executive Engineer Spl Sub Div Tangdar (Tender receiving authority).

6.The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.

a. Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any Modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within the specified time limit.

c. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

d. Failure of submission of Tender document fee by the bidder using the site shall entail him for blacklisting.

7.Instruction to bidders regarding e-tendering process.

5-1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in in acquaint bid submission process.

5-2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendor.

5-3 The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.

5-4 Bids will be opened online as per time schedule mentioned in Para-1.

5-5 Bidders must ensure to upload scanned copy of all necessary documents with bid. Beside , original/Photocopies of documents related to the bid be submitted physically/ by registered post/through courier before the date specified in Para-1.

Note:- Scan all the documents on 100 dpi with black and white option.

8.The department will not be responsible for delay in online submission due to any reasons.

9.Scanned copy of cost of tender document in shape of E challan /Treasury receipt in favour of Executive Engineer Spl Sub Div Tangdar and Earnest money /Bid Security in shape of CDR/FDR if applicable pledged to Executive Engineer Spl Sub Div Tangdar must be uploaded with the bid. The original E challan /Treasury receipt (cost of tender document), CDR/FDR (earnest money/bid security) and relevant documents to be submitted to the tender opening authority by registered post/Courier / by hand before due date of submission of tender/as per time schedule specified contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.

9. Price escalation and taxes:-The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work unless otherwise, specified. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

10. Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

11. In case of CRF and any other specified project the relevant guidelines/standard bidding document shall be followed.

12. Instructions to Bidder (ITB)

12-1. All bidders shall include the following information and documents with their bids:

a. Copies of original documents defining constitution/legal status, place of registration and Principal place of Business.

b. Valid TIN No. & PAN No. along with latest sales Tax , GST clearance certificate/acknowledgment receipt of sales

Tax return file.

12-2. The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid.

12-3. Non attendance of pre-bid meeting will not be cause of disqualification of the bidder.

12-4. All documents relating to the bid shall be in the English Language.

13-5. The material shall be supplied to the contractor of his own.

18The tender/bid is liable to rejection if it does not full fill the requirements as laid down in NIT.

19The key construction material shall have to be arranged by the contractor of his own as per the quality/specifications.

1.Cement /steel of approved quality. No extension in quantities /Cost is allowed in any case.

DIPK-3914/23
Date: Jun 22 2023

Sd
Executive Engineer
Spl Sub Div Tangdar

Table Top exercise conducted ahead of SANJY-2023 at Ganderbal

HT News Network

GANDERBAL, JUNE 22: The National Disaster Management Authority (NDMA) today conducted Table Top Exercise with all stakeholders involved in the management of the upcoming Shri Amarnath Ji Yatra (SANJY) at the Conference Hall of Mini Secretariat, Ganderbal. The meeting was chaired by Deputy Commissioner (DC) Ganderbal, Shyamvir along with Brig. B.S Thakur from NDMA. The NDMA conducted such Table Top and Mock Exercise prior to Yatra in its efforts to



improve preparedness and response mechanisms for various disasters. At the outset, the DC briefed the participants about the objectives and scope of Table Top and mock exercise. He stressed for well planning, better

coordination and better response among various participating agencies.

Brig. B.S Thakur highlighted the challenges during Yatra and how to manage major incidents.

During the meeting, officials from SDMA presented an overview of the Disaster Plan and preparedness for SANJY-2023.

Various departments including State Disaster Response Force, IMD, BRO, Jal Shakti, KPDCL, I&FC, Health, communication and connectivity besides various security agencies also presented detailed overview of disaster plans.

DC Kishtwar chairs DLRC Meeting for Quarter ending March 2023

Emphasis on capital formation in agriculture sector, holding of financial literacy camps in Aspirational Blocks

HT News Network

KISHTWAR, JUNE 22: District Development Commissioner (DDC) Kishtwar, Dr. Devansh Yadav today presided over the District Level Review Committee (DLRC) meeting.

The meeting held in-depth discussions regarding the performance of banks during the fiscal year 2022-23. Dr. Devansh Yadav emphasized the importance of identifying beneficiaries and ensuring the smooth flow of credit to them through the convergence of assistance from government-sponsored schemes and the Holistic Agriculture Development Programme (HADP). He stressed the need to increase credit flow in the agriculture sector.

The overall achievement under the Annual Credit Plan (ACP) for 2022-23 stood at a satisfactory 137%.

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However, the Deputy Commissioner advised bankers and line departments to enhance credit flow under the priority sector, with special attention given to education, women's development, and agriculture-related sectors. He further encouraged banks to step up their efforts and improve their performance in the upcoming year, 2023-24.

The Deputy Commissioner highlighted the significance of capital formation in the agriculture sector for long-term growth, along with the need to conduct financial literacy camps in the aspirational blocks of Kishtwar district.

The meeting was attended by distinguished officials including ADDC Kishtwar, Sh. Sham Lal; Joint Director of Planning, Kishtwar, Mohd Iqbal; Lead District Manager, Pankaj Bhadani; DDM



NABARD; heads of line departments; RSETI Kishtwar; district heads of various banks, and other agency heads. District Development Commissioner (DDC) Kishtwar, Dr. Devansh Yadav today presided over the

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DHEW organises yoga camp in skill Training Institute

HT News Network

JAMMU, JUNE 22: Mission Shakti - District Hub for Empowerment of Women Jammu celebrated International Yoga with the students of Regional Directorate of Skill Development & Entrepreneurship National Skill Training Institute.

The day was observed with the theme 'Vasudhaiva Kutumbakam' aptly translating to One Earth One Family One Future.

At the outset, the DHEW Staff briefed the students about the essence of Yogic exercises and later held a 1-hour practice session with a demonstration of Yoga Asanas.

All the faculty members of RDSDE/NTSI Jammu and students participated in the event enthusiastically.

Free MMU Camp held at Chill Assar

HT News Network

DODA, JUNE 22: District Health Society Doda today organized a free medical checkup cum awareness camp at Chill village of Medical Block Assar to provide quality medical care and free medicines to the needy people of the area at their door steps.

The Health Camp was hosted as part of Azadi Ka Amrit Mahotsav and under the supervision of Chief Medical Officer, Dr. Ab Hamid Zargar.

A team of doctors and paramedical staff including staff from MMU Doda rendered their services to more than 40 patients who had come from adjoining areas to take the benefit of the camp. Free medicines were also provided to the patients as per their specific needs.

The health department has appealed to the general public to come forward and take maximum advantage of all the health schemes.

Traffic Dry Day on Nashri-Banihal stretch on June 23

HT News Network

RAMBAN, JUNE 22: As per traffic advisory issued by the Senior Superintendent of Traffic Police, NHW Ramban June 23rd, 2023 (Friday) has been declared as "Traffic Dry Day" on NH-44 between Chenani Nashri Tunnel to Navyoga Tunnel Banihal.

The Traffic Police issued the advisory on the recommendations of National Highway Authority of India for undertaking important repair and maintenance works on NH-44 stretch between Chenani Nashri Tunnel to Navyoga Tunnel Banihal.

As per the advisory, No Light Motor Vehicle or Heavy Motor Vehicle, except medical emergency vehicles, will be allowed to ply on NH-44 between Nashri Tunnel-Navyoga Tunnel and Vice-Versa from 06 a.m. on June 23, 2023 till 06 AM June 24, 2023.

Seminar on "DAKSH KISAN" under HADP held at GDC Batote

HT News Network

RAMBAN, JUNE 22: Agriculture Production Department Ramban today organised a Seminar in the Government Degree College Batote to acquaint the students about "DAKSH KISAN" - a Learning Management System for skill development. The event was held as part of Azadi Ka Amrit Mahotsav and Holistic Agriculture Development Programme (HADP) under the Supervision of District Nodal Officer, HADP, Dr. Suhail Kawoosa.

The event started with a welcome note from the Chief Agriculture Officer, Ram Gopal Sharma. He welcomed the participants and gave a brief on the "Daksh kisan" an online learning portal for skill development.

The District Agriculture Officer said that the Daksh Kisan offers orientation

and skilling courses for all interventions, latest techniques, exploration of new possibilities in agriculture and allied sectors through this online Learning Management System developed by a team of agriculture production department in collaboration with state agriculture universities.

A large number of college students participated in the event and were imparted awareness regarding the 'Daksh Kisan' innovative web portal that offers a comprehensive learning management system with over 121 certificate courses, featuring multi-lingual videos and learning material in four languages.

Moreover, pamphlets were also distributed among the students having a simple QR code that on scanning opens the homepage of the Daksh Kisan portal where students.

DC Rajouri discusses activity plan for Int'l Day against Drug Abuse & Illicit Trafficking

HT News Network

RAJOURI, JUNE 22: With a resolute determination to fight against the growing menace of drug abuse and illicit trafficking, Deputy Commissioner Rajouri Vikas Kundal today chaired a crucial meeting to discuss the activity plan and arrangements for the International Day against Drug Abuse and Illicit Trafficking.

During the meeting, the DC reviewed the arrangements to be made for the event and discussed ways to ensure its success. He sought cooperation from civil society members to curb the menace of drug abuse and illicit trafficking in the district.

The civil society members also expressed their appreciation for the district



administration and police administration's efforts in curbing the menace of drug abuse and illicit trafficking in the district. They acknowledged the hard work and dedication of the authorities in creating awareness about the dangers of drug abuse and promoting a drug-free society.

The meeting was attended by ADC Rajouri Rajeev Kumar Khajuria, PO ICDS, Shoket Mehmood Malik; ACP Sheraz Chowhan, CEO

Education Sultana Kouser, DSWO, Wakeel Ahmed Bhatt; DPO Aughil Nuvaid; DYSSO Sunil Samyal and other officers.

Prominent citizens including Bharat Bushan Vaid; Subash Sharma; Dinesh Sharma; Sushil Sharma; Sanjeev Mangru; Pushpinder Gupta; Rajesh Gupta; Sanjay Sharma and others were present during the meeting. The participants discussed various initiatives that could be

taken to raise awareness about the dangers of drug abuse and promote a drug-free society.

The Deputy Commissioner Rajouri, Vikas Kundal also emphasized the need for a coordinated effort from all sections of society to address this issue. He urged all stakeholders to work together towards creating a drug-free society and assured them of the district administration's commitment towards this cause.

The meeting was marked with a sense of dedication towards the noble cause of combating drug abuse and illicit trafficking. All participants expressed their support and commitment towards this cause and pledged to work together towards creating a drug-free society.

Workshop on Municipal Electoral Roll Revision held at Doda

HT News Network

DODA, JUNE 22: In the run up to the Municipal Electoral Roll Revision, District Election Office Doda organised a training workshop for its staff here under the guidance of Deputy Commissioner, Vishesh Paul Mahajan. The workshop, organized by District Deputy Election Officer, Amersh Kotwal, focused on the summary revision process for adding, deleting, and correcting electoral roll records. Officials from the District Election Office provided comprehensive training on the updated software required for the upcoming municipal election, with the aim of familiarizing participants with the digital



system. The training was conducted by the District Informatics Officer. Several officers associated with the revision process, including executive officers from Doda, Bhaderwah, and Thathri, as well as Election Naib Tehsildar (ENT) Angrez Singh Jasrotia and officials from the District Election Office, attended the workshop. The primary objective of the workshop was to

equip participants with the necessary knowledge and skills to effectively carry out the revision process of the electoral roll. The officials from the District Election Office provided comprehensive training on the computerized procedures for adding, deleting, and correcting electoral records. The workshop also aimed to ensure a smooth and efficient conduct.

DDC Chairperson Udhampur conducts extensive tour of Panchayat Kambal Danga

HT News Network

UDHAMPUR, JUNE 22: District Development Council Chairperson, Udhampur Lal Chand today conducted an extensive tour of Panchayat Kambal Danga where he inaugurated the blacktopping work of Panchayat Ghar Kambal Danga to Neeli Nallah Road.

During the tour, the Chairperson also inaugurated water supply scheme at Sambal Gangera completed at an estimated cost of Rs 9.67 crore.

Addressing the locals at Kambal Danga, the DDC Chairperson said that road connectivity is the basic requirement for growth and development of any area. He also interacted with PRI



members and the general public of the area. The Chairperson DDC called upon the officers to make sincere and dedicated efforts for taking the benefits of all government schemes to the targeted sections of the society.

Executing agencies were directed to complete the work at the earliest to provide benefit to the general public of the area.

Later, the Chairperson DDC also visited Durga Shishu Mandir School, Balnagar and interacted with

the meritorious students, who shined in recently announced class 10 results. He congratulated them for their brilliant performance and wished them a great future.

Among others, BDC Chairman, Balwan Singh, Sarpanch Panchayat, Kambal Danga Shashi Pal, Sarpanch Panchayat Sambal, Veena Devi, Sarpanch Gangera, AEEPHE, Girdhari Lal and other officers/officials besides local people were accompanying the DDC Chairperson

DC Kathua reviews Eid-Ul-Azha arrangements

HT News Network

KATHUA, JUNE 22: Deputy Commissioner Kathua, Rakesh Minhas today chaired a meeting of officers to take stock of arrangements for Eid-Ul-Azha in the district. The meeting was attended by ASP, Paramjeet Singh; ACR, XEN PDD, XEN Jal Shakti Department, AD FCS & CA, CEO Kathua MC and other district officers. Besides, ADC Basohli, ADC Billawar, SDM Hiranagar and Tehsildar Bani joined the meeting virtually. The DC held detailed deliberations with officers of the concerned departments to ensure the availability of water supply, First aid, Fire tenders, uninterrupted power supply,



security arrangements and proper cleanliness in the district. The DC exhorted the officers to keep a strict vigil against profiteering and black-marketing of essential commodities during the festive days besides ensuring quality of eatables. The FCS & CA department was directed to ensure distribution of ration among the people, making sure availability of essential commodities besides displaying rate lists of eatables by the shopkeepers in the District. The team was asked to conduct frequent visits to the market particularly during the festival days to keep a check on overcharging and ensure that good quality eatables are provided to the people.

District Police authorities were asked to deploy adequate police personnel at traffic jam prone places of the town, besides ensuring traffic regulation by the Traffic police. Directions were also passed to PDD and Jal Shakti Department to ensure uninterrupted power and water supply especially during the Eid days. He also directed the Municipal authorities to undertake cleanliness drives in the localities so that it wears a festive look. He also said that proper arrangements should be put in place at Eid Gahs as per the past practice for the convenience of the devotees.

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DEO Ramban chairs preparatory meeting for revision of Municipal Electoral Rolls

HT News Network

RAMBAN, JUNE 22: District Election Officer (DEO), Mussarat Islam today chaired a meeting of officers and officials of Municipal Council and Municipal Committees of Ramban District convened here today to discuss the preparedness for revision of Municipal Electoral Rolls-2023. Addressing the meeting, the DEO said that the ECI has initiated slew of measures to fine-tune the electoral rolls for which ERO-NET is being used to compile an error-free voters



list, besides lessening the paperwork as correct forms filled at the entry-level will be accepted through the system.

"No eligible voter should be left behind without registration," the DEO said and

asked for registering the eligible voters in both General and Municipal electoral roll simultaneously.

The DEO directed the concerned staff to establish a dedicated setup at their respective offices with nec-

essary paraphernalia so that roll revision is made in a hassle-free manner.

Earlier, hands-on training on Revision of Municipal Electoral Rolls was imparted to BLOs, Supervisors, Dealing Assistants of Municipal Council and Municipal Committees.

Among others, the meeting was attended by Deputy District Election Officer, Lal Chand; ERO (ACR), Giasul Haq; Executive officers of Municipal Committees, besides other officers and officials of Election and Urban Local Bodies and National Informatics Office attended the meeting.

EDITORIAL

HT - FRIDAY FOCUS :

The Benefits of Sacrificial Animals on Eid ul-Adha: A Time-Honored Tradition in Islam

Eid ul-Adha, also known as the Festival of Sacrifice, holds great significance in the Islamic faith. This joyous occasion commemorates the willingness of the Prophet Ibrahim to sacrifice his son, as an act of obedience to God's command. One of the core traditions of Eid ul-Adha involves the sacrifice of animals, which carries deep religious, social, and humanitarian benefits.

From a religious perspective, the sacrifice of animals during Eid ul-Adha symbolizes devotion, obedience, and submission to the will of God. Muslims emulate the commitment of Prophet Ibrahim by offering a sacrificial animal, often a sheep, goat, cow, or camel. This act underscores the importance of relinquishing material possessions for the sake of spiritual fulfillment and seeking divine pleasure. It strengthens the bond between individuals and their Creator, fostering a sense of humility, gratitude, and spiritual rejuvenation within the community.

Eid ul-Adha brings communities together, promoting unity, harmony, and social cohesion. The act of sacrificing animals fosters a spirit of generosity and compassion. Muslims are encouraged to distribute the meat from the sacrificed animal among family, friends, and the less fortunate, ensuring that all members of society can partake in the festivities. This sharing of food promotes goodwill, strengthens familial and communal ties, and eliminates barriers of socioeconomic status, fostering a sense of equality and solidarity.

practice of sacrificing animals during Eid ul-Adha provides economic advantages to communities. The purchase and sale of livestock for sacrificial purposes stimulate local economies, benefiting farmers, traders, and livestock markets. This influx of economic activity creates opportunities for income generation, which in turn improves the livelihoods of individuals and families. Furthermore, the distribution of sacrificial meat allows underprivileged individuals to enjoy a nutritious meal, mitigating food insecurity and promoting overall well-being.

Eid ul-Adha encourages Muslims to embrace their humanitarian responsibilities. While the act of sacrificing animals may initially seem contradictory to the notion of compassion, it embodies the concept of selflessness and care for others. By distributing the meat to the needy, Muslims fulfill their obligation to provide for the less fortunate, ensuring that everyone has the opportunity to enjoy a festive meal. This act of charity and compassion during Eid ul-Adha reinforces the principles of empathy, generosity, and social justice within Muslim communities.

Islam places great emphasis on the humane treatment of animals. The ritual sacrifice during Eid ul-Adha must adhere to specific guidelines that prioritize the well-being and welfare of the animals involved. Islamic teachings mandate that animals be treated with kindness, compassion, and respect throughout the process. The sacrifice should be carried out swiftly, with minimal suffering, ensuring that the animals are well-fed, healthy, and slaughtered in the most humane manner possible. This emphasis on animal welfare promotes a sense of reverence for all living creatures.

Eid ul-Adha and the tradition of sacrificing animals hold immense benefits for individuals, communities, and societies. The religious significance, social cohesion, economic advantages, humanitarian aspect, and emphasis on animal welfare make this practice a powerful embodiment of Islamic principles. As Muslims across the world celebrate Eid ul-Adha, they not only honor the legacy of Prophet Ibrahim but also exemplify the values of devotion, generosity, and compassion that lie at the heart of their faith.

Justice K.m. Joseph: A Remarkable Judge Whose Legacy Will Endure

His Tenure In Supreme Court Was Marked By His Fight For Constitutional Values



GYANVI KHANNA

As Justice K.M. Joseph retired on June 16 this year, it is worth reflecting on the significant impact he has made on the Indian judiciary through his judgments. From quashing the President's rule in Uttarakhand to taking a tough stand against hate speeches, Justice K.M. Joseph has left an indelible mark on the history of Indian judiciary.

He is a native of Kottayam, Kerala, and was first appointed as a judge of the Kerala High Court in 2004. During his tenure as a high court judge, he upheld environmental regulations in Kapico Kerala Resorts Private Limited versus Ratheesh K.R. (2013), whereby he ordered the demolition of a seven-star resort project estimated at around 200 crore, which was constructed on a private island in the backwaters.

After serving as a judge for around 10 years, Justice K.M. Joseph was appointed as a Chief Justice of the Uttarakhand High Court in 2014, where he passed some remarkable rulings. In Harish Chandra Singh Rawat versus Union of India And Another (2016), he came down heavily on the ruling party for imposing President's rule in the state while restoring the Harish Rawat-led Congress government.

In its 99-page judgment, the Bench comprising Chief Justice K.M. Joseph and V.K. Bist declared the President's rule to be "contrary to the law laid down by the Supreme Court." Evidently, the judgment did not favour the Centre, and this fact led to his transfer and delayed his elevation to the Supreme Court. This situation reminds us of 1977, when the Supreme Court Justice H.R. Khanna was not elevated to the position of Chief Justice of India (CJI) for standing up to the ruling party.

It is worth mentioning that in 2019, Justice K.M. Joseph was also part of a three-judge Bench that dismissed a batch of petitions seeking the review of the Rafale judgment pronounced by the Supreme Court in 2018. In the said judgment, the court refused to direct a court-monitored probe into India's agreement with France to purchase 36 Rafale fighter jets.

Pertinently, he also authored a separate judgment in Yashwant Sinha and Others versus Central Bureau of Investigation and Another clarifying that the 2018 verdict will not stand in the way of the Central Bureau of Investigation from taking lawful action.

He stated: "However, it is my view that the judgment sought to be reviewed, would not stand in the way of the first respondent in the writ petition (criminal) no. 298 of 2018 from taking action on exhibit P1-complaint in accordance with law and subject to the first respondent obtaining previous approval under Section 17A of the Prevention of Corruption Act".

This year, in March, a Constitution Bench led by Justice K.M. Joseph, reformed the process of the appointment of Election Commissioners (ECs) in Anoop Baranwal versus Union of India. Now, unless the Parliament passes a new law pertaining to this, ECs shall be appointed by the President of India on the advice of a committee comprising the CJI, the Prime Minister, and the leader of the Opposition in the Lok Sabha (in case no such leader is present, then the leader of the largest Opposition party shall be selected).

The said judgment is well-crafted and discusses the independence of the EC at length. It also emphasises how the abuse of the electoral process blatantly violates the fundamental principles of democracy. It elucidates: "The means to gain power in a democracy must remain wholly pure and abide by the Constitution and the laws. An unrelenting abuse of the electoral process over a period of time is the surest way to the grave of democracy."

"Democracy can succeed only insofar as all stakeholders uncompromisingly work at it and the most important aspect of democracy is the very process, the electoral process, the purity of which alone will truly reflect the will of the people so that the fruits of democracy are truly reaped."

Further, the judgment also focused on how the EC's unfair exercise of powers would be an anathema to the objective of Article 14 (right to equality) of the Indian Constitution. The Court opined: "In the wide spectrum of powers, if the Election Commissioner exercises them unfairly or illegally as much as he refuses to exercise power when such exercise becomes a duty it has a telling and chilling effect on the fortunes of the political parties. Inequality in the matter of treatment of political parties who are otherwise similarly circumstanced unquestionably breaches the mandate of Article 14."

In April, a division Bench of the Supreme Court comprising Justice K.M. Joseph directed all states and Union territories to take suo motu action against hate speeches and register cases "even if no complaint is forthcoming". The court further directed to take appropriate action in law against the offenders immediately. It is imperative to mention that the said Order made it clear that the action will be initiated against the offender(s) irrespective of their religion in order to preserve and protect the secular character of our country.

In this context, the court remarked: "We further make it clear that such action will be taken irrespective of the religion that the maker of the speech or the person who commits such act may profess, so that the secular character of India, that is, Bharat as envisaged by the Preamble [of the Constitution], is preserved and protected."

Notably, this Order was in further-

ance of the Supreme Court's Order passed last year in October while hearing a petition against the "growing menace of targeting and terrorising the Muslim community in India". However, in its October Order, the court had passed a similar direction only to the governments of Delhi, Uttar Pradesh and Uttarakhand.

Therein, the court observed: "The Constitution of India envisages Bharat as a secular nation and fraternity, assuring the dignity of the individual and the unity and integrity of the country are guiding principles enshrined in the Preamble. There cannot be fraternity unless members of the community drawn from different religions or castes are able to live in harmony."

In addition to these bold judgments, Justice K.M. Joseph has recently voiced his disappointment with respect to the efforts of the respondent's lawyers to adjourn the hearing in the Bilkis Bano case, intending to have it heard by a different Bench.

Heremarked: "It is clear what is being attempted here. I will retire on June 16. Since that is during the vacation, my last working day is Friday, May 19. It is obvious you do not want this Bench to hear the matter. But, this is not fair to me."

As I end this piece on one of the courageous judges, I can't help but remember the words of senior advocate Dushyant Dave during his interview with Karan Thapar. Dave said, "The Supreme Court will be much poorer in terms of intellectualism, courage and integrity without Justice K.M. Joseph."

It goes without saying that Justice K.M. Joseph will be known for not only taking a daring stand against the State but also upholding constitutional values in his judgments.

As an advocate and a perpetual student of law, I yearn to see the presence of courageous judges like K.M. Joseph on the Bench.

(IPA Service)
Courtesy: The Leaflet

Bangladesh Approaching National Elections In January 2024 Amidst Big Us Pressure



ASHIS BISWAS

No wonder political tensions are rising in Bangladesh, with each passing week. All indications suggest that the proposed general elections in January 2024 would prove to be of epochal significance.

Far more than earlier elections held in Bangladesh, the 2024 poll outcome, observers expect, would mark the way forward for Bangladesh in the decades ahead. So far, Bangladesh has deftly pursued an independent, effectively balanced non-aligned foreign policy. Unlike some other Asian countries, Bangladesh has not hesitated in taking independent decisions on sensitive international issues -- the war in Ukraine is a recent example -- without reference to major power blocs.

As the country prepares to organise its next round of elections however, it finds that diplomatic pressure especially from the powerful bloc of US-led Western nations, has increased significantly.

In plain terms, they wish to see Bangladesh express its political preference for the West more openly. By announcing a few sanctions against the Awami League (AL)-ruled Government for its handling of human rights and related issues, the US has already served notice that Bangladesh's future economic progress could be stalled unless the Dhaka mended its ways.

This would necessitate a course correction (shift?) in its foreign policy on part of Bangladesh. It must vote for west-sponsored resolutions on Ukraine and other matters in international fora, quite apart from allowing pro-western elements at home like the Bangladesh Nationalist party (BNP) more functional space than before. It would also involve less reliance on China as a major aid-giver and EU/US companies playing a bigger role in the country's economy.

Even if this involves some compromise with leaders and groups that had actually opposed and co-operated with Pakistan during the struggle for freedom in the seventies, the Awami League, so runs the Western argument, must not object!

Else, the bloc of EU countries and the US may not necessarily make it easy for a developing country like Bangladesh to make further economic progress by allowing liberal exporting policies for long. Especially the garments sector, the main Bangladeshi export earner, could be targeted.

No wonder ruling AL leaders feel they are up against an

existential political challenge. A few wrong moves/signals in the months ahead could very well spell the difference between success and failure for them.

Any decision to be adopted by the AL would necessarily have great importance for India, its nearest and friendliest neighbour. In practical terms, Delhi would prefer Dhaka to remain neutral as before, much like India, maintaining a balance between the West and non West power blocs. Significantly, sections of opinion both within and outside the ruling AL feel that the country may yet boldly maintain its present neutral political approach. But other Bangladeshis currently struggling against rising inflation and costlier food, fuels and fertilisers, may not share their confidence.

However, if Dhaka prefers to get closer to the west because of an AL defeat or otherwise, India would prefer such a shift, instead of Bangladeshis approaching China for emergency economic assistance, in the long term interest of Delhi's own greater regional security.

The US-led West has been more assertive diplomatically in the pre-poll run up. US diplomats are interfering openly in Bangladesh affairs, meeting mostly opposition leaders, participating in various formal and informal programmes. This has upset AL rulers and supporters, who have protested.

The West understands the larger regional implications of the Bangladesh polls, in the context of its own failure to corner the Russia-China bloc in the UN Assembly sessions and Russia's apparently effective defiance of its sanctions.

In contrast, the approach adopted by China and Japan as major aid givers in South Asia has been far more subtle.

True, unlike Japan, China has condemned US diplomatic interferences in and its sanctioning of Bangladesh in recent statements. Beijing has also alleged how the US routinely ignores its own mistreatment of black and other minorities and allows other forms of ethnic discrimination while hectoring Bangladesh.

Japan has been more careful. Its diplomats have never been known to link its substantial aid packages to either internal or external political developments affecting Bangladesh in any way. But there is no doubt that it would prefer Dhaka to adopt a friendlier relationship with the West rather than with China. Given such delicate/difficult balancing acts to handle, senior AL leaders naturally expect India to play a major supporting role in the coming months. This has become evident from recent statements and signals given by Foreign Minister Dr A.K. Abdul Momen. He suggested recently that India should plead for Bangladesh in the US, in the wake of American sanctions. Diplomatic circles also confirm that Indian Prime Minister Mr Narendra Modi was approached by Bangladesh to urge upon US president Mr Joe Biden 'go easy' on the ruling

AL vis-à-vis the American preference for the pro-Pak BNP.

Belying their official pronouncements, there is little doubt that the US has remained consistent in maintaining its distrust of the AL and wary about Prime Minister Sheikh Hasina's alleged 'ultra-nationalism', over the years. Broadly, EU countries have also fallen in line with the US view, although to a lesser degree.

Most western leaders admit that they prefer to deal with leaders of the Bangladesh opposition parties like the BNP. They share a comfort zone with Bangladeshi public figures like Nobel-winning economist Dr Mohammad Yunus -- this despite the vicious mutual antipathy prevailing between such public figures and the ruling AL.

Most analysts feel that Mr Modi, who has an agenda of his own to discuss with Mr. Biden, may not necessarily express more than a tangential political approval for Bangladesh and its role in South Asia during high level talks -- which may be of some, but hardly substantial, help to Dhaka in repairing its strained ties with the US and the powerful Western lobby.

Therefore, the political future of Bangladesh would be contingent to some extent on the eventual outcome of the coming polls. It is clear that the polls would be fought fiercely, but it may still be difficult for the BNP-led opposition in its present state of disarray, to think of ousting the ruling AL, seriously.

True, the BNP in terms of broad and indirect moral support, commands more western sympathy. There is widespread criticism of the AL's record on HR issues, its failure to protect Hindus and other minorities, not to mention the nepotism and corruption among top AL leaders.

Yet it is also generally conceded that such lapses among ruling parties that have been in administration for some time, are common all over Asia. Can AL leaders be accused internationally of heinous crimes, as is the case with some present and former rulers of Pakistan and Sri Lanka? How many of them have been punished by the US, although many have settled there after being ousted from power? Most such 'leaders' stand accused of feathering their own nest at the cost of national exchequer, having looted much of poor domestic taxpayers' money. These unpunished elements include people who carried out a genocide of the civilian population in the seventies, as in Bangladesh!

Even the AL's worst enemies have to concede a significant fact: Bangladeshi economy has under the AL, despite its corruption and mismanagement has fared much better even in these trying times, in comparison with others.

That is one major plus point in favour of the ruling AL that the US and its allies cannot in any way ignore!

(IPA Service)



MAHMOOD DAWAR BHAT



Introduction

Bismillāhi Tawakkaltu Alallāh

God in Whose name I commence, and upon whom I place my utmost trust and reliance.

Trust in God Almighty should be as easy as breathing for a believer, yet many who claim belief seem more inclined to place their trust in everything else besides God, and when things do to not pan out the way they anticipate, then suddenly they begin to question the will of God. Tawakkul is to place our utmost reliance upon God Almighty, yet at the same juncture, tawakkul is not to assume that since God Almighty is All- Seeing and also All-Powerful, that one should therefore be able to stand at the edge of a mountain and leap off without any landing aid in the expectancy that, since God ‘is’, that He ‘will’ break one’s fall. That is an incorrect perception of tawakkul.

Rather, tawakkul is to prepare exhaustively, and after all of our efforts, to trust that if the intended outcome is what God Almighty wills to occur, then that is what shall come to pass, and if the entire world planned to do a thing with every exhaustive plan in place, and that projected outcome was not will’d by God Almighty, then it shall not come to pass regardless of all the time, effort and finances invested in trying to bring it about. Tawakkul is not to be annoyed and angry when the plan that one envisaged did not pan out accordingly! No! Tawakkul is taking the journey knowing that even though one has endured every effort in the planning process, that God’s plan is not yet the ultimate plan, but it is the only plan which will come to pass, and to, therefore ‘accept’ the outcome of that plan because God knows better as He exists outside the finite confines of all created things, and is, therefore, the most suitable Decider to guide our path. Tawakkul can easily be misunderstood by the way we perceive things, and so the perception of the ideal is of critical importance to submit to the plan of God. Failure to do so may cause an internal (spiritual) rupture, resulting in a decline of external attitude towards one’s faith. Part of tawakkul is to be in a state of acceptance and gratitude towards God, as this acceptance is an exhibition of our submission to His will. The Prophet Muhammad k explained in simple terms the basic mechanism in our pursuit to understand the subject of tawakkul,

Sayyidunā Anas ibn Mālik E reported, A man said, “O Messenger of Allāh, should I tie my camel and trust in Allāh, or should I leave her untied and trust in Allāh?” The Prophet, k, said, “Tie her and trust in Allāh.”¹

The invaluable lesson elucidated here is that whilst we are commanded to place our reliance on God Almighty, we cannot become complacent or devoid of our God-given reason. We must make a concerted effort, and responsibly so, or else God Almighty will become the scapegoat for all our poor decisions in life. Such is the case with many who are uneducated on the subject and proceed to blame God Almighty for the ‘mishaps’ experienced in life when it is they who have not made the necessary effort. Tawakkul is not to leave the doors of entry into your home wide open to the scheming eyes of thieves, and then to head off to bed thinking that God will protect you. This is illogical as Islām is a way of life premised on both faith and reason. As an example, in countries where crime is high, the smart thing to do is to install an alarm system - if we possess sufficient means to do so – and then pray to God Almighty for our protection. Tawakkul is not to run into a quarantine zone without taking the requisite safety precautions during times of an epidemic and to then say, “God is with me, therefore, no sickness can infect me”. This is preposterous, as the following narration clarifies,

“Umar bin Al-Khattāb E left for Shām2, and when he reached a placed called Sargh, he came to know that there was an outbreak of an epidemic (possibly of plague) in Shām. Then ‘Abdur Rahmān bin ‘Auf E told him that Allāh’s Messenger said, “If you hear the news of an outbreak of an epidemic (plague) in a certain place, do not enter that place, and if the epidemic falls in a place while you are present in it, do not leave that place to escape from the epidemic.” So ‘ Umar returned from Sargh.³

The narration explains that when an epidemic breaks out, people are to exercise common sense. If they are already in an infected area, then they should remain there to quell the spread of infection. If one has not reached a place in which there is an epidemic, then one should refrain from entering such a place as this could result in exposure to the disease. The Prophet Muhammad k did not advise us to assume that since we are believers that no calamity or sickness can ever befall us. Thus, part of tawakkul is to be rational and to take the necessary precautions whilst maintaining that whatever is beyond our control will be taken care of by God Almighty in the best possible way.

As such, the chapters in the book are based on stories located in the Qur’ān which stand to exhibit the practical dimensions of the result awaiting those who affirm their tawakkul in God.

Tawakkul – The Ultimate Trust Fall

“Get rid of every newborn boy from those wretched people!” was the command of the ruler after being informed by his ministers of a prophecy about a boy from their lineage who would bring about his destruction. And so began the great massacre of the time, and the ‘plan’ of the ruler was set in motion. His logic was unquestionable, and his men carried out his instructions without a modicum of sympathy

for the innocent children and their parents. The pregnant women were warned that if they bore a male, the child would be killed. The trauma of such news caused pregnant mothers at the time to become overwhelmed with fear, and instead of imagining the summer warmth that would come from the smiles of their sons, they felt only the chilled winds of winter creeping down their spines. Thus, parents had to face the possibility of having their innocent boys killed for no apparent reason. One such mother began to prepare for that inevitability and at the time of her delivery, after enduring the grueling months of pregnancy, and the many hours of labour, a whisper heralds the dismal news, “It is a boy!” With tears in her eyes, knowing the fate that awaited her child, she turned to God and pleaded her case. God Almighty hears the plea of the oppressed, and so He responded to inspire her with a solution. “Cast him into the river, but before that, suckle him”.

How is this even a solution, you may wonder. The woman in the story was in a predicament, as giving birth to a boy proved to be a great concern given the circumstances. Thus, in her desperation, she pleaded to God because she was about to lose her child, and the solution was what? To still lose her child nonetheless? It is easy to balk at this as a solution via logical deduction when our vision is limited to a one-dimensional view of the narrative. You see, tawakkul is not to turn to God, and then question His command. Rather, tawakkul is to turn to God knowing full well that God’s knowledge supersedes our own, by an infinite number of ways, and that whilst our vision is ‘blocked’ by numerous factors, His knowledge is ‘beyond’ everything which may smog our sight. Thus, He is best positioned to guide our journey, and as irrational as this may seem to us, He is the only One who is beyond the confines of the laws which govern our movement, simply because He is the master and commander of all laws! Enter the story of the mother of the Prophet Moses –

It was she who was placed in that ‘seemingly’ dismal position of having to experience her pregnancy in fear that if she bore a boy, the child would be doomed. The Pharaoh had given strict orders to kill all males born in that year in fear of a prophecy which he had dreamed, and which had indicated that a boy from the lands of Palestine would bring an end to his radical reign. The Pharaoh planned meticulously, but little did he realize that, there was a ‘mother’ praying for the safety of her child the One true God worthy of worship. God Almighty inspired her,

“And We inspired to the mother of Moses, “Suckle him; but when you fear for him, cast him into the river and do not fear and do not grieve. Indeed, We will return him to you and will make him [one] of the messengers.”⁸

Imagine the level of faith, conviction, and tawakkul she placed in God Almighty to follow through with this plan? This is a rare occasion in which the solution seemed just as bad as the actual problem itself. It is what people of logic would call a ‘lose-lose’ scenario. Ah! But this is what those who lack conviction in the plan of God would say. Hence this chapter aims to exhibit to the reader an example of what could be regarded as the ultimate trust fall in history. A person who places their trust and tawakkul in God Almighty sees every situation as a ‘win-win’ scenario because ultimately, it is God’s will upon us and we are in submission of His decree, regardless of whether the situation is good or bad. Resuming the discussion on the narrative, the mother of Prophet Moses _ was not commanded to merely cast her son into the Nile! No! God Almighty is ‘Al-Hakim’, the Wise, and so there is great wisdom in His plan. He commanded her to first ‘suckle’ the child and, when she feared that the Pharaoh’s soldiers would approach her, or if the situation became too risky, then she would have to cast her beloved baby into the river. There are two great pearls of wisdom located in the command to suckle the baby before casting it into the Nile. One will be discussed as the chapter progresses; the other can be understood once we consider the situation itself, as it must have been intense. Imagine: soldiers are on the prowl looking for newborns, and newborns cannot be expected to understand the situation as they have just entered the world. Now, in a situation like that, the mother would have two basic problems. The first and most obvious is to safeguard her child, and the second would be to ensure that the child is hidden. However, a newborn can cry at any given moment, and he cannot be covered up and told to remain silent. Hence, the best possible means of maintaining the child’s safety whenever the soldiers are in the vicinity was to ‘suckle the child’. When the child is being suckled, it will ensure - for the duration the soldiers are nearby - that the child will remain silent, thus giving the mother a greater chance to maintain the child’s safety. Such is the wisdom of the command of God Almighty for those who contemplate and reflect on the verses of His book. This may be viewed as a pearl of immediate wisdom

inherent in God’s plan. As it happened, she was left with no choice but to part ways with her child, and with her trust and tawakkul in God’s promise to ‘return’ him to her, she did what very few mothers would have the faith to do: she placed her trust in God before her love for her child!

Due to his paranoia of being overthrown by a boy from the Israelites, the Pharaoh had set in motion a series of seemingly unconnected events that sparked the killing of innocent male infants. As a result, the mother of Moses _ was left with no choice but to turn to God in supplication, and where did the Pharaoh’s planning lead the child?

Pharaoh’s household picked him up – later to become an enemy and a source of grief for them: Pharaoh, Haman, and their armies were wrongdoers.”¹⁰

That very child the ruler was avoiding was now at his doorstep and with all of his claims to power, wealth, and even divinity, a simple baby’s presence in his palace rendered all his efforts vain! Many people fail to acknowledge in this modern age today, that sometimes, the path laid out for you is inescapable, and the more you run away from your destiny, the more you are running toward it, because the plan of God Almighty is such that He can bring us full circle and we will not be able to perceive it because we obey the law, but the laws obey Him! Time and again, people talk about how they were devastated after a failed marriage, only later to be married to someone they had known for decades. What about the supposed coincidences of a person who insulted religion only to find solace in the very ideals for which he previously harboured a deep hatred and enmity with for so many years? Or the child who ‘hated’ a specific task but who now, as an adult, owns a company which specializes in that once-hated task? There is a far greater hand at work my dear readers, and that is the undeniable power and wisdom of God Almighty.

Resuming the discussion, Pharaoh did not have a positive feeling about this boy and his paranoia must have been skyrocketing, but his wife had no children of her own and saw the newborn as a positive sign,

“The Pharaoh’s wife said (to him): “(Here is a child that will be) a means of happiness for me and for you. Do not kill him. Maybe he will prove useful for us, or we may adopt him as a son.” They were unaware (of how the events were being prepared and how their outcome would turn to be in the end).”¹¹

The Qur’ān points out that the wife of the Pharaoh was pleased with the child, and that she convinced her husband to accept him into their home as a son, but at that time they would not perceive the repercussions of their actions.

Thus far, concerning this story, the Qur’ān has given us two contrasting narratives. On the one hand, we have a mother who loves her child but has to give him up in obedience to the command of God, and in the end, her child grows up to become the saviour of her people. On the other hand, we have another mother who cannot have children, and who is longing for a child, and she convinces her husband to accept a strange child into their home, but this child eventually becomes the means of the destruction of her husband’s reign. These two storylines stand to show two important things: how the selfish actions of one person can set off a series of events which can ultimately return to destroy that person in the end, and secondly, that sometimes the very thing you are running away from, is welcomed by you, yet you cannot perceive it. The difference between the two opposing narratives here is that the Pharaoh chose to take matters into his own hands on the assumption that he was in control. The mother of Prophet Moses _ submitted that she was in no position to do anything. Instead, she placed her trust and tawakkul in God Almighty! The result was clearly in her favour, as her child was safe. So, turn to God, because if there is anyone who can create possibilities out of seemingly impossible scenarios, it is He, the Almighty, and what may seem impossible for us, is nothing is impossible for Him!

To resume the discussion: being a mother, the next morning restlessness was setting in and she required some kind of closure as per the Qur’ānic explanation,

“The next day, Moses’ mother felt a void in her heart – if We had not strengthened it to make her one of those who believe, she would have revealed everything about him –”¹²

This is the beauty of the truth of the Qur’ānic message. It did not sugar-coat the story by depicting the mother of Prophet Moses _ as some kind of robot believer! She was a mother! She carried this child! Yes, she placed her trust in God, but she still had to deal with the human emotions of the situation, but God Almighty strengthened her heart, and as a result, her belief was affirmed once more. Here the Qur’ān draws attention to;

- a) Human nature
- b) The heart
- c) Belief

Belief is something that resides in the heart and the heart must, therefore, be checked and rechecked constantly to keep things in perspective. The Qur’ān also told us that to attain the much-coveted tranquility which the human being is constantly searching for, the heart must be trained to remember God Almighty each step of the way,

“Such are the ones who believe (in the message of the Prophet) and whose hearts find rest in the remembrance of Allāh. Surely in Allāh’s remembrance do hearts find rest.”¹³

Humankind is constantly in search of either wealth or knowledge. The student wants a loan or a bursary to acquire knowledge in university, in order to pursue a career to acquire wealth, to find solace, yet wealth brings added stress and knowledge brings added responsibility and still, the pursuer is searching for solace! The Qur’ān remedied this situation 1400 years ago when it informed us that tranquility will only be attained in those hearts in which there is a deep will readily ‘accept’ the laws decreed by Him! Resuming the story of the mother of the Prophet Moses _, she then sent her daughter to gather information on the whereabouts of her child (28:11). The daughter found out that her baby brother was now in the care of the very Pharaoh who had wanted to slaughter him. Even more concerning was the fact that the child refused to accept the milk of the wet nurses and was thus distressed. This of course further distressed his foster mother (the wife of the Pharaoh) as she had adopted the baby as her own. Nurse after nurse attempted to feed him, but the baby refused to ingest the milk, and the anxiety of the foster mother must have increased until the baby’s sister found her way to the palace and made a suggestion, as explained in the following verse of the Qur’ān,

“And we ordained that he refused to suckle at first, until (His sister came up and) said; “Shall I point out to you the people of a house that will nourish and bring him up for you and be sincerely attached to him?”¹⁴

Seeing as though she was in a desperate situation, the wife of the Pharaoh agreed for the baby to be suckled by the proposed person and now, unlike with all previous wet-nurses, the baby accepted the bosom of this supposed wet-nurse and finally ingested the nourishing milk. In this way, the baby was returned to the arms of his mother and the promise of God Almighty was fulfilled in a previously unfathomable way!

At the beginning of this remarkable story, God’s command to the newborn’s mother was to cast the child in the river but not before ‘suckling’ him. This seemingly insignificant detail in the story turned out to be one of the most vital elements of the narrative because the command to suckle the baby not only ensured he would be silent and protected, but also that he would become familiar with the milk of his mother. He would, therefore, submit to the will of God by not accepting the milk of any other wet-nurse! Earlier in the chapter, the immediate wisdom of that command was elucidated, whilst the above outlines the ultimate wisdom within that promise.

This is just one of the ‘endless’ possibilities which can be experienced if one is willing to place one’s absolute trust in the power and sheer wisdom of God! Points of Insightful Importance –

The outcome of the two main characters in this Qur’ānic account is clear for the contemplative reader. The Pharaoh ‘believed’ that because he commanded a large army, and that the people upon whom he was targeting his oppression were unable to defend themselves, that he would fulfill his tyrannical objectives with relative ease. He placed his trust in his wealth and command. The mother of Prophet Moses _ on the other hand possessed no wealth or support as she was a slave of the Pharaoh, but she placed her trust upon the One who has ultimate control over the affairs of humankind in every regard! The events of this narrative stand to further bring into perspective a vital verse about the reward of placing one’s trust in God because the mother of Moses _ was;

- 1) In a desperate predicament from which there seemed no way out,
 - 2) Already in poverty (due to slavery.)
- Human beings today find themselves at intermittent instances being in ‘tight corners’, feeling that there is no way out of their societal,

psychological, or financial difficulties. With the above two pointers in mind, as well as the story of the tawakkul of the mother of Prophet Moses _, the Qur’ān states,

“...and whoever is conscious of God, He will create a way out (for them) and provide for them in a manner beyond expectation. And whoever relies on Allāh –

then Allāh is Sufficient for him.”¹⁵

In the end, not only was her child returned to her as per the promise of God Almighty, but her economic status was also elevated as she was now the nanny of the adopted child of the Pharaoh, and in effect again a present mother to her son. Glory be to God (Subhānallāh) How amazing are His methods!

A few points of insight arise from the verse, Firstly,

A believer is to place his unwavering trust and tawakkul in God Almighty for one’s sustenance (rizq). One of the biggest concerns in the world today pertains to ‘provision’ for ourselves and our families. Thus, in the pursuit of financial stability, many Muslims tend to become distressed in their situation, and, depending on how bad the situation becomes, one, can sometimes ‘gamble’ one’s Imān (faith) away by the decisions we make. As stated earlier, relying on God Almighty should be as easy as breathing for a believer, but when we place our reliance on natural causation, then we are bound to be disappointed, because the creation is unlike the Creator as we are limited by the confines which the Creator has decreed for His creation.

Unfortunately, human nature is such that we think we are ‘okay’ as long as natural causation is in our favour, and only once things start going wrong for us, do we turn to God. When things normalize once more, then we suddenly ‘forget’ God. This is incorrect on our part. The Qur’ān reminds us,

“and Allāh is the best of providers.”¹⁶

All that is required is for us to place our unwavering trust in Him. There are many Muslims out there who have been blessed with great wealth and have traveled the world showing no signs of ceasing their pursuit to explore it, yet they have made no attempt or intention to complete their obligation of performing the Hajj (pilgrimage) to the Holy City of Mecca. On the other hand, some people barely manage to pay their bills at the end of each month, and as per their admittance; they say “Shaykh? I have been pining to complete my Hajj and I made the intention but only God knows where the money came from, and which people came forward to help me, and now I have come to tell you that I am leaving for Hajj!”

Secondly,

A point of extreme importance arising from the story of the mother of Prophet Moses _ exhibits how her socio-economic status rose from being a slave in hiding, to being a resident in the palace of the Pharaoh. The previously cited verse (footnote 15) explained a matter of vital importance to believers in the modern age,

“And whoever is conscious of God, He will create a way out (for them) and provide for them in a manner beyond expectation. And whoever relies on Allāh – then Allāh is Sufficient for him.”

On face value, coupled with what has been explained thus far in the narrative, this verse seems quite straightforward to understand.

However, upon contemplation of the precise placement of it in the Qur’ān, and furthermore when it is compared to many of the situations common in society today, it appears the true meaning of the verse has been forgotten amongst Muslims.

This particular verse is located in Sūrah At-Talāq, and Talāq refers to the Islāmic system of divorce. The secular judicial systems today have initiated a ‘maintenance’ court for spouses to claim the ‘rights’ of the spouse and child after divorce. What is sad to note is that former couples invest vast amounts of money and time to ‘fight’ their spouses who claim and then counterclaim, to get what they believe is their ‘due’. In the process, the children born from the marriage are caught between a rock and a hard place. Campaigns of vilification commence between spouses, and the children become the audience in the entire ordeal, sometimes even having to appear in the court as well. God Almighty is alerting the believer that it is better in the case of Talāq (divorce) or any other case in general, to rather place one’s tawakkul in Him as the ultimate provider to find a way out of a distressing situation instead of placing our trust in a legal system which may be corrupted. If our dear sisters, in particular, place their tawakkul in God Almighty, considering His divine advice was revealed in a chapter dedicated to Talāq (divorce), then the courtrooms would be less frequented by Muslims - who are viewed - fighting each other for worldly means. Equally, if irresponsible and uncaring husbands were placed before the court of God Almighty, they would never be able to escape His judgment, and the fears of divorced mothers would be alleviated.

It is clear that 1400 years later, the Qur’ān is still schooling us on how to navigate the journey of life without the unnecessary stresses we bring upon ourselves. May God Almighty guide us to those choices which are pleasing to Him!

Thirdly,

The narrative regarding one of the world’s most revered mothers and her son further stands to prove that the only true promise is the promise of God, and just as how He brought a mother and baby together again from a seemingly impossible situation, He can do a great many marvellous things for you too.

So, take the ultimate trust fall, because even though the road may be misted, God will clear a path from an unknown source in an unimaginable way. All that remains is to be conscious of His presence and to place your unwavering tawakkul in Him, and He will find a way out for you too!

“Upon Allāh do I rely”

“If you were to rely upon Allāh with the reliance He is due, you would be given provision like the bird; They go out hungry in the morning and come back with full bellies in the evening.” (Sunan Ibn Mājah, Hadith 4303)

G20 countries must play role in promoting research & innovation in education sector: PM Modi

HT News Network

New Delhi, June 22 (UNI) Prime Minister, Narendra Modi on Thursday stressed that G20 countries can play a crucial role in promoting research and innovation in the education sector, especially in the Global South.

Addressing the G20 Education Ministers' Meet held in Pune via video message from the US, the Prime Minister urged the dignitaries to create a path for increased research collaborations in the education field.

Stressing the role of G-20 countries, he said there is a need for striking the right balance between the opportunities and challenges posed by technology. Modi also pointed out that India would be happy to share these experiences and resources, particularly with those in the Global South.

Underlining the need to make our youth future-ready by continuously skilling, reskilling, and up-skilling them, the Prime Minister emphasized aligning their competencies with evolving work profiles and practices.

"In India, we are undertaking skill mapping where the Education, Skill, and Labour Ministries are working in tandem on this initiative," he said.

Modi also suggested that G-20 countries can undertake skill mapping at the global level and find gaps that need to be plugged in.



Highlighting the role of digital technology, he said it can serve as an equalizer and promotes inclusivity...adding that it is a force multiplier in increasing access to education and adapting to future needs".

He also touched upon the potential of Artificial Intelligence which offers great potential in the field of learning, skilling, and education.

Throwing light on the emphasis laid on research and innovation, the Prime Minister said India has set up ten thousand 'Atal Tinkering Labs' across the country which act as research and innovation nurseries for our school children. He informed that more than 7.5 million students are working on more than 1.2 million innovative projects in these labs.

Highlighting the significance of the G20 Education Ministers' meeting towards the future of our children and youth, the Prime Minister expressed delight that the group has identified green transition, digital transformations and women's empowerment as accelerators for achieving Sustainable Development Goals. "Education is at the root of all these efforts", the Prime Minister said.

The Prime Minister said education is not only the foundation upon which our civilization has been built, but it is also the architect of humanity's future. The Prime Minister referred to the Education Ministers as the Sherpas and said they are leading mankind in its effort for development, peace, and prosperity for all.

PM Modi, US President Biden have 'great conversation' during private engagement in White House

HT News Network

New Delhi/Washington, June 22 (UNI) Prime Minister Narendra Modi had a "great conversation on several subjects" with US President Joe Biden and First Lady Jill Biden during a private engagement at the White House on Wednesday evening.

The PM in a tweet after the private talks, thanked his hosts for the evening.

"I thank @POTUS@JoeBiden and @FLOTUS@DrBiden for hosting me at the White House today. We had a great conversation on several subjects."

MEA spokesperson Arindam Bagchi in a tweet said:

"When friends meet!

PM @narendramodi arrives at the @WhiteHouse for a private engagement with @POTUS @JoeBiden, @FLOTUS @DrBiden & family.

"An occasion for two leaders who share close bonds of friendship to cherish special moments together."

The meeting between the two leaders comes ahead of the bilateral talks to be held on Thursday between the two sides, and the formal State Dinner hosted by the US President and First Lady Jill Biden in honour of the PM. Prime Minister Narendra Modi on Wednesday evening held talks with the CEO of Applied Materials, Gary Dickerson, CEO of General Electric, Lawrence Culp, and the CEO of Micron Tech Sanjay Mehrotra and discussed collaborations with India.

During his talks with Gary Dickerson, President and CEO of Applied



Materials, PM Modi invited Applied Materials to "contribute in strengthening the semiconductor ecosystem in India".

"Prime Minister also invited Applied Materials for development of process technology and advanced packaging capabilities in India.

"Prime Minister and Mr. Dickerson discussed the potential of Applied Materials' collaboration with academic institutions in India to create skilled workforce."

During his meeting with Lawrence Culp, CEO of General Electric, the Prime Minister appreciated GE for its long-term commitment of manufacturing in India.

"Prime Minister and Mr. Culp, Jr. discussed GE's greater technology collaboration to promote manufacturing in India.

"Prime Minister invited GE to play a greater role in the aviation and

renewable energy sector in India."

During his meeting with Sanjay Mehrotra, CEO of Micron, the PM invited Micron Technology to boost semiconductor manufacturing in India.

"He noted that India can provide competitive advantages in various parts of the semiconductor supply chain," a statement said. "Prime Minister also invited Applied Materials for development of process technology and advanced packaging capabilities in India.

"Prime Minister and Mr. Dickerson discussed the potential of Applied Materials' collaboration with academic institutions in India to create skilled workforce."

During his meeting with Lawrence Culp, CEO of General Electric, the Prime Minister appreciated GE for its long-term commitment of manufacturing in India.

10 Killed As Car Falls Into Gorge In Uttarakhand

HT News Network

Pithoragarh, Uttarakhand: Ten people on their way to a temple were killed after their car fell into a 600-metre deep gorge in Munsiyari on Thursday, an official said.

Chief Minister Pushkar Singh Dhami, in a tweet, expressed grief at the loss of lives in the mishap.

There were 10 people, including the driver, in the Bolero and there are no survivors. All the bodies have been retrieved, Pithoragarh District Disaster Management Officer Bhupendra Singh Mahar said.

The victims included a couple -- Nisha Singh (24) and Ummed Singh (28). The others were identified as Kishan Singh (65), Dharma Singh (69), Kundan Singh (58), Shankar Singh (40), Sundar Singh (37), Khushal Singh (64), Dan Singh and the driver of the vehicle -- Mahesh Singh (40). Seven of the victims were from Sama village and three from Bhanar village of Kapkot sub division of Bageshwar district, Mr Mahar said.

The pilgrims were on their way to Kokila Devi temple in Hokra, Didihat SDM Anil Kumar Shukla said. The accident occurred around 7.30 am, he said.

Some local residents saw the car falling into the gorge and said heavy rain on Wednesday night led to debris falling down and eating into the road space.

Two army personnel injured in firing in Manipur

HT News Network

Imphal, June 22 (UNI) Two army personnel were injured here on Thursday in firing by unknown armed miscreants.

Both were out of danger. Police said the two personnel were injured at N Boljang, Imphal West.

Army officials said the calibrated response was given by troops to avoid any collateral damage.

One Insas light machine gun was recovered during the initial search. Additional columns inducted and operations are in progress.

On Wednesday three persons were also injured in an IED blast at Bishenpur district.

It's Modi vs Rahul in 2024: Shah

HT News Network

Durg (Chhattisgarh), June 22 (UNI) Drawing the battle lines for the 2024 general election, which promises to be a political conflict of unprecedented dimensions, Union Home Affairs and Cooperation Minister Amit Shah averred on Thursday that the electorate would have a prime ministerial choice between present incumbent Mr Narendra Modi and Mr Rahul Gandhi whom the Congress is tom-tomming for the top post.

Addressing a public meeting in this town within Assembly poll-bound Chhattisgarh, the visiting leader highlighted the Modi dispensation's achievements and said, "On the contrary, the predecessor Manmohan Singh regime witnessed massive corruption including scams during its decadal tenure that was pockmarked by terrorist incidents including decapitation of our soldiers. Pakistan became habituated to attacking us. Congress governments failed to abrogate Article 370 for decades together and had placed the Ram temple construction issue on the back burner."

"Will Fight Like A Family": Mamata Banerjee Ahead Of Opposition Meet

HT News Network

Patna: West Bengal Chief Minister Mamata Banerjee on Thursday expressed confidence that opposition parties will fight like a family and take on the BJP "one to one".

The TMC chief, however, parried questions on her reservations about the Congress's alliance with the Left in her state and the Aam Aadmi Party threatening a "walkout" if support was not forthcoming on the ordinance of control of services in Delhi.

"I cannot say what will happen at tomorrow's meeting. But I am certain we are all here to fight the BJP together, like a family, one to one," she told reporters. She was speaking outside the residence of Bihar Deputy CM Tejashwi Yadav, where she met his father and RJD president Lalu Prasad and former Chief Minister Rabri Devi.

"I have great respect for Lalu-ji. The poor man was sent to jail and had to spend a lot of time in the hospital," said Mamata Banerjee.

She also surprised all by sharing a humorous anecdote involving the RJD chief.

"Once, when both Laluji and I were MPs, he was stating on the floor of Parliament



that prices of all vegetables, potatoes, onions, were rising. I got up and asked what about the price of rabri (a sweet)," said Mamata Banerjee, her pun on the veteran leader's wife's name evoking peals of laughter. "Lalu-ji replied, rabri is the most precious," she recalled with admiration for the RJD supreme's legendary wit writ large on her face.

Mamata Banerjee said she was happy to meet Lalu Prasad.

"He looks strong enough to take on the BJP," said the West Bengal CM who drove straight to meet the RJD leaders upon setting foot in Patna. She was accompanied by her nephew Abhishek Banerjee, an MP, and West Bengal minister Firhad Hakim.

Amid Heatwave, Deaths Rise In UP And Bihar; States Differ On The Cause

HT News Network

New Delhi: As a searing heatwave sweeps across Uttar Pradesh and Bihar, the state governments have taken different approaches to acknowledging the deaths caused by suspected heatstroke. At least 70 such deaths have taken place in just one district in Uttar Pradesh and over 50 in a district in Bihar.

While the Uttar Pradesh government has said the deaths are under investigation and has even sacked a government doctor in Ballia for "giving a careless statement on deaths caused by heatwave", authorities in Bihar have accepted heatstroke as the cause of death in several cases.

In Uttar Pradesh's Ballia, a district bordering Bihar, 54 suspected heatwave deaths took place in just three days from June 16-18. Mohammad Munna, 60, said his wife Rizwana Khanum died at the Ballia District Hospital after exhibiting heatstroke-related symptoms



on June 17, but he has only been given a white slip that does not mention the cause of death. He is now having trouble getting his wife's death certificate. I admitted my wife to the hospital on June 16 and she died at 7 am the next day. The hospital authorities gave me a slip and asked me to collect the death certificate five days later. When I went to the hospital on that date, I was asked to get an affidavit from the court. I did that, and now they have asked me to come on Saturday," said Mr Munna. Sangeeta Devi, 32, is facing

a similar situation after the death of her 65-year-old mother due to suspected heatstroke on June 18. She could not save her mother, who was running a fever, despite living just 8 km from the Ballia District Hospital. The woman died an hour after being admitted to the hospital and the family has also been given a slip on a white piece of paper, with the cause of death not mentioned.

The Chief Medical Officer of Ballia District Hospital, SK Yadav, said, "The cause of death is under investigation. We can mention the

cause on death certificates only after it is known." In Deoria district, where local papers have reported at least 50 suspected heatwave deaths in 24 hours, authorities have said not a single heatstroke death has been confirmed.

In Bihar, however, where at least 50 people have died in Bhojpur district amid the heatwave, authorities have accepted that heatstroke was the cause of death in several cases. Dr Rishi from the Ara Sadar Hospital said, "35 patients were brought in because of heatstroke and about 25 have died today (June 20). Most of the patients who died were elderly and had high-grade fever and heatstroke symptoms." The Chief Medical Officer of Ballia District Hospital, SK Yadav, said, "The cause of death is under investigation. We can mention the cause on death certificates only after it is known." In Deoria district, where local papers have reported at least 50 suspected heatwave deaths,

Modi's visit to US will be helpful to implement Indo-Pacific strategies: South Korea

HT News Network

Seoul, June 22 (UNI) Welcoming Prime Minister Narendra Modi's historic visit to the US, a top official at the South Korean foreign ministry on Thursday said it will be helpful for the country to implement their Indo-Pacific strategies.

Also calling it a good signal, he said, PM Modi's visit would also mean that the US would try to support India's policies towards South Asia.

"It is a good signal for us too. India will be having different relations with the US. This means the US will try to support India's policies towards South Asia, and at the same time it will be helpful for us to implement our Indo-Pacific strategies, and especially our strategy would be based on three important principles one of them would be the inclusiveness."

"So, we welcome His Excellency PM Modi's visit to the US," the Korean official told reporters here replying to an UNI query.

US President Joe Biden and First Lady Jill Biden on Wednesday received PM Modi at the White House.

The President, the First Lady and PM gathered for an intimate dinner and enjoyed a musical tribute to the regions of India, according to the White House.

Modi arrived in Washington from New York where he led a historic event at the UN Headquarters earlier in the day to commemorate the 9th International Day of Yoga, attended by UN officials, diplomats and prominent personalities. PM Modi gifted Biden a special sandalwood box which highlights the value and respect Indian tradition associates with experience, officials said.

US Announces \$1.3 Billion Fresh Economic Aid To Ukraine

■ HT News Network

London: Secretary of State Antony Blinken on Wednesday announced \$1.3 billion in fresh US economic assistance for Ukraine, and vowed that Russia would eventually pay financially for its invasion.

"As Russia continues to destroy, we are here to help Ukraine rebuild -- rebuild lives, rebuild its country, rebuild its future," Mr Blinken told a reconstruction conference in London.

"Let's be clear -- Russia is causing Ukraine's destruction, and Russia will eventually bear the cost of Ukraine's reconstruction," he said to applause, echoing remarks by leaders from Britain and the European Union.

The new funding -- which comes from money already approved by the US Congress -- is in addition to \$63 billion provided by the United States to Ukraine since Russia invaded in February 2022.

Some \$40 billion of the assistance has come in weapons and other security support.

Of the new aid, some \$657 million will go to upgrading Ukraine's rail lines, ports, border crossings and other infrastructure to help the country expand trade with Europe, Mr Blinken said.

Another \$520 million of the aid will help Ukraine overhaul its energy grid, much of which has been destroyed by Russian



attacks, including through market reforms, Mr Blinken said.

Among the rest of the aid, \$100 million will support upgrades to Ukraine's customs services, including by transitioning to digital technology to improve transparency in trade.

Mr Blinken made clear that Washington would keep an eye on corruption, which could sap congressional support for helping Ukraine and called on Ukraine's parliament to approve a law against monopolies.

Mr Blinken said the United States would expand assistance to bolster anti-corruption bodies and civil society as well as free

media. Such institutions are "crucial to ensuring the unprecedented resources that all of us are providing are managed responsibly". "As Russia continues to destroy, we are here to help Ukraine rebuild -- rebuild lives, rebuild its country, rebuild its future," Mr Blinken told a reconstruction conference in London. Ukrainian President Volodymyr Zelenskyy said Thursday that Moscow's forces were considering launching a "terror attack" at the Russian-controlled Zaporizhzhia nuclear plant, a recurring flash point of concern throughout Russia's invasion.

"Intelligence services have received

information that Russia is considering the scenario of a terrorist act at the Zaporizhzhia nuclear plant, a terrorist act with the release of radiation. They have prepared everything for this," President Volodymyr Zelenskyy said in a statement on social media.

Fears for Europe's biggest nuclear plant, which have persisted throughout Moscow's Ukraine offensive, have been exacerbated by the destruction of a dam that provided the cooling water for the plant.

The Kremlin rejected Mr Zelenskyy's claims that Russian forces could be orchestrating a radiation leak, pointing to a recent visit to the facility by the head of the UN's nuclear agency.

"This is another lie. There were just contacts with the IAEA at the site, a very high assessment from the IAEA (International Atomic Energy Agency). They saw everything, everything they wanted to see," Kremlin spokesman Dmitry Peskov told reporters.

Moscow meanwhile on Thursday announced that UN nuclear chief Rafael Grossi would be arriving in the Russian region of Kaliningrad to meet with the head of Russia's nuclear agency. "This is another lie. There were just contacts with the IAEA at the site, a very high assessment from the IAEA (International Atomic Energy Agency). They saw everything, everything they wanted to see," Kremlin spokesman Dmitry Peskov told reporters.

Russia welcomes bids of Egypt, Bangladesh to join BRICS

■ HT News Network

Moscow, June 22 (UNI) The Russian side welcomes the bids of Egypt and Bangladesh to join BRICS, the organization's expansion to be discussed at the upcoming BRICS summit in South Africa, the Russian Foreign Ministry told Sputnik.

"We welcome the interest expressed by Bangladesh, Egypt and a number of other countries in increasing cooperation with the BRICS," the ministry said, commenting on the submission of bids.

The ministry added that both Egypt and Bangladesh have repeatedly participated in BRICS events, including the meeting of the BRICS foreign ministers in Cape Town on June 2, 2023, and are among the shareholders of the New Development Bank. The ministry expressed confidence that "the association would benefit from strengthening cooperation with developing countries, many of which have explicitly stated their desire to do so." When asked about what



other countries were planning to join the bloc, the ministry said that "it was premature to talk about specific candidates before all the modalities of this process are agreed."

"In this context, we welcome the willingness of the South African presidency to make progress on the topic of enlargement in the nearest future. We are confident that this issue will attract special attention during the upcoming BRICS summit this year," the ministry said. BRICS unites the world's largest developing economies -- Brazil, Russia, India, China, and South Africa. South Africa, which assumed the rotating BRICS presidency in January, is

expected to host the 15th BRICS summit in Johannesburg in August. We welcome the interest expressed by Bangladesh, Egypt and a number of other countries in increasing cooperation with the BRICS," the ministry said, commenting on the submission of bids.

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US Still Hopes For Improved China Ties Despite Biden's "Dictator" Jab

■ HT News Network

Washington: The White House said Wednesday it had "every expectation" that the top US diplomat's recent trip to Beijing will lead to better relations, even after Joe Biden compared China's leader to embarrased "dictators." US State Secretary Antony Blinken "made some progress" during a long-awaited trip to China, a senior administration official said Wednesday. "We have every expectation of building on that progress," the official said. Blinken's visit, which concluded Monday, was meant to re-establish lines of communication as tensions simmer between the two global powers over Taiwan and an incident involving a Chinese balloon in February, which Washington believes was spying on the United States.

But China on Wednesday slammed Biden's remarks equating Chinese leader Xi Jinping with "dictators."

Beijing called that statement, made by Biden on Tuesday at a fundraiser in California, "an open political



provocation." The White House afterward sought to smooth tensions. "It should come as no surprise that the President speaks candidly about China and the differences that we have -- we are certainly not alone in that," the official said later Wednesday. "The President believes that diplomacy, including that undertaken by Secretary Blinken, is the responsible way to manage tensions," the official added.

Tuesday was not the first time Biden has made significant, even provocative, statements at fund-raising receptions -- usually small-scale events at which cameras and recordings are forbidden but where journalists may listen to and

transcribe the president's opening remarks.

At one such event last October Biden spoke of the threat of nuclear "Armageddon" from Russia. "It should come as no surprise that the President speaks candidly about China and the differences that we have -- we are certainly not alone in that," the official said later Wednesday.

"The President believes that diplomacy, including that undertaken by Secretary Blinken, is the responsible way to manage tensions," the official added.

Tuesday was not the first time Biden has made significant, even provocative, statements at fund-raising receptions -

US House passes measure to implement initiative to enhance US-Taiwan trade

■ HT News Network

Washington, June 22 (UNI) The US House of Representatives passed legislation to implement a new initiative agreed to between the United States and Taiwan that will enhance bilateral trade. The House passed the measure on Wednesday evening by voice vote, sending it to the Senate for consideration.

The US-Taiwan Initiative on 21st-Century Trade First Agreement Implementation Act expresses Congress' approval for the agreement regarding trade between the United States and Taiwan. It also would require additional negotiations for certain other possible trade agreements between the United States and Taiwan.



The bill also establishes that the agreement agreed to on June 1 may enter into force no earlier than 30 days after the US president certifies in writing to Congress that Taiwan has taken measures necessary to comply with the agreement.

Moreover, the legislation requires the US Trade Representative be fully trans-

parent of its negotiations with Taiwan.

Last month, the American Institute in Taiwan (AIT) and the Taipei Economic and Cultural Representative Office in the United States (TECRO) met to finish negotiations on the first phase of the US-Taiwan Initiative on 21st Century Trade.

This agreement address-

es trade matters in the areas of customs administration and trade facilitation, good regulatory practices, services domestic regulation, anticorruption, and small and medium-sized enterprises.

The provisions in the first trade agreement, the USTR said, will help US businesses be able to bring more products to Taiwan and Taiwanese customers, while creating conditions to facilitate investment and economic opportunities in both markets, especially for small- and medium-sized companies.

China previously said it opposes the United States' initiative to strengthen economic ties with Taiwan, specifically any efforts with sovereign connotations and of an official nature.

Israel DF say its drone struck vehicle with Palestinian militants

■ HT News Network

Jerusalem, June 22 (UNI) An unmanned aerial vehicle (UAV) of the Israel Defense Forces (IDF) attacked and destroyed Wednesday a "suspicious vehicle" with a group of Palestinian militants inside, allegedly involved in a recent shooting near the town of Jalamah, the IDF said.

"Following ISA [Israel Security Agency] intelligence, IDF soldiers identified a terrorist cell inside a suspicious vehicle a short while ago, after the cell carried out a shooting adjacent to the town of Jalamah. The terrorist cell has carried out a number of shooting attacks toward communities in Judea and Samaria lately. Following the identification of the terrorist cell, an IDF UAV fired toward the cell and thwarted them," the IDF tweeted. Palestinian news agency WAFA reported that three Palestinians were killed in the incident, which occurred north of the city of Jenin in the northern West Bank. The agency also cited the Palestinian civil defense as saying that its troops reached the vehicle to put out the fire and found three charred bodies inside but were not allowed to pull them out of the car, and ambulances were not allowed to reach the vehicle by the Israeli forces. The Israeli military struck the vehicle amid the escalating situation in the West Bank in recent days. On Monday, the Israeli military conducted a counterterrorism operation in Jenin to capture wanted.

31 dead after barbecue restaurant explosion in northwest China

■ HT News Network

Beijing, June 22 (UNI) The death toll from an explosion which ripped through a barbecue restaurant in Yinchuan, capital of the Ningxia Hui Autonomous Region, on Wednesday night, has risen to 31, local authorities said Thursday.

The blast happened at around 8:40 p.m. on a busy street in Xingqing District of Yinchuan, due to a leakage of liquefied petroleum gas from the operating area of a barbecue restaurant.

The explosion resulted in 38 casualties, with 31 people confirmed dead despite rescue efforts, while seven individuals, including one in critical condition, are currently receiving medical treatment, according to Ningxia Hui Autonomous Regional Committee of the Communist Party of China.

Mexico's oil company's Pemex says two people missing after Heli crash

HT News Network

Mexico City, June 22 (UNI) A helicopter of a contractor of Mexican state-run oil and gas company Petroleos Mexicanos (Pemex) with two people on board has crashed in the Gulf of Mexico, the company said Wednesday.

"The Petroleos Mexicanos (Pemex) company informs that a Heliservicios-owned helicopter crashed about 11 nautical miles from [the city of] Ciudad del Carmen in [the state of] Campeche at 6:43 today when it was en route toward [oil] platforms. Only the pilot and co-pilot were on board," Pemex said in a statement on the website.

Mexico's Navy is participating in the search and rescue operation in the area of the crash offshore Campeche, the statement said.

An investigation into the crash has been launched, Pemex said.

Blinken briefed G7, EU representatives on his talks with Chinese Officials

■ HT News Network

Washington, June 22 (UNI) US Secretary of State Antony Blinken briefed G7 and EU representatives on his discussions with Chinese officials in Beijing, State Department spokesperson Matthew Miller said in a statement.

"The Secretary briefed the group on his meetings with senior People's Republic of China (PRC) officials in Beijing on June 18-19. The G7 noted the importance of close coordination on the PRC and reaffirmed that the G7 is more united than ever," Miller said on Wednesday.

Blinken met with representatives from Canada, France, Germany, Italy, Japan, the United Kingdom, and the EU on the sidelines of the Ukraine Recovery Conference in London, Miller added.

UN chief "deeply troubled" by situation in occupied Palestinian territory

■ HT News Network

United Nations, June 22 (UNI) UN Secretary-General Antonio Guterres is deeply troubled by the continued violence and loss of life in the occupied Palestinian territory, his spokesman said on Wednesday.

"The secretary-general condemns all acts of violence against civilians, including acts of terror," Farhan Haq, deputy spokesman for the UN chief, said in a statement.

The statement stressed "it is crucial to reduce tensions and to prevent further escalation."

Israel must ensure that the civilian population is protected against all acts of violence, and that perpetrators are held to account, it said.

Israel must abide by its obligations under international humanitarian law, including the proportional use of force and the taking of all feasible precautions to spare civilians in the conduct of military operations, it added.

"Ultimately, only a return to a meaningful political process and ending the occupation will bring an end to this devastating cycle of violence and senseless loss of life," said the statement.

World Bank announces additional \$1.75bln in aid for Ukraine

■ HT News Network

Washington, June 22 (UNI) The World Bank announced Wednesday \$1.75 billion in additional financial aid for Ukraine. "The World Bank Group announced today \$1.75 billion in additional support for Ukraine. The financing is composed of a \$500 million World Bank loan guaranteed by the United Kingdom, a \$1.25 billion grant from the United States, and a \$15 million grant from the Government of Finland," the Bank said in a press release on the website. The Bank added that the new support package was a part of the Public Expenditures for Administrative Capacity Endurance in Ukraine (PEACE) Project, aimed at helping Kiev sustain critical service delivery capacity and core government functions at multiple levels, including healthcare, education, payment of pensions.

Vice Chairman, NITI Aayog tours Baramulla; reviews Developmental Scenario under ADP

Lays foundation stone of MRD Section at GMC B'la, e-Inaugurates/ e-Launches other developmental projects

HT News Network

BARAMULLA, JUNE 22: The Vice Chairman, National Institution for Transforming India (NITI) Aayog, Suman Kumar Bery today remarked that in the last few years the developmental scenario of J&K has changed drastically and significant progress is being witnessed on the ground. He also said that the initiatives are being taken for the progress and prosper-

ity of the people. The Vice Chairman, NITI Aayog said this during his extensive tour to Baramulla district today where he carried out an array of activities meant for the overall development of the district. At the outset, S.K Bery accompanied by Secretary Planning Development and Monitoring Department, Dr. Raghav Langar visited Government Higher Secondary School Pattan where he inspected Smart class rooms and held an interaction with the students and



staff. While inspecting the Smart Class Rooms, S.K Bery applauded the administration for installing the sophisticated equipment in the school and said that the smart classrooms have been equipped with the latest technological equipment enabling the students to get education via modern means and methods. He also held an interaction with the students and school faculty wherein he emphasized the importance of providing quality education to all the

students. S.K Bery also held a brief interaction with National and International sports champions there. A series of demonstrations were showcased by the champions during which the Vice Chairman NITI Aayog called the champions an inspiration for the youth. The Vice Chairman NITI Aayog also paid a visit to Community Health Centre Pattan and took stock of the functioning of the institute, besides having a firsthand appraisal of Medical and other health services.

DC Budgam reviews arrangements for ensuing festival of Eid-ul-Adha

Says, no exorbitant rates will be tolerated on essential commodities during the festival

HT News Network

BUDGAM, JUNE 22: The Deputy Commissioner (DC) Budgam, Akshay Labroo today convened a meeting of officers at the conference hall here to review arrangements put in place for the ensuing festival of Eid-ul-Adha.

During the meeting, the DC directed officers of PHE and PDD 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



while maintaining quality.

Chief Animal Husbandry Officer informed the meeting that adequate numbers of poultry birds are available in the district.

ACP and Executive officers of Municipal Committees were

directed to ensure proper sanitation in towns, mosques, eidgahs, and other prominent public places. Instructions were passed by the DC to SDMs to constitute joint market checking teams with SDPOs to intensify market check-

ing 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.

He enjoined upon them that, no exorbitant rates are imposed on essential commodities during the festival, and those non-complying with the market rates to be fined and booked under law.

SSP Budgam, Al Tahir Gilini, ADDC Budgam Dr. Akramullah Tak, JD planning, CMO, ACD, ACP, SDMs, all executive Engineer and other District and sectoral officers attended the meeting. During the meeting, the DC directed officers of PHE and PDD to ensure smooth supply of water and electricity across the district.

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ACP and Executive officers of Municipal Committees were directed to ensure proper sanitation in towns, mosques, eidgahs, and other prominent public places. Instructions were passed by the DC to SDMs to constitute joint market checking teams with SDPOs to intensify market.

DC Shopian felicitates NEET, Class 10th, 12th top performers of the district

HT News Network

SHOPIAN, JUNE 22: A felicitation ceremony was today organised by the Chief Education Officer Shopian to felicitate the students with outstanding performance in NEET 2023, Class 10th and Class 12th examinations.

The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb was the chief guest at the felicitation ceremony, which was also attended by officials of the education department along with scores of top performing students.

The DC along with Chief Education Officer Shopian, Mohd Mushtaq felicitated students and congratulated them and wished them for their bright future.

Speaking on the occasion, the DC delivered a motivational talk. He said the students should set a specific goal early in life and prepare accordingly to achieve it. The determination, hard work and calmness are the secret of success, continued DC.

He advised the students to continue with the hard work, channelize their potential, and use it in the right direction for a successful life ahead.

RWS Ganderbal conducts Field Test Kit training of PRIs, Pani samitis

HT News Network

GANDERBAL, JUNE 22: One-day Field Holding session for water quality regarding use of Field Test Kits (FTKs) was conducted by Rural Water Supply (RWS) Division Ganderbal in collaboration with the PMU team.

The event was attended by Sarpanchs, Pani samiti and FTK women, who were trained by the lab staff.

Felicitations to hard working lab staff and sample collectors was done by Executive Engineer, Er. Samiullah Beigh RWS, Ganderbal.

On the occasion, Executive Engineer Ganderbal Jal Shakhti, stressed on PRIs to use FTKs provided to them and update the department regarding quality of drinking water at consumer points. He highlighted various steps taken in Ganderbal to ensure water quality as per BIS 10500.

At the end, Technical officer to Executive Engineer thanked participants, PMU team and Chief Chemist along with his team for conducting this training. She urged them to conduct such handholding programmes at least once a month.

Poshan Abhiyan: Bandipora Administration organises workshop for workers

HT News Network



BANDIPORA, JUNE 22: The Bandipora District Administration on Wednesday organised a daylong workshop in collaboration with the Health Department to educate Anganwadi workers about the usage of different types of medicines being procured and distributed to Anganwadi centres for target beneficiaries.

The programme was chaired by Mohammad Ashraf Hakak, District Programme Officer Poshan Projects Bandipora.

The resource persons from CMO office Bandipora were Dr. Tafasul Paediatric and District Management unit NHM, who gave a detailed presentation on different drugs, specially, administration of IFA syrup and IFA tablets among the different age groups 6 months to 59 months, 5 years to 9 years 10 years to 19 years, usage of ORS for children below the age of 6 years, paracetamol oral suspension among various age groups.

The programme was attended by all the CDPOs, supervisors and Anganwadi workers of Poshan Project Bandipora, Hajin and Sumbal.

Director H&H Kashmir reviews progress on Labelling of Handicraft products

HT News Network

SRINAGAR, JUNE 22: The Director Handicrafts & Handlooms Kashmir today took a review meeting to discuss the progress made by the Department on QR code based labelling for the GI & non GI crafts products.

On this occasion Director was apprised that besides the labelling work being undertaken for the seven GI registered crafts Pashmina, Soni, Kani Shawl, Carpet, Paper Machie, Walnut carving and Khatambund, QR code based labelling of the copperware products has also been started in association with the copper manufacturers union.

The members of copperware association who were also present in the meeting raised the issue that the number of products being labelled needs to be increased and promotion of the QR code based labels needs to be increased by the Department to create awareness among the buyers of the handmade copper products.

Director H&H Kashmir assured the stakeholders that the manpower required for the labelling work would be increased significantly and a promotional campaign for the copperware will also be intensified to create awareness about the QR code based label.

The officials of the Department on the occasion demonstrated the features of the QR code based label to the members of the crewel and chain stitch association. The Association, while appreciating the efforts of the Department to promote the authentic handmade products assured full support in the implementation of the QR code based labels for crewel and chain stitch products. The review meeting was attended by the Deputy Director Trainings and other officers of the Department besides office bearers of TAHAFUZ.

Annual fair at Baba Chamliyal Shrine witnesses unprecedented rush of devotees

HT News Network

SAMBA, JUNE 22: The Annual Fair at Baba Chamliyal Shrine located on International Border in Samba on Thursday witnessed unprecedented rush as devotees from different parts of Jammu and Kashmir and neighbouring states came all the way to pay obeisance at the revered Shrine.

Deputy Commissioner Samba, Abhishek Sharma, Senior Superintendent of Police, Benam Tosh and several other officers offered Chadar at the shrine of Baba Dalip Singh Manhas.

According to officials, nearly one lakh devotees from different parts of Jammu and Kashmir and neighbouring States visited the shrine. About 45,000 devotees visited the shrine by this afternoon but the rush of devotees increased after that and touched the record breaking figure. The Management Committee of the Mela, District Administration Samba and Border Security Force (BSF) had made elaborate arrangements for the devotees visiting the shrine to pay their obeisance.

As the shrine is located very close to IB, the BSF and local police had also made elaborate security arrangements in the area to ensure safety



and security of devotees. "Elaborate security and other arrangements have been put in place for the devotees who have been thronging the shrine since early this morning, said Abhishek Sharma, Deputy Commissioner Samba.

Hundreds of stalls were set up by the devotees in the area serving eatables, cold water and juice to the people visiting the shrine to pay their obeisance.

The children also enjoyed fun and frolic during the Annual Fair. Baba Chamliyal is revered by the people of both India and Pakistan alike and lakhs of people thronged the shrine from the Indian side.

A Community langar was set up by the Mandir Committee where the villagers from all walks of life rendered their sewa.

The holy pond containing shakkar has been developed by the Tourism Department with tiles, railing & artificial lights and thronged open before the mela.

Additional S.P. Surinder Choudhary, Sub Divisional Magistrate Vijaypur Dr. Rajesh Kumar, Tehsildar Ramgarh Farooq Ahmed, Block Development officer Mukesh Sharma & other district officers accompanied Deputy Commissioner Samba & SSP Samba in paying obeisance & sought blessings for the district.

Advocate General holds interactive session with State Taxes Department

HT News Network

SRINAGAR, JUNE 22: Advocate General, D C Raina, today conducted an interactive session with State Taxes Department, Srinagar.

Commissioner State Taxes, Dr. Rashmi Singh, Additional Commissioner, Tax Planning, Ankita Kar, Additional Commissioner (Administration and Enforcement) Kashmir, Shaheel Maqbool and Additional Commissioner (Administration and Enforcement) Jammu, Namrita Dogra along with Deputy Commissioners, Assistant Commissioners and State Tax Officers from both Jammu and Kashmir divisions were present on the



occasion. D C Raina is the first Advocate General of Union Territory of Jammu and Kashmir and remained Counsel for the Sales Taxes Department in 1980s in the High Court as well as Supreme Court of India. He has in-depth legal acumen not only in constitutional laws but is known for his taxation legal expertise throughout the country. The purpose of the ses-

sion was to provide the STOs with a facilitative and interactive forum for advice on various legal aspects related to taxes. Addressing the session, Advocate General stated that since GST is a fairly new law, it is critical for officers to ensure that the orders they issue are not only in accordance with the principle of natural justice but also vividly clear in their reasoning with adherence.

Amar Singh College celebrates 'International Yoga Day-2023'

M S Nazki

SRINAGAR, JUNE 22: The Department of Physical Education & Sports in collaboration with NSS Wings of Amar Singh College celebrated 9th International Yoga Day with a motto of spreading awareness about the Vedic Practice, Yoga and Meditation, under this year's theme "Yoga for Vasudhaiva Kutumbakam" which describes the desire for 'One earth, One family and One future'. A large number of students from varied courses of the college participated and performed different Asanas demonstrated by Physical Director, Ravinder Kour. The function was attended by Principal Amar Singh College, Prof. Sheikh Ajaz Bashir; Convener Sports Committee, Prof. Abdul Nayeem Khan; NSS Programme officers, Prof. Shabnam Ara, Prof. Arshad Ahmad Masoodi, Prof. Shah Nawaz Muntazir and Members of Sports Committee.

Speaking on occasion, Prof. Sheikh Ajaz highlighted the history of International



Day of Yoga and briefed the students about the theme "Vasudhaiva Kutumbakam". He said that yoga is an old practice which originated in India and has been recognised by United Nations General Assembly (UNGA) as an International Day since 21st June 2015.

Prof. Ajaz maintained that Yoga has various physical and mental benefits. It helps in reduction of stress, anxiety, depression and other psychological problems. He added that yoga develops a positive approach and spreads positivity around. He also applauded the organisers for a successful event.

MAKEUP TIPS FOR MONSOON

Be it the scorching summer heat or the joyful rain, your skin will react differently to each season. Monsoon is considered, the worst season for makeup lovers.

The season brings with it heat, humidity, and rain, three of the biggest reasons for makeup meltdowns. The monsoon tends to make your skin patchy and make-up often drips due to increased humidity. The chances of rain or humidity melting and bleeding your makeup are extremely high. It can smudge lip color, ruin mascara, and leave your skin looking patchy.

Looking for some monsoon makeup essentials before your big night? Or are you in the mood to get decked up, the rains be damned? Well, here are some waterproof products to stock up on before you head out.

Waterproof make-up products may be more suitable. They contain ingredients like fats, waxes, and silicon, which do not allow the make-up to get wet and become runny.

A powder-based foundation will last longer in the humid weather. Also, using a primer is very essential before applying the makeup, the reason being that it acts as a barrier between your skin and the makeup. This is the most essential step for prepping up your skin and holding the makeup for a longer time

If you can get hold of a light-textured primer, it would be good for the monsoons. It would help to absorb oil and sweat and thus help the foundation last longer. During the monsoons, a powder or gel primer may be better.

Stay away from heavy foundations. Or, leave out foundation and go for compact powder. Compact powder is pressed powder and lasts longer than loose powder. Also, they reduce the oily look. Compact powders are also ideal for touching up.



SHAHNAZ HUSSAIN'S BEAUTY TIPS HT EXCLUSIVE



Carry wet tissues and compact powder in your handbag, to refresh both skin and make-up.

If you want to apply foundation, apply an astringent lotion first, using cotton wool. After a few minutes, wrap an ice cube in a clean cloth and apply it on the skin, for a few seconds at a time. This also helps to close the pores. Or, try cold compress with chilled rose water. It closes the pores, refreshes the skin, and adds a glow. Go for a water-based foundation, adding a drop or two of water for a lighter coverage.

The trend is towards the natural look, with less blush-on. A faint flush would be suitable. Powder blushers are easier to apply and are best for humid weather. Apply on the cheekbones and slightly below it. You can use your fingertips to dot the area with

a blusher. Then, blend with the brush, outwards and slightly upwards, making sure there are no harsh lines or a blotchy effect.

Using waterproof eye makeup basics (liner, kohl, and mascara) are recommended in rainy weather to save your makeup from dripping away.

First apply a light shadow over the eyelid and a dark one in the crease of the eyes. Light grey on the eyelid would look glamorous. Apply a line of black waterproof eyeliner close to the lashes on the upper lid. Extend the liner outwards and slightly upwards, beyond the outer corner of the eyes. For the lower lid, apply liner as close to the lower lashes as possible, but start from the middle of the lower eyelid and take the line towards the outer eyes. Apply waterproof mascara, in two coats, waiting

for a few minutes after applying the first coat.

Use brow gel for your brows to give it the best look. Also, try using brown waterproof mascara for your eyebrows.

Gloss and cream lipstick should not be used as they would bleed in the humid weather.

For the lips, frosted sheen, or glimmer would be good, instead of too much gloss. Opt for soft mattes, pink shades, or soft browns instead of the bold and bright reds. Go for earthy colors. Keep your lipsticks in the fridge during the monsoons.

Tips to make your make-up last longer:

For oily skin, the use of an astringent lotion before foundation or the powder will help make-up last. After applying astringent lotion, wait for a few minutes, and then apply foundation.

When you apply powder, press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer.

Compact powder, rather than loose powder lasts longer and provides a smooth finish. Carry powder compact to touch up make-up. Blot the make-up with tissue. Liquid eyeliners last longer than eye pencils.

Applying foundation on the lips before helps lipstick last longer.

"Make-up is all about enhancing your features. Since humidity is at its peak, keep it minimal and use a lightweight foundation or powder-based foundation as it lasts longer in humid weather.

It's best when it's neither too much nor too little. The right kind of shades matter. Less is more, that's the beauty of makeup, *The author is an international fame beauty expert and is called the herbal queen of India Thanks and Regards Dr. G.L.Mahajan , PhD New Delhi #9868520019*

NEWS

Hypertension: Can Yoga Reduce Blood Pressure?



Hypertension: Yoga can relieve stress and control other factors contributing to hypertension

High blood pressure is a condition which shows no symptoms, but can certainly put you at risk of heart disease. High blood pressure or hypertension should not be ignored. High blood pressure patients are at a higher risk of heart diseases and stroke. Several factors can raise your blood pressure numbers including sedentary lifestyle, poor diet, obesity, smoking, stress, family history and many more.

1. Child pose or Balasana

Child pose is beneficial for hypertension patients. It can give you relief from different factors which contribute to high blood pressure. This asana reduces stress and improves blood circulation throughout the body. Controlled breathing while performing this asana promotes calmness and reduces stress from neck and shoulders.

2. Sukhasana or easy pose

It is a popular yoga asana which regulates breathing. This pose gives you relief from high blood pressure by promoting a peaceful mind and reducing stress. A relaxed mind promotes a healthy body. This asana will also stretch back and neck. It will also improve your body's posture.

3. Shavasana

Shavasana or corpse pose is meant for relaxation. This is one of the easiest poses which you can try to control your blood pressure numbers. Shavasana calms your brain, relieve stress, relaxes the body, reduces headache, fatigue and insomnia. These all are the risk factors of high blood pressure. By controlling these factors, Shavasana contributes to lower blood pressure.

4. Cobra pose

Cobra pose also known as Bhujangasana is helpful in circulating blood and oxygen. This pose also relieves stress and promotes heart health. You will notice more flexibility with this pose. Cobra pose is also considered beneficial for asthma patients.

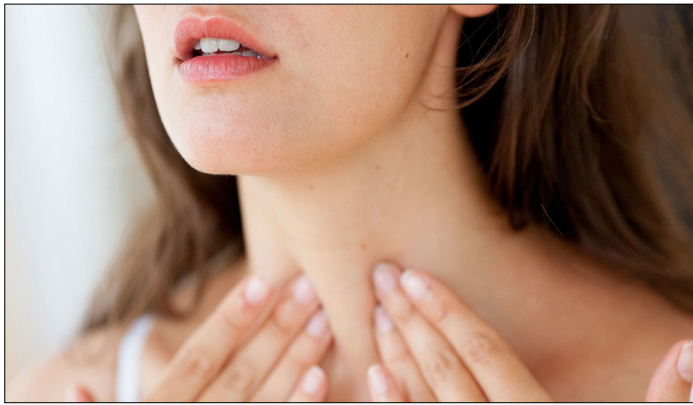
5. Bridge pose

Bridge pose also regulates blood pressure. It calms the brain and alleviates stress. This asana is also beneficial in managing mild depression. Apart from high blood pressure, bridge pose is good for abdominal organs, lungs, menstrual pain, fatigue, headache and anxiety. If you are experiencing high blood pressure for a long time, you must not ignore this condition and consult a doctor. Yoga is extremely beneficial for your body and overall health. If you are taking medications for high blood pressure you can once check with your doctor before adding yoga to your routine.

Can thyroid changes happen at any stage of my life?

The thyroid gland, a small butterfly-shaped organ located at the base of the neck, plays a crucial role in regulating various bodily functions. Despite its relatively modest size, it has a powerful impact on our overall well-being. It produces and releases hormones that help control metabolism, growth and development. However, the behaviour of the thyroid can vary at different stages of life, leading to potential disorders that require attention and management.

That's because thyroid function and levels vary according to age, hormonal imbalances and even interaction with medication that you need to take. If these levels are undiagnosed, then the thyroid can have an impact on cardiovascular diseases, bone health and infertility.



During infancy and childhood, the thyroid gland is vital for proper growth and brain development. Insufficient production of thyroid hormones during this period can result in a condition known as congenital hypothyroidism, which can lead to developmental delays if left untreated. Regular screenings for thyroid function

are conducted shortly after birth to identify and promptly address such issues. As we move into adolescence and adulthood, the thyroid gland continues to influence our overall health. Two common disorders that can arise during these stages are hyperthyroidism and hypothyroidism. Hyperthyroidism occurs when the thyroid

produces an excess of hormones, while hypothyroidism refers to an underactive thyroid that doesn't produce enough hormones. Hyperthyroidism can manifest with symptoms such as rapid weight loss, anxiety, irritability and an increased heart rate. On the other hand, hypothyroidism often presents itself with fatigue, weight gain, depression, and sensitivity to cold. Both conditions can impact the quality of life and require medical attention.

Thyroid also plays a crucial role in pregnancy as it regulates metabolism and hormone levels. Imbalances in thyroid function can have significant implications for both mother and baby. Hypothyroidism can lead to complications like miscarriage, preterm birth, and impaired fetal brain development. Hyperthyroidism increases the risk of preeclampsia,

premature birth and low birth weight. Maintaining a balanced thyroid during pregnancy is essential for optimal maternal and foetal health. Regular monitoring of thyroid hormone levels, appropriate medication and a healthy lifestyle contribute to a smooth pregnancy, reducing the risk of complications and ensuring the well-being of both mother and child.

Recognising the signs of a potential thyroid problem is essential. If you experience unexplained weight fluctuations, persistent fatigue, changes in mood, hair loss, or irregular menstrual cycles, it may be prudent to consult a healthcare professional. Additionally, individuals with a family history of thyroid disorders or autoimmune diseases should be vigilant and consider periodic check-ups.

Japanese plums may help prevent hypertension, cardiovascular disease

About 1.3 million people globally have high blood pressure — medically known as hypertension — making it the number one risk factor for death worldwide.

Research shows a person with high blood pressure has an increased risk of developing other cardiovascular diseases, including stroke Trusted Source, heart failure Trusted Source, atrial fibrillation Trusted Source, and coronary heart disease Trusted Source.

Now researchers from Temple University believe the juice concentrate from the Japanese plum Trusted Source can help decrease cardiovascular disease risk in people with hypertension, and may even assist with preventing high blood pressure. The research was conducted via a mouse model.

This study was recently published in the journal Hypertension Research Trusted Source.

Can Japanese plum help prevent hypertension?

The Japanese plum (*Prunus mume*) is also known as the Japanese apricot and is traditionally called "ume" in Japan.

It is sometimes processed into an infused juice concentrate called bainiku-ekisu for use in juice beverages or wine.

Dr. Satoru Eguchi, professor in the Cardiovascular Research Center at the Sol Sherry Thrombosis Research Center and Center for Metabolic Disease Research at the Lewis Katz School of Medicine at Temple University and senior author of this study, said this research was driven by the need for alternative therapies than medications for hypertension.

"Current treatments are insufficient to normalize the risk of cardiovascular disease death and incidences such as myocardial infarction Trusted Source or stroke even (if) they normalize blood pressure," he explained to Medical News Today. "Hypertension patients have a higher risk for cardiovascular disease regardless of the treatment or normalization of blood pressure by drugs compared with normal blood pressure subjects."

According to researchers, previous experiments conducted in smooth muscle cells of blood vessels showed bainiku-ekisu helped hinder growth-promoting signals caused by angiotensin II Trusted Source. Angiotensin II is a circulatory hormone Trusted Source known to play a role in the development of hypertension Trusted Source.

"Angiotensin II is a major hormone (regulating) blood pressure and contributes to the development of hypertension in humans," Dr. Eguchi said. "Our prior paper Trusted Source showed that it attenuated angiotensin II signaling and function in cultured vascular cells. All other fruit extracts were negative to alter angiotensin effects in these cells. However, our findings were limited in vitro Trusted Source. Thus we hypothesized that it may reduce blood pressure and associated vascular problems of hypertension in vivo."

Protective effect against cardiovascular disease

For this study, Dr. Eguchi and his team used a mouse model to test their theories about the ume juice concentrate, bainiku-ekisu.

Mice were given an infusion of angiotensin II to induce hypertension. Afterward, the mice were given either water containing



bainiku-ekisu or just plain water.

Upon analysis, researchers found mice that received the bainiku-ekisu infused water did not develop hypertension.

Additionally, the bainiku-ekisu helped protect their vasculature from the negative effects of angiotensin II. For example, mice who received the juice concentrate had minimal enlargement of their aorta, while those given plain water had pronounced enlargement, known as aortic hypertrophy.

The scientists also noticed the bainiku-ekisu helped decrease the number of immune cells, which would normally trigger an inflammatory process associated with hyper-

tension. And researchers observed bainiku-ekisu helped prevent the cellular switch from aerobic metabolism Trusted Source to glycolysis Trusted Source normally seen in hypertension. This helps protect the body from oxidative stress that would cause inflammation, vascular stiffness Trusted Source, and potentially the development of more severe cardiovascular disease.

"Our animal experiments suggest that bainiku-ekisu may reduce blood pressure in patients with hypertension," Dr. Eguchi explained. "It is safe to combine with current therapy. It may also help to reduce (the) drug amount needed to maintain normal blood

pressure." "Moreover, taking bainiku-ekisu may prevent you (developing) complications associated with hypertension such as heart attack and stroke," he added.

Previous research on ume's health benefits

The Japanese plum grows on a tree that, like cherry trees Trusted Source, blooms in the spring with plum blossoms, giving way to celebratory events in Japan.

The Japanese plum trees grow well in mild to subtropical temperatures. Although it has been in China and Japan for thousands of years, the Japanese plum has made its way to other areas of the world, including certain parts of the United States.

Although the Japanese plum may look and smell quite a bit like a Western plum or apricot, they have a more acidic and tart taste.

Besides being processed into the infused juice concentrate, bainiku-ekisu, the Japanese plum is often used to make umeboshi, where the plum is highly salted and pickled and used as a condiment in traditional Japanese cuisine. This is not the first time the Japanese plum has been studied for its potential health benefits. Previous research shows ume may help improve digestive issues Trusted Source in people with gastroesophageal reflux disease (GERD)-related symptoms.

Other studies have found Trusted Source that ume has antioxidant and anti-inflammatory properties and can be potentially helpful against allergic disease Trusted Source and obesity. And research in 2017 found daily ingestion of ume extract helped improve diastolic blood pressure in people with grade I hypertension.

Ponting: If Robinson hasn't learned already ... then he's a slow learner

Former Australia captain doesn't believe that England are not driven by results



Former Australia captain Ricky Ponting has suggested that Ollie Robinson needs to back his words up with skill after the England seamer referenced Ponting's sledging as a player to justify his send-off to Usman Khawaja during the first Ashes Test at Edgbaston.

On the third morning of the Test, Robinson removed Khawaja for 141, knocking back his off stump as Khawaja came down the pitch while looking to force the ball through the off side. Robinson celebrated by shouting towards Khawaja, and appeared to tell him to, "F*** off, you f***ing prick".

Ponting had remained tightlipped on the subject on commentary for Sky Sports for the remainder of the Test, but delivered some stern words to Robinson on ICC Review Podcast on Wednesday.

"As I said after Ollie Robinson said what he said, this England cricket team hasn't played against Australia, and they'll find out pretty quickly what playing Ashes cricket and playing against a good Australian cricket team is all about," Ponting said. "And if Robinson hasn't learned that already after last week, then he's a slow learner."

The 29-year-old pace bowler was questioned

about it in a tense press conference after the third day's play, and said he "doesn't care" how Australia might receive his actions, and that he is "here to provide... that theatre of the game".

Robinson had even referenced Ponting during the same interaction, going to justify his actions citing the example of the former Australia captain.

"We've all seen Ricky Ponting, [and] other Aussies do the same to us," Robinson said. "Just because the shoe is on the other foot, it's not received well." But Ponting shot back at Robinson, saying the latter would "learn pretty quickly" what it means to prick the Australians in an Ashes series.

"Some of the things he had to say - I mean he even brought my name into it, which I felt was a little bit unusual," Ponting said. "But for me, it's water off a duck's back. If he is sitting back thinking about me, then no wonder he bowled like the way that he did in that game, if he's worried about what I did 15 years ago."

"If they're not results driven, they wouldn't be disappointed about losing" - Ponting on England's approach

If they're not results driven, they wouldn't

be disappointed about losing" - Ponting on England's approach•AFP/Getty Images

He'll learn pretty quickly that if you're going to talk to Australian cricketers in an Ashes series, then you want to be able to back it up with your skills." However, Khawaja was unperturbed by what was apparently said to him by Robinson, claiming that he did not hear the bowler's send-off in the moment. The pair had a quiet exchange on the final day while Khawaja was batting, but the Australia opener said there was nothing in it.

"The other day, the crowd was so loud I had no idea," Khawaja said. "I got out and all I could hear was the Barmy Army. I didn't actually hear anything. Today there was nothing much in it. Just a bit of friendly banter."

Meanwhile, Ponting also questioned whether England were being honest with their mantra that results don't matter, given Ben Stokes' post-match quotes about how devastated they were to lose at Edgbaston.

"I've heard them say that before, that they're not 'results driven', but I don't believe that for a second," Ponting said. "This is an Ashes series; this is the biggest challenge that Ben Stokes has had in his career as a captain."

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