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James Anderson: Edgbaston pitch was 'like kryptonite **Advisor Bhatnagar chairs** 30th AGM of J&K Women **Development Corporation**

J&K Witnessing All-Round Development Post Article 370 Abrogation : Amit Shah

SRINAGAR, JUN 23: Union Home Minister Amit Shah on Friday highlighted the all-round development in Jammu and Kashmir since the abrogation of Article 370 and exhorted the youth of Kashmir to ensure that they carry pens and laptops instead of stones.

Addressing an event after the inauguration of the three-day Vitasta Festival here, Shah said those who have known only the history of Jammu and Kashmir in the last four decades think that this is a disputed or disturbed area.

"But Kashmir is a land which has borne the brunt of bloodshed in the past and emerged victorious and more stable and peaceful," he said, adding that this land saw nearly 40,000 deaths due to terrorism in the last three to four decades but today



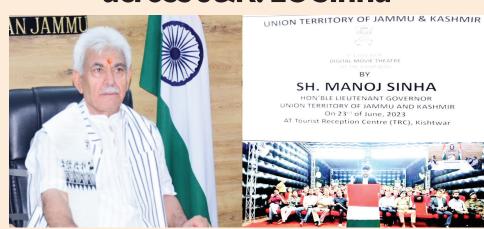
the same Kashmir is celebrating Vitasta Festival and marching ahead. The home minister chose the occasion to call upon the youth of Kashmir to think about the rich cultural heritage of the valley.

"Those who handed over arms and stones to you, they were never your well-

wishers. You should have pens, laptops and books in your hands and not stones," he said, in an apparent reference to stonepelting protests in the past.

He compared Kashmiri culture with the Vitasta (Jhelum) river and said, "If

AMRIT KAAL: New Era of Peace, Development, Prosperity across J&K: LG Sinha



■ HT News Network

JAMMU, JUN 23: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Friday inaugurated Digital Movie Theatre at Kishtwar district.

The Lt Governor congratulated the people

of Kishtwar, District Administration and all stakeholders on the return of the movie culture to the district.

'J&K is witnessing a new era of peace and development in Amrit Kaal and the launch of a movie theatre after almost three

TURN ON.....PAGE 02

NEWS BRIEF

Four militants killed as infiltration bid foiled in Kupwara

SRINAGAR, JUN 23: Security forces foiled an infiltration bid and shot dead four unidentified militants close to the $Line \, of \, Control \, in \, Jammu \, and \, Kashmir's \,$ Kupwara district, police said on Friday.

The infiltration bid was foiled on a day when Union Home Minister Amit Shah is on a two-day visit to Jammu and Kashmir.

Police said the fresh infiltration bid was foiled in Kala jungle of Machil sector. "In a joint operation, Army and Police have killed four terrorists in Kala Jungle of Machhal sector in Kupwara who were trying to infiltrate to our

J&K govt issues instructions for obtaining, renewal of individual arms licenses

SRINAGAR, JUN 23: Jammu and Kashmir Home Department on Friday issued instruction for applicants who intend to obtain or renew individual arms licenses in the Union Territory.

According to a circular, a copy of which lies with Kashmir News Service (KNS), the government has asked applicants to submit the application through online mode on NDAL-ALS Portal.

"An applicant should carefully read the provisions of Arms Rules, 2016, before submitting an application TURN ON.....PAGE 02

Police Mulling Over to Seize Properties of **Drug Peddlers: SSP** Baramulla

BARAMULLA, JUN 23: Senior Superintendent of Police (SSP), Baramulla, Amod Ashok Nagpure on Friday said that they are mulling over to confiscate the properties of habitual and notorious drug dealers in the district.

In an exclusive interview with SSP Baramulla, he told CNS that they are not going to spare the habitual and notorious drug dealers at any cost and would confiscate their properties. The details regarding the step would be shared soon

with the media, Nagpure added. He further said that in order to eradicate the drug menace from the TURN ON.....PAGE 02

After 18 years, Srinagar records hottest June day at 35.0 degree Celsius

Qazigund, Pahalgam record 2nd hottest day in 33, 15 years respectively; MeT predicts respite from today

■ HT News Network

SRINAGAR, JUN 23: Amid the ongoing heat wave in Kashmir, Srinagar, the summer capital of Jammu and Kashmir has recorded hottest June day after 18 years at 35.0 degree Celsius on Friday while Qazigund and Pahalgam in South Kashmir recorded second hottest June day in the last 33 and 15 years respectively.

An Independent Weather



Forecaster, Faizan Arif Keng told the news agency—Kashmir News Observer (KNO) that the mercury settled at 35.0 degree Celsius today, which is the equal warmer June day recorded on June, 03 2018.

 $The all-time \, highest \, June \, day$ was recorded on June 29, 1978 at 37.8 degree Celsius, he said. He said that Kokernag has

recorded the highest maximum temperature in June in TURN ON.....PAGE 02

India, USA Break New Ground In 'Space': Dr Jitendra

HT News Network

NEW DELHI, JUN 23: "In a nutshell, it should suffice to say that India and the USA are to break new ground in the "Space". And, the credit goes to Prime Minister Narendra Modi who, during the last 9 years, took a series of unorthodox and path-breaking decisions, which enabled India to achieve a TURN ON.....PAGE 02



In a first, over 12,000 pilgrims from J&K to perform Hajj-2023

■ HT News Network

SRINAGAR, JUN 23: A record number of pilgrims for the first time have left for the Hajj pilgrimage this year from Jammu and Kashmir, officials said on Friday and that over 12,000 pilgrims have left to perform Hajj in

Details available with the news agency—Kashmir News Observer (KNO) said that a total of 12,067 pilgrims News Observer (NIVO) said the left for the pilgrimage this year.

TURN ON.....PAGE 02

J&K government designates 4 more courts for trial of **UAPA offences**

HT News Network

SRINAGAR, JUN 23: In a significant move, the Jammu & Kashmir Government has designated four more courts for trial of offences under the Unlawful Activities (Prevention) Act-1967.

J&K's Department of Law, Justice and Parliamentary Affairs has designated four more courts- two each in Kashmir and Jammu-fortrial of offences under the UAPA.

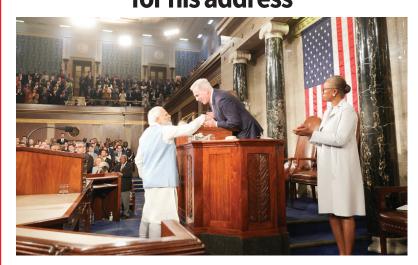
With this development, the number of courts designated under the NIA Act for trial of offences under UAPA has gone upto 11.

According to a notification issued by the Department of Law, Justice and Parliamentary Affairs, a copy of which is in possession of news agency—Kashmir News Observer (KNO), the court of additional district and sessions judge (fast track Court) Budgam has been designated for trial of offences under UAPA in the jurisdiction of Budgam

Similarly, the court of additional district and sessions judge Ganderbal has

TURN ON.....PAGE 02

PM Modi receives bipartisan praise and support from US Congress for his address



HT News Network

NEW DELHI/WASHINGTON, JUN 23: Prime Minister Narendra Modi received bipartisan praise and support after his speech at the US Congress, which saw a full house and applause, with many members from both sides coming to congratulate the PM and take pictures with him. The PM in a tweet said: "Honoured

to address the US Congress. Gratitude

to all the members of Congress who attended today. Your presence signifies the strength of India-USA ties and our shared commitment to a better future. I look forward to continued partnership in fostering global peace and progress." The PM issued a string of tweets, thanking each Congress member for their felicitations.

Thanking Speaker Kevin McCar-

TURN ON.....PAGE 02

Summer vacation for schools depends on ongoing, upcoming weather conditions: Alok Kumar

■ HT News Network

SRINAGAR, JUN 23: The government Friday said that it was undecided about the summer vacations for schools in Kashmir division keeping in view the ongoing and upcoming weather conditions.

Speaking to the news agen-



cv-Kashmir News Observer (KNO), Principal Secretary, School Education Department, Alok Kumar said, "We are aware of the weather situations but we only can't think of the current heat wave only."

He said that in July, there could be more harsh sunny
TURN ON.....PAGE 02

Pest attack worries apple orchardists in south Kashmir

■ HT News Network

SRINAGAR, JUN 23: Apple growers in several areas of south Kashmir are worried as a leaf minor pest has been infecting their orchards for the third consecutive year. Farmers said that the pest has created

havoc in their orchards for the past three years now. "Wherever the pest was found in the last two years, produce was less shiny, smaller

in size as this insect sucks all the TURN ON.....PAGE 02

Drug peddler arrested in Kulgam: Police

■ HT News Network

SRINAGAR, JUN 23: Jammu and Kashmir police on Friday have arrested a drug peddler in Kulgam and recovered contraband substance from his possession.

A police party headed by In-charge Police Post Frisal at a checkpoint established at Chenigam, Frisal intercepted a vehicle (auto) bearing registration number JK18B-2131 driven by Rouf Ahmad Bhat son of Ghulam Hassan Bhat resident of Chenigam, a police spokesman said in a statement issued to the news agency-Kashmir News Observer (KNO).

During search, 17 Kgs of Poppy Straw
TURN ON.....PAGE 02

HT - NEWS

CONTINUE FROM FRONT PAGE......

All-Round.....

13TH CHEADLINES

one knows the right history of Kashmir, hate has never been its part. Whosoever came to Kashmir was welcomed with open arms." The home minister also highlighted the all-round development in Jammu and Kashmir since abrogation of Article 370 of the Constitution, which accorded special status to the erstwhile state, in

The festival is being organised on the ground of Sher-i-Kashmir International Convention Centre (SKICC) located on the bank of the famous Dal Lake.

Meanwhile, Union home minister Amit Shah $on Friday\, said\, the\, situation\, in\, \underline{\hspace{-0.05cm} Jammu\, and\, Kashmir}$ was peaceful now and the successful hosting of a G20 meeting in Srinagar proved it.

Inaugurating or laying foundation stones of various development projects in Kashmir Valley, Shah said that development funds used to go into the pockets of a few earlier but now all those deserving are getting the fruits of development.

He said that when it was decided to hold a meeting of the G20 in Srinagar, many people offered various comments and some, including former chief minister Mehbooba Mufti, made various predictions.

"But all these predictions were proved wrong as the G20 meeting in Srinagar was held successfully," he said and appreciated the Jammu and Kashmir administration headed by Lieutenant Governor Manoj Sinha for it.

He also said the successful hosting of the G20 meeting would give a big boost to the tourism

industry in Kashmir. The meeting of the G20 tourism working group

was held in Kashmir last month. The home minister claimed that during earlier regimes, funds meant for the poor and farmers used to go into the pockets of a few.

"Many in Jammu and Kashmir have big houses in foreign lands and many used to go for 45-60 days' vacations in foreign countries. From where this money came? This was money meant for the poor," he said.

Now development funds are reaching actual beneficiaries through direct benefit transfer (DBT),

In the last four years, the government built about 1.86 lakh houses for people in Jammu and Kashmir and Rs 23,000 crore was given to beneficiaries of various schemes through DBT.

The home minister also appealed to people to come forward and join hands in the march for development and fulfil Prime Minister Narendra Modi's dream of a peaceful and prosperous Jammu and Kashmir.

J&K witnessing.....

decades in picturesque Kishtwar is a symbol of aspirational society," the Lt Governor said.

Art and Creativity transcend all boundaries and bring people closer. Cinema is not just a medium of entertainment, but it is also an integral part of the culture, society and a reflection of change happening around us, he observed.

Kishtwar has immense potential for film tourism. This movie-theatre and infotainment center for children will be an important step to harness the potential of local talent, the Lt Governor

The Lt Governor shared the efforts to revive the J&K's bond with the film industry. Significant steps like Film policy, opening of cinema halls in the districts have created a vibrant film ecosystem in the UT.

"Today, Jammu Kashmir has become the most preferred destination for the filmmakers and more than 300 movies and web series were filmed last year. This is also providing huge opportunities to the local youth," he said.

The Lt Governor said, in July, three more cinema halls will be opened. These cinema halls will also become the center of information and exchange of ideas for the youth, he added.

"The aspiration of youth is our biggest strength in developing progressive and inclusive Jammu Kashmir. We are fully committed to provide all the resources for their holistic growth and development", the Lt Governor further said.

The Lt Governor urged the people of Jammu Kashmir to actively contribute to the successful conduct of Amarnath Yatra, starting from July 1 and make it as successful as G20 summit.

The innovative edu-infotainment digital movie theatre at TRC Kishtwar is the collaborative effort of District Administration Kishtwar, Kishtwar Development Authority and Picture Time to address the public demand and provide facilities of recreation to the people.

Dr Arun Kumar Mehta, Chief Secretary; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Dr. Devansh Yadav, Deputy Commissioner Kishtwar, senior officials, various stakeholders, youth and people from all walks of life attended the inaugural ceremony, in person and through virtual mode.

After 18 years.....

18 years where the mercury settled at 33.3 degree Celsius while the previous and all time highest temperature was recorded on June 24, 2015 at 34.9 degree Celsius.

Qazigund and Pahalgam in South Kashmir have also recorded the hottest day of the season after the gap of 33 and 15 years respectively.

According to Keng, the mercury in Qazigund settled at 34.2 degree Celsius, which is the hottest June day in the last 33 years while all the highest temperatures at 35.7 degree Celsius have been recorded on June 25, 1990 and on June 26, 1988.

In Pahalgam also, the second hottest maximum temperature in June was recorded today after the gap of 15 years at 30.2 degree Celsius while the

previous hottest day has been recorded on June 09, 2021 at 30.3 degree Celsius. However, he said that the hottest day of all time was recorded on June 25, 1990 at 32.0 degree Celsius

Moreover, the weatherman has predicted respite from the ongoing heat wave from tomorrow onwards, saying that there is a possibility of light rain, thunderstorm at scattered places of Jammu and few places of Kashmir division as well.

Deputy Director Meteorological department (MeT), Dr Mukhtar Ahmad told KNO that from June 25-28, the weather would remain generally cloudy with possibility of intermittent light to moderate thunderstorms at many places.

A few places over Jammu division may receive intense showers for a short period, he added— (KNO)

J&K government.....

been designated for trial of offences under UAPA in Ganderbal district.

The notification further states that the additional district and sessions judge(fast track court) Doda will hear UAPA cases of Doda and Kishtwar district while the additional district and sessions judge, Poonch will have jurisdiction over UAPA cases of Poonch and Rajouri districts.

It is worthwhile to mention that Supreme Court has observed that all offences under the Unlawful Activities (Prevention) Act, 1967 (UAPA), whether investigated by the National Investigation Agency or by the investigating agencies of the State Government, are to be tried exclusively by Special Courts set up under the NIA Act.

India, USA.....

quantum jump in our Space sector capabilities, as a result of which the USA which had begun its space journey several years before us is today seeking collaboration with us as an equal partner.

This was stated here today by Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances. Pensions, Atomic Energy and Space, Dr Jitendra Singh, while briefing the media about several significant decisions and agreements accomplished during Prime Minister Narendra Modi's ongoing USA visit, especially with relation to signing of "Artemis Accord" and Joint Indo-US mission to the International Space Station in 2024.

Dr litendra Singh said, could anything give us greater pride than to realise that the country like USA which landed the first human benign on the surface of Moon when we were singing nursery rhymes about Moon is today seeking our inputs and our expertise on Moon mission.

Explaining to the media, the Minister said, the purpose of the Artemis Accord is a common vision with USA and other countries via principles, guidelines and best practices so that we could supplement each other's activities for peaceful purposes with transparency and also work together for avoiding harmful activities.

On the other hand, the joint mission to the International Space Station, said Dr Jitendra Singh, which is separate of signing of Artemis Accord will develop a framework for joint mission to the International Space Station in 2024, which the USA envisages as the possibilities of closer cooperation between the space agencies of the two countries to get closer to the realities of Moon and subsequent to Mars and other planets.

As for Science & Technology, Dr Jitendra Singh informed that on Semiconductors, Micron will invest 800 Million Dollars with additional financial support from the Indian government, Similarly, the US Quantum Consortium has welcomed and invited the Indian Quantum industry as its members.

The agreement signed during Prime Minister Narendra Modi's historic US visit between India and the US on cooperation in Space Research will take our bilateral relations to a new high, Dr

Jitendra Singh said today. "As PM Modi said, 'Even sky is not the limit for cooperation with the US'," the Minister said.

Dr Jitendra Singh said, India will contribute to the International Space Station next year as part of the India-US collaboration in the Space Science field. US President Joe Biden has already confirmed this in the White House after a meeting with

Prime Minister Narendra Modi on Thursday. Dr Jitendra Singh said ISRO is likely to team up with NASA as it plans to return to the moon with a manned mission by 2025.

The joint statement by India and the United States during PM Modi's ongoing visit said NASA would provide "advanced training" to Indian astronauts at one of its facilities.

Dr Jitendra Singh said America today realizes the importance of partnering with us. "Though India and the US have been collaborating in the Space sector for long, but the journey in the last nine years of the Modi Government has really taken off on a growth trajectory. India is no longer lagging behind in Space exploration, and today, we are equal partners in Deep Space Missions," he said. Dr Jitendra Singh clarified there are virtually no restrictions and no technology denial by the US. "In fact, we are today technologically

capable," he said. Dr Jitendra Singh said the ISRO has earned considerable foreign exchange by launching satellites for global clients. ISRO, in association with its commercial arms, has successfully launched 385 foreign satellites from 34 countries on board PSLV. "Almost 90% of this revenue has

been generated in the last nine years," he said. The Artemis Accord was signed on October 13, 2020 by eight Founder Nations, – Australia, Canada, Italy, Japan, Luxembourg, UAE, UK and the United States. Its members include the traditional US allies like Japan, France, New Zealand, UK, Canada, South Korea, Australia and Spain while African nations like Rwanda, Nigeria etc are the new partners. Out of 22 European nations only 08 (Luxembourg, Italy, UK, Romania, Poland, France, Czech Republic and Spain) have signed the accord.

The Artemis Accord is a non-binding agreement with no financial commitments. The purpose of these Accords is to establish a common vision via a practical set of principles, guidelines, and best practices to enhance the governance of the civil exploration and use of outer space with intension of advancing the Artemis program. Adherence to a practical set of principles, guidelines, and best practices in carrying out activities in outer space is intended to increase the safety of operations, reduce uncertainty, and promote the sustainable and beneficial use of space for all humankind. The accords represent a political commitment to the principles described herein, many of which provide for operational implementation of important obligations contained in the Outer Space Treaty and other instruments.

The principles set out in these accords are intended to apply to civil space activities conducted by the civil space agencies of each signatory. These activities may take place on the moon, Mars, comets, asteroids, including their surfaces, as well as in orbit of the Moon or Mars, in the lagrangian points for the Earth-Moon system. and in transit between these celestial bodies and locations.

All activities under the Artemis Accord will be conducted for peaceful purposes. Partner states are to uphold the transparency principle by publicly describing policies and plans. Partner nations to utilize open international standards, develop new standards when necessary, and strive to support interoperability. Partner nations commit to taking all reasonable steps possible to render assistance to astronauts in distress and determine which of them should register relevant space objects in accordance with the Registration Convention.

International cooperation has been part of the Indian space programme since inception. ISRO's maiden mission to Moon, the Chandrayaan-1, has been an exemplary example of international cooperation with its international payloads. It has also earned several national and international laurels and was instrumental in the ISRO-NASA joint discovery of water molecules on the moon surface, unattained by any of the previous missions of such nature.

ISRO and NASA are realizing a joint satellite mission called NISAR (NASA ISRO Synthetic Aperture Radar) for earth science studies. As part of ISRO's prestigious Gaganyaanprogramme, the cooperation opportunities with countries and space agencies having expertise in human space flight are being explored.

In a first.....

It is for the first time since the Jammu & Kashmir Hajj Committee (JKHC) was formed in 2008 that such a huge number of pilgrims have left for the pilgrims from the Union Territory of J&K.

Executive Officer, J&K Haj Committee (JKHC), Shujaat Ahmed Qureshi told KNO that the 6,698 males and 5,369 females have left for the pilgrimage this year.

Additionally, 111 ladies without mahram have

also gone to perform Hajj this year. He said that the pilgrims have left for the pilgrimage in 40 batches including 38 from Srinagar

and two from Mumbai. Compared to previous year, the number of pilgrims has gone up by over 100 per cent as only 6,000 pilgrims had gone to perform Hajj in 2022,

he said. Notably, the first batch of pilgrims for Hajj-2023 from Jammu and Kashmir left for Jeddah on June

He said that pilgrims will return back on July

17 from Madina. It is worth to mention here that the Hajj was suspended for two consecutive years in wake of

the Covid-19 outbreak in 2020 and 2021.

PM Modi.....

"Your warm welcome is highly appreciated @ SpeakerMcCarthy. Eager to enhance our bilateral cooperation, fostering an even stronger bond between our countries.'

McCarthy, Speaker of the House and Representatives, in a tweet said: "It was a privilege to welcome Prime Minister @narendramodi to the U.S. Capitol, one of the greatest symbols of democracy in the world.

"I look forward to increased economic and national security ties between our two great nations.'

The PM replied to U.S. Senate Republican Leader Mitch McConnell, who said the meeting with the PM comes "at a consequential moment in our two countries' relationship. We face common challenges, and share a commitment to keeping the Indo-Pacific free and open."

"Indeed @LeaderMcConnell, our meeting comes at a crucial time. The challenges we face can be effectively addressed, guided by the values we share. Our nations will continue to work together to uphold these ideals for the prosperity of our nations and the planet."

In a statement McConnell said:

"I was glad to meet today with Prime Minister Narendra Modi of India before he addressed a ioint session of Congress. The Prime Minister's visit comes at a consequential moment in our two countries' relationship. India's population, location, and resources make it a cornerstone of the global economy, and its adherence to democratic values can help tie our nations closer together.

"But India and the United States share more than robust trade and basic values. We share an interest in keeping the Indo-Pacific free and open, and we face common challenges. India understands China's belligerent behavior firsthand. Like our other Quad partners, Australia and Japan, India continues to invest in a growing defense industrial base.

"There are opportunities for even deeper cooperation if our countries remove regulatory and bureaucratic obstacles. I am hopeful that Prime Minister Modi's visit will focus our efforts on seizing these opportunities.'

The PM also thanked Senator Chuck Schumer, New York's Senator and the Senate Majority Leader, for his welcome.

"Thank you for the warm welcome @ SenSchumer. It's always an honor to address friends at the US Congress. Looking forward to strengthening our ties and continuing our work towards shared goals. The future is brighter when our nations stand together.'

He also thanked Mark Warner, Senator from Virginia, and Chairman, Senate Intel Committee, who tweeted: "Great to be here for PM Modi's address to Congress! The continued cooperation of our nations – the world's two largest democracies – is more critical now than ever."

PM said: "Thank you for your presence at the address, Senator @MarkWarner and for your commitment to our partnership. Indeed, the cooperation between our great nations is vital for addressing today's global challenges. Together, we can pave the way for a brighter future."

The PM also thanked Congresswoman Nikema Williams, who said "The United States and India are the world's oldest and largest democracies. We welcomed Indian Prime Minister @narendramodi for a special address to a joint session of Congress.

"Grateful to you @RepNikema and all esteemed members of Congress for the special welcome," the PM tweeted.

The PM also thanked Congressman Brad Sherman and Greg Stanton, besides several other leaders who tweeted photos with the

Colin Allred in a tweet said: "Democracies $of the world \, must \, work \, together \, to \, solve \, our \,$ global challenges, and today the U.S. Congress welcomed@narendramodiofIndiatoajoint session. I look forward to continuing to strengthen diplomatic and economic ties between our two nations."

The PM replied: "Cooperation between our nations has grown over the years and it will benefit our nations and the entire plan-

Congressman John Duarte tweeted: "Delighted to welcome @narendramodi to DC for a historic joint address to Congress. As staunch allies, our nations share common values of freedom, democracy, and economic prosperity. Looking forward to deepening our bilateral relationship and fostering stronger ties.'

The PM replied, thanking him, "I concur that our shared values are the bedrock of our strong alliance."

Congresswoman Mariannette Miller-Meeks said:"It was my great honor to welcome Prime Minister @narendramodi to Congress today & have @uiowa graduate Pareen Mhatre in attendance as my guest. The U.S. has a special relationship with India & I look forward to continuing to build this important relationship! "

PM said: "I too am eager to continue building the bilateral relationship between our nations across diverse sectors."

Summer vacation.....

days. "Keeping in view all the things, we have not decided anything yet and the announcement of summer vacations will be probably in the first week of July.

Kumar said that the department will see when "we will announce summer vacations for schools in the Kashmir division"

"On Monday there is a prediction of rain and thereafter the temperature as per the prediction is a bit low. After that there are some Eid holidays," he said.

Kumar further said, "If the temperature still hasn't fall, only then we will take a call about the summer vacations for schools in Kashmir division."

On asking about the summer vacations for colleges falling under the winter zones of Jammu and Kashmir, Kumar said that there was no such proposal for the higher educational institutes. The principal secretary advised the parents not to worry about their wards and ensured that the vacation will be announced at an appropriate time.

In the meantime, Divisional Commissioner Kashmir, Vijay Kumar Bidhuri Friday also said that the announcement of summer vacation in schools and colleges will be taken after in the upcoming week.

Bidhuri said that the government was monitoring the weather situation and will take calls on summer vacation soon.

"After Sunday if we find that the weather is not good, we will have a discussion and accordingly we will take the decision regarding summer vacation in schools of Kashmir division," he said.

Pest attack....

nutrients from trees," they said.

Aamir Hussain a fruit grower from Pulwama told news agency—Kashmir News Observer (KNO), that new pest is laying web layers from one branch to another and trunk and it even gets into fruit.

"This pest whose number is in millions is sucking all nutrients from the tree due to which size of fruit remains small. It is dam-

aging leaves and then trees as well," he said. Growers said that first year it was mainly found in Shopian's Zainapora but spread to other areas including Zainapora, Litter, Watchi, Yaripora, Lassipora, Tahab and Bijbehara areas the following year.

In the ongoing season, almost all orchardists in south Kashmir are complaining about

They have demanded attention of horticulture department and experts to prevent further damage. "Even after spraying insecticides several

times, there is hardly any effect on this pest," Orchards where leaf miner was reported

have even complained about premature fruit last vear. Senior Scientists from Sher-e-Kashmir

University of Agriculture Science and Technology (SKUAST) said that it is an invasive insect which has been identified as "leaf miner and has probably reached here before four years."

Leaf miners were reported some time ago but in last two year their manifestation has increased yet their number is not too huge, the expert said.

"Most pathogens and fungal or bacterial diseases are invasive species and this leaf miner is curable if growers will follow advisories regularly," he added while requesting farmers to co-operate with the horticulture department.

Drug peddler.....

like contraband substance was recovered from the said vehicle. He has been arrested and shifted to police station where he remains in custody. Vehicle used in commission of crime was also seized, police said.

Accordingly, police said that a case under FIR number 63/2023 under relevant sections of law has been registered in Police Station Yaripora and investigation has been set into motion.

"We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law," police said.

Four militants.....

side from POJK," a police tweet said. The identity and the group affiliation of the slain could not be established immedi-

There has been a sudden spurt in the infiltration attempts from across in the last two weeks. At least 11 militants have been killed while trying to infiltrate to Kashmir.

On June 13, police claimed to have killed two suspected militants in the Machil sector near LoC.

Three days later, security forces shot dead five suspected foreign infiltrators of "JK Ghaznavi Force" in an encounter at Jumagund in the Keran sector of Kupwara.

After the "biggest" infiltration bid was foiled this year on June 16, senior Army officer said in the recent past they were getting a large number of intelligence inputs of likely infiltration from across the Line of

J&K govt.....

Control.

for obtaining the individual Arms license/ Renewal of Arms license. Further an applicant needs to apply on the link http://ndal-alisgov.in/ and choose 'Individual" category by selecting the state home department and the concerned district or appropriate licensing authority," the guidelines read.

It reads that applicant can choose any service being offered on the portal like issuance or renewal of individual arms licenses, extension of area validity and registration of arms license issued from other States and

"The application portal would guide the applicant to upload all the details including the requisite documents on the portal. The status of the application can be tracked on the portal by the applicants. For any query, the FAQs can be assessed at https://ndalalis. gov.in/armslicence/fad.do."

The government further asked applicants to refrain from furnishing incomplete or false information while seeking or renewing

arms license. "Don't furnish incorrect or false information. Don't apply in a district which is not the place of your residence. Don't keep the weapon with you in case you don't possess a valid arms license. Don't let any unauthorized person keep your license or your weap-

on," it reads. Police Mulling.....

society they have already started a war against the same. "Baramulla Police have arrested 246 notorious drug dealers from the sub division Pattan, Uri and Baramulla in the first five months of 2023," SSP Baram-

It was also said that 26 wanted and repeated offenders have been booked under PSA and shifted to different jails of UT J&K.

Regarding the chemists, he said that it has been observed that some medical practitioners are now misusing drugs by selling it to the drug addicts, who later on abuse the drugs meant for treating illness.





Advisor Bhatnagar chairs 30th AGM of **J&K Women Development Corporation**

Lieutenant Governor, Rajiv Rai Bhatnagar, chaired the 30th Annual General Meeting of J&K Women Development Corporation here today.

During the meeting, Advisor Bhatnagar was briefed about Corporation's efforts to address the balance of assets and liabili-

It was pointed out in the event that provisions for interest on Budgetary Support should be transferred to the General Reserve, which has been duly addressed in the fiscal year. Besides, rectifications have been made to address the misclassification of certain assets, ensuring accurate representation and correcting previous observations, meeting was informed.

The meeting was informed that appropriate bookings have been made in terms of income and expenditure and corrective measures have been taken for expenses related to employee benefits, Income Tax and other similar expenditures.



During the meeting, observations were also made regarding current liabilities and provisions, emphasizing the need for distinct classification as per the directives of the Controller and Auditor General of India. Besides, preparation of annual report was highlighted as an area needing improvement. The Corporation was asked to focus on publishing newsletters and making the annual report available on the website for public access.

During the AGM, Advisor Bhatnagar addressed several important issues and emphasized the significance of accurate financial practices, particularly in treating interest payments and ensuring their proper accounting.

Recognizing the importance $of field \, functionaries \, in \, assessing \,$ loan recipients and their ability

to repay, the Advisor stressed the need to determine whether efforts could be made to recover funds from beneficiaries. He commended the existence of a recovery mechanism within the Corporation and suggested adopting a proactive approach to determine the appropriate time for writing off non-recoverable amounts and making

additional efforts to recover out-

standing funds.

The Annual General Meeting was attended by members including Commissioner Secretary, Social Welfare Department, Sheetal Nanda; Director General (Budget), MY Ittoo; Managing Director JKWDC, Ulfat Jabeen; Chartered Accountants Statutory Auditor of JKWDC, Geeta Sharma besides

'Virtual Autopsy' conference at GMC **Anantnag concludes**

PRINCIPAL THANKS ALL THE **DELEGATES AND PARTICIPANTS**

SRINAGAR, JUN 23: A 'Virtual Autopsy' conference conducted by the Department of Forensic Medicine, Government Medical College (GMC) Anantnag concluded successfully here at its main campus Dialgam on Friday. This was the first-of-its-kind conference in Jammu and Kashmir.

According to the news agency—Kashmir News Observer (KNO), Dr Azia Manzoor, Head Department of Forensic Medicine and Chief Organiser of the conference gave an overview of the virtual autopsy, also known as 'Virtopsy' or virtual post-mortem examination, which is a non-invasive method of examining a body using imaging technology instead of traditional physical dissection.

"It involves capturing detailed images of the body using various imaging modalities such as computed tomography (CT) scans, magnetic resonance imaging (MRI), and sometimes 3D surface scanning," Dr Azia said, adding, "Autopsies usually come with new challenges and many times it becomes difficult to



convince family members of the deceased person for undergoing traditional autopsy. This is where the virtual autopsy will become useful and can overcome many challenges."

Dr (Prof) Tariq Syed Qureshi while thanking the delegates and participants congratulated the organising team for such kind of virtual conference. He said that GMC Anantnag is regularly conducting 'Continuous Medical Education (CME)' programmes and conferences so as to remain updated with current knowledge and the best medical practices

Dr Owais H Dar, Media Coordinator GMC said more than 200 delegates attended the conference both from Jammu and Kashmir and the rest of the country, particularly from North India.

The delegates, Dr Owais said, included Dr Ash Govind, CEO virtual autopsy UK, Dr Hemant Naik, CMO virtual autopsy India, Dr Yadukal S, Dr (Prof) Sajad Majid Qazi and Dr (Prof) Sheikh Mushtaq Ahmad. Dr Syed Hina, HOD FMT GMC Kathua, Dr Vinka Mani, Dr Mudasir Khan (HOD Anatomy GMCA), Dr Syed Nawaz (HOD Gyne obs), Dr Saneed Risam, HOD Dentistry, Dr Sheikh Mushtaq Ahmad, HOD Pediatrics, Dr Saiqa Shafi, HOD Radiology, Dr Mumtaz Din, HOD surgery, Dr Sami Magray, HOD Pharmacology, Dr Anjum, Dr Adil Wani, Sr Dental surgeon, Dr Mehbooba Rasool, Dr Tajali Shora, Dr Zahid Mohd Rather, Dr Saima Habib, Dr Uzma among other faculty members, consultants, medical officers, paramedics and police officials.

DSEK issues instructions to promote tobacco-free educational institutions

SRINAGAR JUN 23: In a bid to protect the youth from the harmful effects of tobacco, the Directorate of School Education Kashmir (DSEK) has issued circular instructions to all educational institutions in the Kashmir division to raise awareness among students, teachers, and other stakeholders regarding the 'Guidelines for Tobacco Free Educational Institutions (ToFEI).

Notably, recognizing the urgent need to prevent children and young adults from initiating tobacco use, the Cigarettes and Other Tobacco Products Act (COTPA) of 2003 has implemented several provisions.

According to the news agency-Kashmir News Observer (KNO), DSEK in a circular said, "These provisions include the prohibition of tobacco product sales within 100 yards of an educational institution, the ban on selling to bacco products to or by individuals under the age of 18, and the prohibition of any form $of direct \, or \, indirect \, to bacco \, product$ advertisements."

In line with the objective of early intervention and increasing awareness about the harmful effects of tobacco, the Ministry of Health and



Family Welfare has released the comprehensive 'Guidelines for Tobacco Free Educational Institutions (ToFEI)'.

"It emphasizes the crucial role that educational institutions play in creating a healthy and tobacco-free environment in society," the circu-

To actively promote these guidelines, the DSEK, in collaboration with the Directorate of Health Services Kashmir, has launched a dedicated campaign from 31st May to 31st July 2023 across all educational institutions in Kashmir.

"The campaign encompasses various activities such as awareness programs, pledge-taking ceremonies, essay writing, painting and quiz competitions, road rallies, and morning processions," the circular

In light of this initiative, the heads of all educational institutions in the Kashmir division have been placed under strict instructions to disseminate information about the 'Guidelines for Tobacco Free Educational Institutions (ToFEI)' and make concerted efforts to contribute towards a healthier India.

"The circular instructions must be strictly adhered to in order to ensure the success of this campaign and the overall goal of a tobacco-free educational environment," the DSEK circular reads.

An official told KNO that by raising awareness among students, teachers, and stakeholders, the DSEK has taken an initiative to instill a sense of responsibility and understanding about the hazards of tobacco use.

"With the collective effort of educational institutions and the wider community, we can pave the way towards a healthier and tobacco-free future for youth particularly the school going children," the official said—(KNO)

Despite All Odds, **Shepherd's Specially-Abled Son Qualifies 10th Class Examination**

GANDERBAL, JUN 23: Suhail Gani from Satrina Kangan area of central Kashmir's Ganderbal district qualified JK BOSE's 10th examination despite being specially-abled and with access to meager facilities.

As per the news agency CNS, Suhail pursued his education from government school and his problems were compounded due to lack of facilities in his area, making the 10th class a formidable task for him. Being specially abled, Suhail took the challenge head-on and went after his goal of cracking the 10th

Suhail's brother Umer Gani, a Hafiz-e-Quran while talking with CNS said that his brother was born deaf and mute and was admitted in Govt primary school at Satrina with little expectation that he could read

"The teachers, under whose guidance he forged ahead, showed much dedication and interest towards my brother's education. They put in their every effort despite the challenge of Suhail being different from other students," he said.

Suhail had to also cross a lot of distance in order to attend the school. His parents said that it was his sheer perseverance and persistence that made those obstacles nothing in front of him.

Friends of Suhail said that his parents were also a contributing factor in his success as they always encouraged him and never made him feel that he is differently abled. "It is the positive lookout of parents for their children which becomes an important

Shah Fayaz, Chairman Teachers Association while talking to CNS said that he is happy to know the success which Suhail has achieved despite having

"I am very happy for the performance which government school students have shown from the last many years and the credit for such positive preference goes to teachers who are working hard to teach the students. He will be provided a suitable award for his success in the 10th examination. I will also talk to higher authorities for assistance that should be given to Suhail for his further studies,' Fayaz said.

Schools provided drug testing kits in Doda

DODA, JUN 23: As a part of Nasha Mukt Bharat Abhiyan- a campaign against drug menace was kick started today in Government Higher Secondary School Ghat and Government Higher Secondary School (Boys) Doda by the Education Department. Chief Education Officer, Purshottam Gouria handed over the Kits to the heads of the twin schools during an Inspection.

Principal of GHSS Ghat Dinesh Kumar and Principal GHSS (B) Doda Ruby Naz received the kits provided to screen the suspected individuals.

The CEO hoped that students will cooperate with staff and voluntarily participate in tests. "We expect students to convey their apprehensions to staff members and will inform the principal about the presence of any peddlers in the area," CEO said. Principal Dinesh Kumar thanked the CEO for starting this campaign against drug menace which will go a long way in dealing with this menace.

Srinagar Admin intensifies Market checking across Srinagar City ahead of Eid-ul- Azha

Fine imposed on erring business units, huge quantity of substandard food items, vegetables destroyed

SRINAGAR, JUN 23: In order to curb the practice of illegal profiteering and black marketing in Srinagar District ahead of the upcoming festival of Eid ul-Azha, the Special Market Checking teams of District Administration Srinagar Friday conducted intensified market checking in various parts of the City.

The drive was conducted on the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad to ensure all essential commodities are sold at Government approved rates as per the quality standards with sufficient availability of consumables.

The checking squads headed by Tehsildar concerned and Officers from Police, Food Safety, SMC, FCS&CA and Legal Metrology Departments under the supervision of SDM West and SDM East conducted intensive market checking in various Tehsils of Srinagar City and inspected var-



ious markets within their juris-

During the drive a fine to the tune of over Rs 22000 was imposed on the erring shopkeepers for violating different provisions of Food Safety and Standards Act.

While several erring shopkeepers were also booked found failing to maintain the quality of food items, not displaying rate lists of

essential commodities, selling expiry products, besides indulging in practices of illegal profiteering and sale of underweight

products. During the drive conducted

today, the market checking teams inspected business units including Bakery, confectionery, grocery, vegetable, fruits, milk, meat and chicken selling shops. They also check several food Processing units to check hygienic conditions. While the Date of Manufacture, Use-by Date etc was also checked.

In addition, a huge quantity of wazwan was also destroyed in the Zainakote area.

Meanwhile, the Deputy Commissioner stressed on owners of all Business establishments/shopkeepers to maintain quality and standard of essential commodities and ensure all essential commodities are sold at Government approved rates. He asked the Market checking teams to continue the drive.

The DC also directed the Tehsildars to inspect Mandies established for sale of sacrificial animals and keep proper check on

Deputy Commissioner Anantnag reviews arrangements for Eid ul Adha

HT News Network

ANANTNAG, JUNE 23: The Deputy Commissioner (DC) Anantnag, SF Hamid today chaired a meeting to review the arrangements for the upcoming celebration of Eid ul Adha.

13TH CHEADLINES

On the occasion, DC passed a slew of directions to officers for ensuring all necessary facilities to the public including availability of sacrificial animals at designated locations and availability of essentials in the market, besides identification of sites for sacrificial animals.

He further directed to constitute market checking teams to keep prices under control and prevent overcharging by traders to be headed by Tehsildars.

He also directed for smooth supply of electricity, water, traffic, sanitation on the eve of Eid-ul-Adha across the district especially at all Shrines including Ziyarat Sharief Kabamarg, Aishmugam, Bumzoo, Khiram, etc. Besides, he instructed for the availability of an adequate number of buses during Eid-ul-Adha and iden-



tification of specified parking areas. The DC impressed on placement of Sanitary Workers for cleanliness and sanitation in and around the peripherv of Shrines and Eid-Gah's and

other major locations in the district.

He instructed for deployment of teams of doctors and paramedics along with ambulances across all prominent locations.

The meeting was attended by Additional SP, ADC, CMO, and officers of Sheep Husbandry, FCS&CA, SMC, Legal Metrology, Ex. Engineer R&B, BMOs, AD Tourism, E.Os of MCs and officers from line departments.

Vice Chairman NITI Aayog meets stakeholders; listens to their views, ideas for Viksit Bharat

■ HT News Network

SRINAGAR, JUNE 23: Vice Chairman NITI Aayog, Suman Bery, has conducted an exclusive interactive session with representatives from various sectors in lammu and Kashmir. including Handicrafts and Handloom exporters and artisans, associations of Industries, Agriculture and allied sectors here at SKICC.

The session aimed to address their concerns and discuss strategies for promoting growth and development in the region.

During the session, representatives from the Handicrafts and Handloom exporters and artisans sector presented their views and highlighted their issues and concerns. They projected their issues related to Pashmina Industry, GST implementation and challenges in exportation.



Similarly, industrial representatives raised their concerns, focusing on the need for incentives for existing MSME units under the new industrial policy. They also stressed the importance of supporting the manufacturing sector, improving connectivity to the outside world, and implementing measures to further ease the business environment.Various stakeholders, including the Houseboat Owners Association Land other tourism stakeholders, and the hospitality sector, highlighted

the urgent need for infrastructure upgradation to cater to the growing demand of tourists visiting

Jammu and Kashmir. They highlighted the positive impact of recent G20 event, which created awareness and publicity about the region. The Vice Chairman acknowledged the significance of this event and assured the stakeholders that their concerns would be considered for resolution. Furthermore, representatives from the agriculture and allied sector provided valuable insights and raised several concerns during the session.

These concerns included processing of C-Grade apples, road connectivity, establishment of horticulture estates, and the need for incubation centers. Farmers engaged in dairy, poultry, and sheep farming also expressed their viewpoints, contributing to a comprehensive discussion on the challenges faced by the agricultural community.Besides, an academic delegation also had the opportunity to present their issues before the Vice Chairman. They called for infrastructure development to enhance skilling programs, emphasized the importance of research, and sought liberal funding for educational institutions. Additionally, they urged for establishment of a Law University to support the legal education sector in the region.

DC Kulgam reviews security & other arrangements for SANJY-2023

■ Farooq Rather

KULGAM, JUNE 23: The Deputy Commissioner (DC) Kulgam, Dr. Bilal-Mohi-Ud-Din Bhat today convened a meeting of officers to review security and other arrangements for smooth conduct of Annual Shri Amarnath Ji Yatra (SANJY)

At the outset, the DC was briefed by CRPF, Police and other security wings about the arrangements made for smooth conduct of SAN-JY-2023

The DC instructed all the security wings to ensure elaborate security arrangements at all places and keep close coordination during the Yatra.

Dr Bilal also took a detailed review of arrangements including provisions



of water, electricity, Medicare facilities, sanitation and other related arrangements.

The officers from all concerned departments apprised the DC about preparations and arrangements that have been put in place by their departments for smooth and

hassle free yatra. While reviewing the arrangements, the DC maintained that the District Administration is committed to provide best facilities to the Yatries during the Yatra period and directed officers to ensure better planning and coordination among the departments at all levels for smooth conduct of the yatra.

While reviewing the status of public conveniences/ toilets, he exhorted upon the ACD and DPO for maintaining sanitation and cleanliness and sufficient public convenience/toilets at the locations which fall in the district.

The meeting was attended by ADDC, Showkat Ahmad Rather; SP NH-44 Shabir Ahmad; ADC Vigar Ahmed Giri; ACR Mir Imtiyaz-ul-Aziz; ACD, Mohammad Imran; ACP, Shurjeel Ali; CO CRPF,18,24,46 and 163 Bn, CO BSF 163 Bn, CO RR9th and 1st Bn. Executive Engineers of PDD and R&B, CMO, Tehsildars, EO and other officers of line depart-

Director Agriculture visits SMF Allowpora Shopian; inspected different blocks, takes stock of activities

■ HT News Network

SRINAGAR, JUNE 23: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Seed Multiplication Farm Allow pora Shopian and inspected different blocks of the farm besides taking stock of different activities.

Addressing the staff and technical experts of SMF Allow pora, Director Agriculture said that Department from last two years



has started many initiatives and is endeavouring to optimize the utility of Departmental farms to attain self reliance in the field of seed

requirement for Kashmir Division.He said the department has already fixed bench marks and targets for every departmental

the production of different kinds of seeds is concerned, and after visiting different farms during recent times they are satisfied and optimistic that the department could achieve those targets in an effective manner. Director Agriculture appreciated the efforts of the concerned officers and technical experts of Allowpora Farm and asked them to work with close coordi-

farm in the valley so far as

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL HOSPITAL AND CENTRAL HEATING DIVISION SRINAGAR

(Tele-fax No: 019-2496089, e-mail id: xenmhchdk@yahoo.in) Gist of E- NIT NO: MHCHD/TS /2023-24/32/e-tenderingDated: 22.06.2023

(Short Term)

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited from registered/reputed/experienced firms with J&K UT Govt., CPWD, Railways and other State/Central Governments for the below mentioned work:

Name of Work	Est. Cost (Rs. in Lacs.)	Cost of T/Doc. (In rupees)	Time of completion (in Days)		AAA accorded vide	Earnest Money (in Rs.)
I	2	3	4	5	6	7
Shifting of AVR from DH Ganderbal to DRDO Hospital Baltal and from DH Kulgam to DRDO Hospital Chandanwari and back to the respective hospital after completion of the Shri Amarnath Ji Yatra	4.5	200	02 Days	MHCHD/ TS/22, Dt:- 06/2023	DHSK/PUR /MISC/2023 -24/1378-87, Dated:- 22- 06-2023	

1.The Tender document Consisting of qualifying information, eligibility criteria, specifications, 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 from 22.06.2023 ($16:00\ hrs$). 2.The bidders shall deposit their bids in electronic format on the above web site from 22.12.2023 (18:00hrs) to 28.06.2023

(11:00 hrs) in two (02) cover. 3.The bids uploaded on the website up to due date and time will be opened on 28.06.2023(12.30 hrs) or any date convenient

to the department in the office of Executive Engineer, MHCHD, Srinagar.

DIPK No -3984/23 Date: Jun 23 2023

Executive Engineer, MHCHD, Srinagar

■ HT News Network

BARAMULLA, IUNE 23 The Additional District Development Commissioner (ADDC) Baramulla, Aiiaz Abdullah Saraf today convened a review meeting on disaster preparedness. focusing on enhancing the efficiency and effectiveness of response systems.

The meeting held threadbare discussion on the Response, Rescue and Rehabilitation preparation plan and strategy to mitigate the damage and loss of lives and property during high intensity earthquakes and other disasters. Underlining the importance of coordinated and glitch-less communication between departments during a major disaster like earthquake or flood, the ADDC said that communica-



ADDC Baramulla chairs Disaster Management

tion is the first casualty of earthquake or flood and said that a robust communication plan involving men and material needs to be worked out beforehand.

The ADDC stressed that concerned departments need to maintain satellite phones and wireless communication devices to be used for quick response, search and rescue. The officers held a brainstorming discussion on how to carry out damage assessment at the time of disaster so that resources can be allocated for disaster response and relief operation.Plan to respond and evacuate people living in affected areas, communication tools to be used to inform common citizens, evacuation plan for stranded passengers, han-

dling of distress calls, district disaster resources network, mitigation of threat of aftershocks, overwhelming capacity of health institutions were also discussed.Besides, the ADDC stressed on identification of existing Infra alongwith open spaces where people could be temporarily shifted at the times of disasters for safety. He also directed for preparing vulnerable maps for hazards and compilation of details of buildings and structures regarding their strength.

Regarding the assessment of damage due to the earthquake, ADDC stressed on the need to have a contingency plan including Communication and Transportation plans and ground teams for preparing the report of loss.

Bandipora Admin acts tough against erring clinical establishments

Conducts extensive inspection; seals private clinical/dialysis unit for violating medical codes

■ HT News Network

BANDIPORA, JUNE 22: The Bandipora District Administration, on the directions of Deputy Commissioner, Bandipora, Thursday sealed a medical clinic and Dialysis Unit for operation in violation of medical codes and norms.A team headed by Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi Pandith, Chief Medical officer Bandipora along with the inspection team, inspected various clinical establishments of Bandipora



district. During the inspection, the team found a patient undergoing dialysis at Al Sadiq Clinical lab and Al Sidiq Dialysis Unit in Plan Bandipora wherein a patient was found undergo-

ing dialysis without the presence of a doctor, which is perquisite for the dialysis process and unit was also found operating in violation of medical codes and norms. On the occasion, ADC urged the medical practitioners in the private sector, chemists, and druggists to strictly follow the guidelines and medical ethics.

He also urged the health department to conduct frequent inspections to ensure the rules are followed by medical establishments in letter and spir-

Governnment of Jammu & Kashmir **OFFICE OF THE DISTRICT**

INFORMATION OFFICERSHOPIAN TENDER NOTICE

Subject: - Hiring of commercial vehicles (Tavera/Scorpia) with valid permit.

Sealed Tenders are invited from registered tour/vehicle operators for Hiring of vehicles (Tavera/Scorpia) on need basis for oficial use on need basis.The interested parties are requested to submit the sealed tenders. Thesealed tenders nust reach to the office of the undersigned on or before 04-072023 (4:00 PM Sharp). The acceptance and finalization of tenders will be subject to following conditions:

TERMS AND CONDITIONS:

1. The vehicle required must not be below the model of 2016 and in excellentrunning condition.be enclosed with

2. The contract will be only allotted after proper verification of all relevant documents and subject to the optimal condition of vehicle.

3. The parties should own vehicle on his own /firm name with modelregistered as commercial vehicles. The proof of ownership holding should.

4. The rates / quoted shall be all inclusive including maintenance of vehicle, and less than Government approved

5. The rates shall be applicable for the financial year 2023-24.

DIPK-4049/23 Date: Jun 23 2023 (Showkat Hussain Ganie) JKAS Hpistrict Information Officer, **Shopian**

Tourism Department, Poonch Administration Organise Jabbi Virsa Folk Festival

Over 1000 Trekkers Explore Natural Beauty of Jabbi Base Camp to Jabbi Toti

HT News Network

POONCH, JUNE 23: The Department of Tourism (J&K) and District Administration Poonch on Friday hosted Jabbi Virsa Folk Festival to promote tourism in the Peer Panjal region.

13TH HEADLINES

The festival was flagged off from Jabbi Base Camp by DDC Chairperson, Tazim Akhter; Deputy Commissioner, Yasin M. Choudhary; BDC Chairperson Mandi, Shamim Ganai; Senior Superintendent of Police Vinav Sharma in the presence of CEO Poonch Development Authority, Dr Mohd Tanveer; Cultural Officer. Dr Alamdar Adam and all district officers.

Forestry Department, under the supervision of DFO, Naveed Igbal conducted a plantation drive. The drive was launched by the Chairperson District Development Council, Deputy Commissioner and Senior Superintendent of Police by planting a tree.

The festival featured musical folk lores, Geets, Baits and other cultural activities presented by the local artists. The event was a great success and highlighted the beauty and potential of the Peer Panjal region for tour-

The festival was a part of the one-day trekking expedition from Jabbi Base Camp to Jabbi

At the base camp, the Social Toti Top, which saw the participation of over 1000 local trekkers. During the expedition the trekkers including DDC Chairman, DDC, SSP and other government functionaries explored the natural beauty along the Jabbi Base Camp to Jabbi Toti track.

> The expedition was aimed at promoting tourism in the region and improving the infrastructure to attract more tourists.

The locals warmly welcomed the DDC Chairperson, Deputy Commissioner, BDC chairperson, Senior Superintendent of police, district officers, tourists, and trekkers and expressed their



During the trekking camp, the DC inspected the tourist park at the base camp of Jabbi and the spot identified by the Sports Council to develop a playground.

The Deputy Commissioner assured the public that the tourist park would be completed soon, and the road works would be given priority to promote tourist infrastructure and attract more tourists.

On reaching the Jabbi top, the trekkers relished the scenic views and serene environment surrounded by lush green surroundings. They also enjoyed horse riding and the wonderful nature.The Deputy Commissioner expressed happiness and serve the natural beauty and keep it clean. He assured that the district administration will also contribute fully to develop the place as a major tourist destination. The festival and trek also featured a cricket match between Rahul Dravid Cricket Academy and Arai Cricket Club in Jabbi Toti Top, where the Deputy Commissioner interacted with the players. The local trekkers expressed their gratitude to the District Administration, Poonch Development Authority and Academy of Art Culture and Languages for making them a part of the camp and showcasing the tourism.

appealed to the people to pre-

2 excavators, 1 LNT machine seized in Bhalla area for illegal mining

■ HT News Network

DODA, JUNE 23: Enforcement teams today seized two trolleys and two heavy excavators involved in illegal mining in the Bhalla area.

The operation was conducted jointly by the revenue department and team of the geology and mining Department. District Mineral Officer, Sunil Kumar Manhas, Naib Tehsildar Bhalla and the local Choki Officer were part of the inspection team.

Similarly in the preceding days, the DMO Doda, along with the Naib Tehsildar Bhalla, seized one LNT machine and the dumps of crushed material at Dar Crusher in Bhaderwah.

The seizure operations were carried out in accordance with the laws outlined in the Mineral Act.

By taking decisive action against the illegal mining activities, the authorities have demonstrated their unwavering commitment to uphold the law and preserve the natural resources in the region.

Education department team inspects Government schools in Kulwanta area

■ HT News Network

UDHAMPUR, JUNE 23: To assess the academic activities and review implementation of different schemes initiated by the government for the welfare of the students, a team of the education department on Friday conducted a surprise inspection of Government Schools here in Kulwanta area. The Team comprising Chief Education Officer, Geetu Bangotra, Assistant Director Planning, Darshan Kumar and other officials visited different schools of Zone Kulwanta including GHSS Keya and inspected the ongoing Civil works under SAMAGRA. The team also assessed the academic activities and general ambiance in the school. The team found the school neat and clean and students were found quite satisfactory in their academic duties. The teams also inspected the Middle School Katora and Government High School Kulwanta. The CEO interacted with the staff and students besides inspecting the civil construction works under progress. Students of HSS Keya also presented a cultural programme related to Nasha Mukt Abhiyan which greatly impressed the officers. Appreciation certificates were also distributed to the students for their impressive performance. The teams also inspected the Middle School Katora and Government High School Kulwanta. The CEO interacted with the staff and $students\,besides\,in specting\,the\,civil\,construction\,works$ under progress. Students of HSS Keya also presented a cultural programme related to Nasha Mukt Abhiyan which greatly impressed the officers. Appreciation certificates were also distributed to the students for their impressive performance.

CBC organises awareness on IDY -2023 at Kandi-Rajouri

■ HT News Network

AJOURI, JUNE 23: In connection with observance of 9th International Yoga Day, with the theme 'Yoga for Vasudhaiva Kutumbakam', the Field Office Rajouri of Central Bureau of Communication, Ministry of Information & Broadcasting, Government of India, today organised Mini-ICOP here in Government Higher Secondary School-Kandi.

The aim of organizing this awareness programme was to acquaint students and common masses about the benefits of Yoga.The People were made aware about benefits of practicing Yoga asanas for making life stress free, disease free and productive.Earlier on International Day of Yoga, CBC Field Office, Rajouri organised a series of events at GHSS Rajouri. These events were organised under the

Chairmanship of Roop Lal, Principal of the host Institute. Surinder Mohan, Additional Deputy Commissioner Kotranka was the Chief Guest and Sumit Kohli, Tehsildar Kotranka was the Guest of Honour. Dr Vinod Kumar Bhat, BMO and Sharda Kumari CDPO, ICDS Koteranka were also present at the programme.

In his address, the ADC urged the participants to practice Yogasnas regularly to feel the difference and make their lives healthy and fit. He also appreciated the efforts of CBC for making people of far flung and remote hilly areas aware about Yoga and AYUSH through its activities which included Mass Yoga Demonstration, Expert Lectures, Health camp and cultural programme. He was of the view that public participation and Jan Bagidhari will definitely play a crucial role.

DC Rajouri chairs District Road **Safety Committee meeting**

HT News Network

RAJOURI, JUNE 23: To review implementation of road safety plan aimed at to minimise road mishaps in the district, Deputy Commissioner Rajouri, Vikas Kundal, today chaired a crucial meeting of the District Road Safety committee.

The meeting was attended by a panel of esteemed officers, including ADCRajouri, Rajeev Kumar Khajuria; CPO, Mohammad Khurshid; ASP, Vivek Shekhar; SEPWD(R&B), Vikram Singh; CMO, Dr Rajinder Sharma; ARTO, Pawan Sharma; EXEN PWD (R&B) Rajouri, Sardar Khan; EXEN PWD(R&B) Nowshera, VK Raina and other concerned officers.

At the outset, a detailed presentation on i-RAD/e Dar was given by District Roll out Manager, Pankaj Sabharwal highlighting different aspects of road safety and steps being taken to minimise the road accidents in the district. The Committee inquired



about the awareness activities, establishment of a trauma centre, identification of black spots, erecting of crash barriers and other measures suggested for enhancing road safety in the district.

The DC emphasized the need to spread mass awareness on critical issues of public safety and prevention of road accidents, injuries, and fatalities. He urged the stakeholder departments to encourage the road users to respect each other's safety while driving and take necessary precautions to ensure the safety of them-

To enforce road safety norms, the DC directed the Traffic and Motor Vehicle Department Authorities to conduct special drives to keep check on traffic rule violations and take strict action against the offenders.

The meeting reiterated the commitment of promoting road safety and ensuring the well-being of the citizens. The measures discussed during the meeting are being implemented effectively to make travelling on the roads in the district more safe

DC Ramban discusses arrangements for Eid-ul-Azha

■ HT News Network

RAMBAN, JUNE 23: Deputy Commissioner, Ramban, Mussarat Islam today chaired a meeting of concerned officers, religious leaders and Imams of various mosques to review the arrangements put in place for Eid-ul-Azha.

ADC, Harbans Lal Sharma. Addl. SP. Gourav Mahajan, senior officers and religious leaders attended the meeting.During the meeting, a threadbare discussion was held on arrangements for Eid celebration being made by the different departments besides timing of Namaz-e-Eid in different Mosques.The DC urged the the people about the timing



of Eid congregations and the traffic movement plan finalized for different mosques.The DC instructed the concerned officers to keep a strict vigil on the overcharging and blackmarketing of essential commodities during the festive days besides ensuring quality of eatables.The DC exhorted upon the officers of essential services departreligious leaders to inform ments to take measures for providing uninterrupted

power and drinking water supply and availability of essential commodities in the market at reasonable prices.He also directed the Food department to conduct frequent market checking besides making sure availability of essential commodities in all areas of the district. The DC directed CEO Municipal Council Ramban to ensure cleanliness drives in and around religious places.

DDC Reasi finalises Eid Ul Azha arrangements

HT News Network

REASI, JUNE 23: District Development Commissioner Reasi, Babila Rakwal on Friday chaired a meeting to finalize arrangements for the upcoming festival of Eid Ul Azha.The DC inquired about the measures taken for provisioning uninterrupted power and water supply, medical facilities, parking, and transport, amongst other facilities during the Eid Days. He asked SSP and officers of stakeholder departments to make all necessary arrangements for the festival and emphasised the need to provide all necessary facilities to the public, including drinking water,



transportation, and uninterrupted power and water supply and issued directions to the PDD and Jal Shakti Departments to make arrangements well in advance.The EO Municipal Committee was directed to ensure cleanliness in and around the town, especially Eid-gah. Sheep / Animal Husbandry officers

were directed to make available quality and healthy sacrificial animals for the festival. Moreover, the Health Department was asked to keep all medical facilities readily available to cater to the public's emergency needs. The AD FCS&CA and AC, Legal Metrology were also directed to keep a check.

Kathua: Income Tax Department organises Outreach **Programme cum Interactive Session with DDOs**

■ HT News Network

KATHUA, JUNE 23: **Income Tax Department** today organised an outreach programme/interactive session with Drawing and Disbursing Officers of Kathua district here in the Conference Hall of DC office complex.

The interactive session was held under the overall supervision of Pr. Commissioner of Income Tax, Srinagar M.P Singh and under the guidance of Joint commissioner of Income Tax, Range-1 Jammu Rajeev Gubgotra.

DC State Taxes, Ranjit Singh; ADC Kathua, Deepika Rana; Chief Planning



Officer and other DDOs of district Kathua attended the session in person and through virtual mode.

The primary aim of this outreach programme was to address the various issues faced by the income tax department, specifically

focusing on fraudulent/fake deduction and claimed TDS refund made by income tax payers in their returns of income.

Income Tax Officer, Kathua M.B Raizada briefed the officers about the fraudulent availing of deductions

and refunds by numbers of Officers/Officials while filing their returns which is not only a serious offence but also has resulted in huge loss of exchequer to the government.

During the interactive session, the Income Tax Officer Kathua emphasized the seriousness of the complications arising from false and fabricated claims made by large numbers of employees. "Such actions qualify for severe action under Income Tax Act, 1961 & IPC in the form of heavy fines, it is therefore essential for all fraudulent claimants to file the ITR -U (updated return) to avoid any legal actions from the income tax

PM-KISAN data with land records **HT News Network**

Additional District Development Commissioner Kishtwar, Sham Lal today chaired a meeting of officers of Department of Agriculture and Farmers' Welfare here in Conference of DC Office Complex to review progress made in integration of Pradhan Mantri Kissan Samman

KISHTWAR, JUNE 23:

He also took stock of the uploading work in the Chief Agriculture Officer's office. The meeting was

informed about the latest

Nidhi(PM-KISAN)datawith

land records.

status of the ongoing Bulk uploading of Revenue Record of PM-KISAN beneficiaries, completion of

e-KYC, process, NPCI and

ADDC Kishtwar reviews integration of

correction of Aadhaar with bank accounts of PM-Chief Agriculture Officer,

Amjad Hussain Malik

informed that as many as 41830 beneficiaries of Kishtwar District are registered with the Agriculture Department and land record up-dation of 20508 eligible beneficiaries has been completed so far.

The CAO further informed that 49% of Land Record has been uploaded till date, while 78% progress has so far been achieved under e-KYC, 98% under NPCI and 95% in Aadhar Correction.

The CAO also appraised the chair regarding nonavailability of mobile network in some blocks resulting in low progress under







Summer Break Seems Imperative

The valley of Kashmir, known for its cool climate, is currently grappling with an unprecedented heatwave. The soaring temperatures have not only disrupted the daily lives of its residents but have also led to a delay in the much-awaited summer break for school children. This delay has raised concerns about the physical and mental well-being of the young learners who are enduring the scorching heat. It is crucial to address this issue promptly and prioritize the health and comfort of these students.

Kashmir has been a region where residents could seek respite from the sweltering heatwaves that plague other parts of the country. However, in recent years, the valley has experienced a significant rise in temperatures, attributed to climate change and global warming. The prevailing heatwave has caused immense discomfort and distress among the population, with the mercury reaching unprecedented highs.

One of the most affected groups by this heatwave is school children, whose routines have been disrupted due to the delay in the summer break. The scorching weather has made it increasingly difficult for them to concentrate and learn effectively. Excessive heat can lead to fatigue, dehydration, heatstroke, and other heat-related illnesses, posing significant risks to their health. Moreover, prolonged exposure to extreme temperatures can also have long-term consequences on their physical and mental development.

The summer break is not merely a period of leisure for school children; it serves multiple purposes. It provides them with a much-needed respite from the academic grind, allowing them to rejuvenate and recharge their minds and bodies. It also presents opportunities for recreational activities, socialization, and exploration, which are essential for their holistic development. Delaying them this break due to the heatwave not only deprives them of these benefits but also hampers their overall growth and well-being.

Given the gravity of the situation, it is imperative for the authorities to take swift action to address the heatwave crisis in Kashmir. Firstly, the government should prioritize the installation of adequate cooling systems in educational institutions, ensuring a comfortable learning environment for students. This could include fans, air conditioners, or other innovative cooling solutions tailored to the region's needs.

Secondly, flexible scheduling and altered school hours should be implemented to mitigate the impact of the heatwave. Schools could start earlier in the day to avoid the peak heat hours or consider partial shifts to minimize the duration of exposure to high temperatures.

Additionally, awareness campaigns should be launched to educate parents, teachers, and students about the risks of heat-related illnesses and the importance of staying hydrated. These campaigns can provide practical tips on heatwave preparedness, such as wearing light clothing, using sunscreen, and seeking shade during outdoor activities.

Collaborative efforts between the government, educational institutions, and health authorities are crucial in implementing effective heatwave mitigation strategies. It is essential to prioritize the wellbeing of the children and ensure their safety in such challenging weather conditions.

The heatwave in Kashmir has posed significant challenges for school children, forcing a delay in their summer break and compromising their physical and mental well-being. Urgent measures need to be taken to address this crisis, including the installation of cooling systems in schools, flexible scheduling, and awareness campaigns. By prioritizing the health and comfort of the young learners, we can ensure their overall development and safeguard their future. It is imperative that the authorities act swiftly and decisively to protect our children from the scorching heat of the Kashmiri summer.

Acquiring High Tech Defence Items From US

India Seems To Be Moving Into Partnership With Us In Space Aimed At Curbing Chna



US President Joe Biden and Prime Minister Narendra Modi reached an accord that is hailed by experts as "historic" and which will provide India with American drones and engines for combat aircraft, in an effort to confront China. Modi is attempting to expand the international standing of India, currently the most populous nation on earth with 1.4 billion citizens, in the midst of tense relations with next-door neighbour China. In her article for The New York Times, Harvard University professor of History Maya Jasanoff declared that the US is actively seeking India's support in the new Cold War with China. And the signal is clear!

The White House was decked out in a red carpet in honour of the Indian prime minister by the US president—in an attempt to strengthen ties in the light of China's military development in the South Asian and Indian Ocean regions, although Democrats have been pushing Biden to address human rights issues with Modi during their discussions. For Modi's' visit, Biden arranged a reception with an attendance of around 7,000 on the South Lawns of the White House to welcome Modi.

Modi had the honour of speaking at a joint session of Congress and attending a White House gala dinner. He voiced his opinion that the international spotlight is focused on both India and the United States, as they are the two largest democracies. He strongly suggested that their strategic partnership is of great significance and that collaboration between them will be a successful endeavour. Biden stated that he considered the US-India relationship to be a significant factor in the current century. For this century, India and the United States must come together and take the helm in tackling the difficulties and prospects that the world faces.

The United States Institute of Peace says in a report, "India has been able to



leverage state-of-the-art defence acquisitions from the United States to counter Chinese assertiveness, including strategic lift to transport and resupply its troops deployed along the mountainous line-of-actual control (LAC), as well as a variety of advanced maritime patrol aircraft to defend its maritime approaches."

US defence trade with India skyrocketed from almost nil in 2008 to more than \$20 billion in 2020. India majorly shopped for C-130 transport aircraft, long-range maritime patrol aircraft, missiles and drones from the US. Indo-US ties relations have been improving over the past few years amid China's growing aggressiveness in the Indo-Pacific region and along its 3,488-kilometre-long line-of-actual control (LAC) with China.

As part of the recent series of the pacts, US naval vessels are now authorized to dock in Indian shipyards for servicing, as the US builds a defensive cordon of strengthening alliances on the border of China. The transaction was concluded at a key moment, since

the US had become discouraged by India's sustained alliance with Russia amid the war in Ukraine.

General Electric Company's (GE) aerospace division will collaborate with India's Hindustan Aeronautics to manufacture F414 engines for the Tejas fighter jets as part of the principal agreement. For more than \$3 billion (£2.3 billion), India has also agreed to purchase 31 US-made MQ-9B SeaGuardian drones.

Meanwhile, Idaho-based Micron Technology has set aside a fund of \$2.7 billion (£2.1 billion) to create a semiconductor testing and packaging facility in the Modi's home state of Gujarat.

The White House reported that India had answered the call to join the 'Artemis Accords', a collective of nations who are dedicated to peaceful space exploration, and will take part in a collaborative mission with the USA's National Aeronautics and Space Administration (NASA) to the International Space Station in 2024. Just prior to the Modi-Biden summit in the Oval Office, a senior official from the

administration revealed that India would be signing the Artemis Accords, which uphold an international initiative for space exploration that would benefit all parties. Now, finally India has signed causing jitters in Chinese leadership.

China views the Artemis Accords—the Outer Space Treaty of 1967 and the foundation of international law governing space exploration—as the USA's attempt to take control of outer space. So, India signing on the dotted line of this agreement would only work to further provoke the already volatile relations between the two countries. The Artemis Accords are a set of principles, guidelines and best practices for ensuring the safe and sustainable exploration of Mars, the Moon and beyond. They were developed by NASA in 2020 and are open to all countries and private companies interested in participating in the Artemis program. (IPA Service)

(The author is a Defence, Aerospace & Political analyst)

Trump chase is a moral dampener as US polls loom



Time is running out for administrators of justice in the American system—almost all political appointees—to file charges against presidential aspirant Donald Trump for his various acts of indiscretion, omission, commission and purported criminality as a public servant and businessman. Hence the sudden rash of charges—which have no precedent in the United States of America's history—against its former president. Trump has been indicted on 71 counts—37 in Miami on June 13, and 34 earlier in New York. More may be in the offing in other cases elsewhere.

Because it is a convention and not a rule, it is not very well known that by tradition, prosecutors in the US do not file charges against candidates running for national office during the time frame of six months before an election. It is to avoid the impression of political persecution by the party occupying the White House or subversion of the high standards of democratic values which America boasts of.

With political polarisation destroying several hallowed American values in recent years, many such conventions have been given the go-by. During Trump's four-year presidency, there were attempts to subvert the fair dispensation of justice and overturn the centuries-old traditions of the US Department of Justice to suit the 45th US president's selfish interests and dubious political

So, when President Joe Biden appointed Merrick Garland as Attorney General, Garland pledged on day one to free judicial investigations from political interference. Garland was a victim of Republican bias and sectarianism after President Barack Obama nominated him as a Supreme Court judge in 2016. Although no previous Supreme Court nominee in US history had more judicial experience than Garland at the federal level, Republicans, who controlled the Senate then, flatly refused to hold confirmation hearings for his appointment. His nomination expired when Trump succeeded

Obama, and a new US Congress was sworn in the following year.

Although investigations against Trump's alleged misdeeds as president and alleged infringement of laws as a corporate honcho began in Biden's first year itself, Garland applied the brakes on them in the second year. As a victim of Republican high-handedness and committed to upholding the independence and integrity of investigating agencies, Garland issued an important order in May 2022. "Prosecutors may never select the timing of public statements, investigative steps, criminal charges, or any other action in any matter or case for the purpose of affecting any election," the order said. "Partisan politics must play no role in the decisions of federal investigators or prosecutors regarding any investigations or criminal charges."

Its result was that for six months until the midterm Congressional elections were held in November last year, all potential criminal or civil legal actions against Trump were effectively frozen. Now that Trump is a presidential aspirant in 2024, the Department of Justice has less than a year to go after him. Hence the rush to indict him in one case after another in quick succession. During the 2016 presidential election season, the then Federal Bureau of Investigation Director James Comey attempted to reduce the six-month pre-poll window to 60 days. He publicly announced reopening some investigations against Democratic candidate Hillary Clinton shortly before polling. By issuing his May 2022 order, Biden's Attorney General restored the six-month time frame as a convention. It is still not in any law.

When Trump was indicted in Miami on June 13, only a few hundred people turned up at the courthouse to show their support, although he alleged that political persecution was behind the cases against him. In the run-up to this second indictment, Trump had hoped to mobilise at least 50,000 supporters from news stories his aides were planting in the media. To compensate for the small crowd, on the way home from court, the indicted former president made an impromptu stop at a Cuban restaurant, which is popular among anti-Communist émigrés who fled the rule of the Castro brothers. There he spoke the language that such émigrés love to hear. He said about his latest indictment: "If the Communists get away with this, it won't stop with me. They will not hesitate to

ramp up their persecution of Christians, pro-life activists, parents attending school board meetings, and even future Republican candidates. I am the only one that can save this nation." The speech showed how far-removed Trump has become from reality in his fantasy world. But he is still the front-runner in his party for the Republican presidential nomination next year.

As formal, prosecutorial accusations against the former president get progressively more serious, Republican heavyweights are reluctant to come out totally in his support. During the June 13 court appearance, Trump was indicted for unlawful possession of national defence secrets, classified information about US nuclear capabilities, and obstructing justice. He could go to jail for 10 years if convicted

Indian American Nikki Haley, who Trump appointed as his Ambassador to the United Nations in New York, has mooted a compromise proposal for a presidential pardon for Trump to stop the political bloodletting harming the nation. The proposal will most certainly not find favour with Biden, who has to issue any such pardon. For Haley, who is also seeking the Republican White House candidacy next year, the proposal is a face-saver from the wrath of the party faithful, who think she is ungrateful for everything Trump did for her as president. Florida Governor Ron DeSantis, second after Trump in popularity as Republican presidential hopeful, has carefully skirted the pardon issue because he may be the one to pardon Trump if he becomes president. Instead, he promises to completely restructure the justice system if he wins the White House.

In many US states, it is not necessary to be registered in the electoral rolls as a Republican voter to take part in the party primaries, which choose candidates. During last November's midterm elections, many Democrats used this loophole and voted in the Grand Old Party's primaries in support of extremist candidates endorsed by Trump. This had the effect of fencesitting voters and the undecided electing Democrats, especially to the US Senate. The spectacle of the criminal trial of a former president could mean this could happen again, to Biden's advantage.

Strategic analyst Courtesy New Indian Express

ON INNOVATION

What Makes People Creative

MUZAMIL FAROOQ

CHEADLINES

nowing what motivates people to be creative is essential for Lany manager, teacher, or student concerned with creativity and, ultimately, innovation. So let's take a look at some extremely creative people. What about Leonardo da Vinci, for example, the well-known 15th-century artist and scientist? He created beautiful paintings as well as nice blueprints for various types of innovations, such as aeroplanes, long before they were built. He is regarded as one of the greatest minds that ever lived. How about Thomas Edison? Among many of his novel inventions, he invented the light bulb and the motion picture camera, both of which were implemented in various products and found to be extremely useful. What about the well-known artist Salvador Dali? He was well-known not only for his beautiful surrealistic paintings, but also for his sculptures and jewellery. What do these individuals have in common? What inspires these creative geniuses? Some argue that creative geniuses are slightly insane, and that it is the madness that drives them to be creative.

Let's take a look at what inspires people to be creative. Teresa Amabile, a Harvard scientist, developed a model that specifies the factors that are important for people to become creative as early as the 1980s. She specified three variables. The first is expertise, which includes technical, procedural, and intellectual knowledge of the domain in which one works. The second factor is motivation, or the willingness to complete a task. Finally, the third factor is creative thinking abilities, which refer to how effectively and imaginatively people can approach problems. According to the Amabile arc, all three of these factors are required for creativity to emerge. So, rather than having just one of them, you need to have all three to some extent in order to be creative.

Let's take a closer look at these three components. When people consider expertise, they frequently believe that there is such a thing as too much knowledge. And perhaps this is true in the sense that some people have been working in a job for too long and have learned so much that they can no longer think outside the box. But, in all honesty, what is far more of a problem is a lack of knowledge. Why is a lack of knowledge such a problem? For example, if you don't know enough about a subject, you won't know what has been done before, so you might be working on something that isn't novel. You also have no idea where the boundaries in this area are because you have insufficient expertise. So you could be working on something spectacular and not even realise it, and then abandon it because you don't see the value of your idea. Or you're unsure what's feasible. Maybe you're working on a solution that simply doesn't work, and because you don't realise





WHEN PEOPLE CONSIDER EXPERTISE, THEY FREQUENTLY BELIEVE THAT THERE IS SUCH A THING AS TOO MUCH KNOWLEDGE. And

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it, you keep working on it for far too long. Finally, you might not know what's useful and come up with ideas that are completely unrelated. It is therefore difficult to be creative unless you have sufficient knowledge and expertise to speak for these four elements.

Let's take a look at the second as-

pect of motivation. People frequently distinguish between two types of motivation when discussing motivation: extrinsic motivation and intrinsic motivation. Extrinsic motivation refers to doing a task not because you enjoy it, but because of something you gain from it. Consider the carrot and the stick. Maybe you work

because you want money or a promotion, or maybe you work to keep your house from being foreclosed on because you owe money on it. All of this is an example of extrinsic motivation. You engage in an activity, but you do so in exchange for a reward. There is also intrinsic motivation, which is when you do some-

thing simply because you enjoy it and would do it anyway if you didn't get anything out of it other than iov and satisfaction. And we know that intrinsic motivation has some advantages. For instance, if you are more intrinsically motivated, you are more likely to overcome obstacles that arise. You are more willing to overcome them and go the extra mile. You are more willing to continue after a failure, and this is an important aspect of creativity, failing, failing, failing before you can succeed. Intrinsic motivation increases your willingness to work hard and think about the problem continuously, and all of these factors combine to make intrinsic motivation such an important component of creativity. So, if you want to be creative, it helps to be intrinsically motivated.

Let's take a look at the final aspect of creativity. The final component is called creative thinking skills, and it is all about how adaptable and imaginative you can be when approaching problems. This is difficult because many people live their lives like robots, as if everything is preprogrammed for them, which makes sense because it is very efficient. For example, when we say goodbye to someone, we simply wave and say bye bye. This is something we do automatically. We don't have to consider it. This is also true for many of the things we do. We don't consider them; we just do them. While this is beneficial because it is efficient, it works against you if you want to come up with a creative solution. Being creative may be difficult if you behave like a robot. When you use automatic scripts and schemas from your head, you stop thinking too soon before you find the best solution. You also make far too many assumptions about what is going on. In some ways, it's better to think like a child, like someone who hasn't learned all of these assumptions, all of these automatic scripts and schemas, a person who sees a box and thinks it's more than just a box.

It's a fortress. It's a ship. That kind of thinking, thinking outside of the box, is exactly what it takes to create and be creative. So, let's sum it up. What inspires people to be creative? Is this insane? Perhaps for some, but for others, there are three critical elements. Having enough knowledge, being intrinsically motivated, and having creative thinking skills are all necessary for being creative. Creativity is the generation of novel and useful ideas, while innovation is the successful implementation of these ideas within a company. In other words, every innovation begins with a creative idea, and with the mentioned three elements of creativity, the good news is that everyone has the ability to be creative.

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Economics Needs A Climate Revolution

TOM BROOKES

Towhere are the limitations of neoclassical economic think-**▼** ing — the DNA of economics as it is currently taught and practised more apparent than in the face of the climate crisis. While there are fresh ideas and models emerging, the old orthodoxy remains deeply entrenched. Change cannot come fast enough.

The economics discipline has failed to understand the climate crisis — let alone provide effective policy solutions for it — because most economists tend to divide problems into small, manageable pieces. Rational people, they are wont to say, think at the margin. What matters is not the average or totality of one's actions but rather the very next step, weighed against the immediate alternatives.

Such thinking is indeed rational for small discrete problems. Compartmentalisation is necessary for managing competing demands on one's time and attention. But marginal thinking is inadequate for an all-consuming problem touching every aspect of society.

Economists also tend to equate rationality with precision. The discipline's power over public discourse and policymaking lies in its implicit claim that those who cannot compute precise benefits and costs are somehow irrational. This allows economists — and their models — to ignore pervasive climate risks and uncertainties, including the possibility of climatic tipping points and societal responses to them. And when one considers economists' fixation with equilibrium models, the mismatch between the climate challenge and the discipline's current tools becomes too glaring to ignore.

Yes, a return to equilibrium — getting "back to normal" — is an all-toohuman preference. But it is precisely the opposite of what is needed rapidly phasing out fossil fuels — to stabilise the world's climate.

These limitations are reflected in benefit-cost analyses of cutting emissions of carbon dioxide and other greenhouse gases. The traditional thinking suggests a go-slow path for cutting CO2. The logic seems compelling: the cost of damage caused by climate change, after all, is incurred in the future, while the costs of climate action occur today. The Nobel prize-winning verdict is that we should delay necessary investment in a low-carbon economy to avoid hurting the current highcarbon economy.

To be clear, a lot of new thinking has gone into showing that even this conventional logic would call for significantly more climate action now, because the costs are often overestimated while the potential (even if uncertain) benefits are underestimated. The young researchers advancing this work must walk a near-impossible tightrope, because they cannot publish what they believe to be their best work (based on the most defensible assumptions) without invoking the outmoded neoclassical model to demonstrate the validity of new ideas.

The very structure of academic economics all but guarantees that marginal thinking continues to dominate. The most effective way to introduce new ideas into the peerreviewed academic literature is to follow something akin to an 80/20rule: stick to the established script for the most part; but try to push the envelope by probing one dubious assumption at a time. Needless to say, this makes it extremely difficult to change the overall frame of reference, even when those who helped establish the standard view are looking well beyond it themselves.

Consider the case of Kenneth J. Arrow, who shared a Nobel Prize in Economic Sciences in 1972 for showing how marginal actions taken by selfinterested individuals can improve societal welfare. That pioneering work cemented economists' equilib-

rium thinking. But Arrow lived for another 45 years, and he spent that time moving past his earlier work. In the 1980s, for example, he was instrumental in founding the Santa Fe Institute, which is dedicated to what has since become known as complexity science - an attempt to move beyond the equilibrium mindset he had helped establish. Because equilibrium thinking underpins the traditional climate-economic models that were developed in the 1990s, these models assume that there are tradeoffs between climate action and economic growth. They imagine a world where the economy simply glides along a Panglossian path of progress. Climate policy might still be worthwhile, but only if we are willing to accept costs that will throw the economy off its chosen path.

Against the backdrop of this traditional view, recent pronouncements

by the International Monetary Fund and the International Energy Agency are nothing short of revolutionary. Both institutions have now concluded that ambitious climate action leads to higher growth and more jobs even in the near term. The logic is straightforward: cli-

mate policies create many more jobs in clean-energy sectors than are lost in fossil-fuel sectors, reminding us that investment is the flipside of cost. That is why the proposal for a \$2 trillion infrastructure package in the United States could be expected to spur higher net economic activity and employment. Perhaps more surprising is the finding that carbon pricing alone appears to reduce emissions without hurting jobs or overall economic growth. The problem with carbon taxes or emissions trading is that real-world policies are not reducing emissions fast

enough and therefore will need to be buttressed by regulation.

There is no excuse for continuing to adhere to an intellectual paradigm that has served us so badly for so long. The standard models have been used to reject policies that would have helped turn the tide many years ago, back when the climate crisis still could have been addressed with marginal changes to the existing economic system. Now, we no longer have the luxury of being able to settle for incremental change.

The good news is that rapid change is happening on the political front, owing not least to the shrinking cost of climate action. The bad news is that the framework of neoclassical economics is still blocking progress. The discipline is long overdue for its own tipping point toward new modes of thinking commensurate with the climate challenge.



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PM's Egypt Mosque Visit Sends A Message To India's Dawoodi Bohra Muslims

HT News Network

19TH LADLINES

CODAY

New Delhi: Prime Minister Narendra Modi's visit to the Imam al-Hakim bi Amr Allah Mosque, a nearly 1,000-year-old structure in the heart of the Egyptian capital of Cairo on Saturday, will have a special connection with a community of Muslims in India that the PM has shared an old and warm relationship with for many years. According to the Egyptian government's Ministry of Tourism and Antiquities, the mosque reopened following extensive renovations that took six years to complete. The renovations were part of a large-scale plan to boost tourism to Cairo's Islamic sites. The work was co-funded by the Dawoodi Bohra community, the same community that PM Modi has often thanked for helping him govern the state of Gujarat well and for being "patriotic, law-abiding, and peaceloving." The mosque is an important cultural site for the Dawoodi Bohra community in Cairo.

The Dawoodi Bohras follow the Fatimi Ismaili Tayyibi school of thought. Their distinctive heritage originated in Egypt and later shifted to Yemen before establishing a presence in India in the 11th century. After 1539, by which time the Indian community had grown quite large, the seat of the sect was moved from



Yemen to Sidhpur (Patan district of Gujarat), India. Even now, Siddhpur has the iconic ancestral havelis (homes) that belong to the community. The men of this community wear distinctive white clothes and golden caps, while the women are known to wear colourful burgas, and not the black ones some other sections of Muslim women wear.

The Bohras have two principal groups - a merchant-class Shia majority and a Bohra minority, who are mainly farmers. There are approximately 5 lakh Bohras in India alone, and around the same number in other parts of the world. The Bohras derive their name from the Gujarati word "vahaurau," meaning "to trade." While the community is found in different states, including Gujarat, Maharashtra, and Madhya Pradesh, Surat is considered their base.

PM Modi has had a warm relationship with the Dawoodi Bohras even before he became Prime Minister. In 2011, as Gujarat Chief Minister, he invited the community to celebrate the 100th birthday of the then religious head of the Dawoodi Bohra Community, Syedna Burhanuddin. After he died in 2014, PM Modi also went to Mumbai to offer condolences to his son and successor Syedna Mufaddal Saifuddin.

In 2015, PM Modi paid another visit to Syedna Mufaddal Saifuddin, the current religious head of the community, with whom he has always shared a cordial relationship. While inaugurating the new campus of the Aljamea-tus-Saifiyah.

"We Are Together," Says Opposition After Congress vs AAP In Big Meet

■ HT News Network

Patna: All parties have agreed to contest elections together, but one more meeting will be held next month in Himachal Pradesh's Shimla to finalise details, Bihar Chief Minister Nitish kumar, who was the host of the big Opposition meeting of 16 parties, said soon after the four-hour-long meeting. Aam Aadmi Party chief Arvind Kejriwal and Tamil Nadu Chief Minister and DMK head MK Stalin were absent from the joint press conference, though Mr Kumar claimed they left because they had to rush to their flights back.

Even as the press conference projecting unity was on, the Aam Aadmi Party dropped a bombshell, saying it will not be part of any future Opposition gatherings until the Congress publicly opposes the Centre's contentious ordinance taking away the Delhi government's control of administrative services.

There were sharp exchanges between Congress and the Aam Aadmi Party during the meeting, sources said. AAP chief Arvind Kejriwal sought the grand old party's stand on the Ordinance issue, while Congress chief Mallikarjun Kharge raised the AAP Chief Spokesperson Priyanka Kakkar's allegation that the Congress is not taking a stand because of a deal with the BJP. Ms Kakkar told NDTV minutes ahead of the meeting that they have come to know from reliable sources that "there is a consensus between



68595110344647d927fcce81.m3u8. Cancel"Details including details of seat sharing and party-wise split will be finalised in the Shimla meeting," Nitish Kumar said at the joint press conference.Congress president Mallikarjun Kharge said the next meeting would tentatively be held on July 10 or 12, which will deliberate the strategy for all states."We have to fight the elections together in 2024. We have decided to throw out the BJP and are confident of forming the next government," Mr Kharge said.

Rahul Gandhi raised the issue of alleged attack on democratic institutions. "It is a fight of ideologies. We may have some differences but have

ibility to protect our ideology. This is a process, and we will keep it going," he said.West Bengal Chief Minister and Trinamool Congress Chief Mamata Banerjee, too, asserted that the parties that attended would fight as one."What starts from Patna becomes a jan andolan (public movement)," Ms Banerjee said, alluding to the iconic IP movement during the Emergency. She further said meetings in Delhi didn't yield results."Three things have been resolved -- We are united, we will fight unitedly, and our fight shouldn't be branded as the Opposition's fight but rather a fight against BJP's dictatorship and their black laws and fight their political vndetta," Ms Banerjee said."Raj Bhavan has become an alternative government. They organised Foundation Day for our state without consulting us. If we oppose them.

decided to work together with flex-

CBI raids various locations in a case related to bank fraud

■ HT News Network

New Delhi, June 23 (UNI) Central Bureau of Investigation (CBI) has conducted searches at various locations including Delh, Dehradun and Mumbai in an on-going investigation of a case related to alleged bank fraud which caused loss of Rs100.03 crore to the Bank, the agency said on Friday.

The federal agency raided at office and residential premises of accused including private company at New Delhi, Dehradun (Uttarakhand) and Mumbai (Maharashtra), which led to recovery of incriminating documents and articles, CBI said.

CBI registered a case on June 19, on the basis of a complaint from Punjab National Bank, Zonal Sastra Centre, Cuffe Parade, Mumbai against a private company based at New Delhi and its directors and other unknown public servants, CBI said.

BJP spreading hatred in country: Rahul

■ HT News Network

Patna, June 23 (UNI) Congress leader Rahul Gandhi on Friday said BJP was spreading hatred across the country and his party would foil the hatred agenda of saffron party by giving message of love and fraternity among the people.

Gandhi, after his arrival here to attend a meeting of opposition parties across the country, addressed Congress workers at party headquarters.

In his address, Gandhi alleged that BJP was spreading hatred among the people across the country.

Congress leader said that his party was determined to defeat sinister design of the BJP of spreading hatred.

UP will become 1 trillion-dollar economy in five yrs: Yogi

■ HT News Network

Lucknow, June 23 (UNI) Chief Minister Yogi Adityanath on Friday said that according to the vision of the Prime Minister it is the state government's mission to make Uttar Pradesh a 1 trillion-dollar economy.

During a review meeting with officials of various departments related to the state's income-expenditure and one trillion dollar economy, Yogi said, "Officers should concentrate on core sectors for this and our core sectors are manufacturing, IT and ITES, religious tourism and agriculture. Apart from this, we also need to give a special focus on sectors like energy, health, urban development, education, food processing and Micro Small and Medium Enterprises (MSME)," he said.

The officials informed the CM that there is a plan to develop the major metropolitan cities of the state as hubs for different sectors. In this series, preparations are on to make Lucknow the country's first Artificial Intelligence (AI) city.

He discussed with the officials how to make the state a hub for green energy. Aiming to make UP a 1 trillion dollar economy, he gave a vision of 'UP for UP, UP for India, UP for Global' for the state. He said that now is the time for UP.The CM said, "Utilising all its potentials, UP will establish itself as the most important base for the nation's multidimensional growth."

Encouraging Capital Investment Key To 'Modinomics': Nitin Gadkari

■ HT News Network

Mumbai: Measures to encourage capital investment have been an important aspect of "Modinomics" as it is not just a wealth creator but also a means of employment generation, said Union minister Nitin Gadkari on Friday."In the 60 years of Congress rule, hatred was spread against capitalists. During the Congress rule, governance was budget-centric," said the minister of road transport and highways here at an event on the achievements of nine years of the Narendra Modi government. Encouraging domestic capital investment, and bringing foreign capital for development are necessary to eradicate poverty, he said. Works worth 9 lakh crore are being carried out with a budget of 900 crore because the Modi government is encouraging capital investment, said the senior BJP leader. Capital investment creates wealth and jobs, he stressed. Recalling his days as the PWD (public works department) minister of Maharashtra in the 1990s, when the undivided Shiv Sena-BJP alliance was in power, Mr Gadkari said he would then speak of infrastructure projects on BOT (buildoperate-transfer) and PPP (public-private



partnership) basis. He said the Congress leaders would mock him, saying whether the government was "given on BOT and PPP". Today, public-private partnership and build-operate-transfer models are well accepted, he said. In the Modi government, Mr Gadkari said, decision-making is transparent and time-bound because of good governance with a focus on development and economic growth. He said the target of the Modi government is the eradication of poverty and socio-economic inequality.

The Antyodaya schemes of the Modi government have benefitted the poor sections of society. While 9.5 crore people have benefitted due to 'Pradhan Mantri Ujjwala Yojana', 3.5 crore citizens got houses under the PM Awas Yoiana, he said.

"US-India Partnership Stronger Than Ever.": Kamala Harris

HT News Network

Washington: Prime Minister Narendra Modi's first State visit to the US will take bilateral ties in areas of space, defence, emerging technology and supply chains to the next level, Vice President Kamala Harris has said.Prime Minister Modi became the first Indian leader to address the joint session of the US Congress twice on Thursday. He first addressed a joint meeting of the US Congress in 2016."The US-India partnership is stronger than ever. Together, our nations will shape the future as we work to create a more prosperous, secure, and healthy world," Harris' office tweeted on Thursday."The partnership between the United States and India is one of the most important of the 21st century, and this visit will take our partnership to the next level - from space, to defense, to emerging technology and supply chains," it said.PM Modi, in his response, thanked Vice President Harris for her remarks."Our partnership indeed holds immense potential for this century. I am equally enthusiastic about elevating our cooperation in futuristic sectors," he tweeted. Harris was among prominent personalities, including bil-



lionaire industrialist Mukesh Ambani and tech honchos like Google CEO Sunder Pichai and Apple CEO Tim Cook, who attended the state dinner hosted in honour of Prime Minister Modi at the White House on Thursday. More than 400 guests were invited to the dinner hosted by US President Joe Biden and First Lady Jill Biden at a specially decorated pavilion on the South Lawn of the White House.Vice President Harris and US Secretary of State Antony Blinken will host PM Modi for a luncheon on Friday. During his address to the US Congress on Thursday, PM Modi said, "There are millions here who have roots in India. Some of them sit proudly in this chamber. There is one behind me, who has made history." He was referring to Harris.

AAP: Congress Refuses To Be Team Player, Any Alliance With It Difficult

■ HT News Network

AAP: Congress Refuses To Be Team Player, Any Alliance With It Difficult

Opposition Meet In Patna: BJP has dismissed the opposition meeting as a mere photo-session.

New Delhi: Even as the Opposition parties were holding a press conference projecting unity after the 16-party meeting in Patna, the Aam Aadmi Party dropped a bombshell saying it will not be part of any future Opposition gatherings that include the Congress until the party publicly opposes the Centre's contentious ordinance on the control of administrative services in Delhi.

A statement issued by AAP said, "Congress' hesitation and refusal to act as a team player, especially on an issue as important as this one, will make it very difficult for the AAP to be a part of any alliance that includes Congress."

"Until the Congress publicly denounces the Black



Ordinance and declares that all 31 of its RS MPs will oppose the ordinance in the Rajya Sabha, it will be difficult for AAP to participate in future meetings of likeminded parties where the Congress is a participant," the statement added.

The AAP said the Congress needs to decide whether it is with the people of Delhi or the Modi government. It added that, in personal discussions, senior Congress leaders have hinted that their party might informally or formally abstain from voting on the ordinance in the Rajya Sabha."Congress' silence raises suspicions about its real intentions... The Congress' abstention from voting on this issue will help the BJP immensely in furthering its attack on Indian democracy," the statement said.

AAP leader Jasmine Shah said the opposition meeting in Patna had 12 parties who have representation in the Rajya Sabha, and all of them - except Congress - had made their stand against the ordinance clear. She said other parties also tried to get the Congress to lay out its stand, but the party

chose to remain silent.

"You have to take a hard stand if the Constitution is being burnt and trampled upon in front of you. The opposition parties had come together to take a principled stand, not to have tea and samosas," she said in Hindi.

The party's statements came after there were sharp exchanges between the Congress and the AAP during the meeting in Patna, sources said.

While AAP chief Arvind Kejriwal sought the grand old party's stand on the ordinance issue, Congress president Mallikarjun Kharge raised AAP chief spokesperson Priyanka Kakkar's allegation that the Congress is not taking a stand because of a deal with the BJP.Ms Kakkar had told NDTV minutes ahead of the meeting that they have come to know from reliable sources that "there is a consensus between Congress and BJP" which is why the Congress is not opposing the ordinance.

USAID, Indian Railways ink MoU to combat climate change, achieve IR's netzero target by 2030

■ HT News Network

New Delhi/Washington, June 23 (UNI) The US Agency for International Development (USAID), and Indian Railways announced an MOU to combat climate change and achieve Indian Railways' target of net-zero carbon emissions by

Under this MOU, the collective expertise, resources, and innovation of the two partners will be leveraged to accelerate the deployment of renewable energy, energy efficiency, and energy storage technologies, aligning with the net-zero goal. Together, USAID and Indian Railways aim to develop sustainable solutions that enhance energy efficiency, reduce carbon footprints, and ensure a greener future for railway operations.

USAID Deputy Administrator Isobel Coleman and Indian Railways Board Member Naveen Gulati signed the MOU, on June 14, 2023, in the presence of the Chairman and Chief Executive Officer of Indian Railways Anil Kumar Lahoti, a USAID statement said.

USAID and Indian Railways have a longstanding partnership focused on reducing greenhouse gas emissions, promoting energy security, and advancing sustainable practices.

This partnership has included the installation of solar panels and energy-efficient lighting and appliances at approximately 1,000 railway stations across India. The United States and India are transitioning to affordable and sustainable energy sources that drive economic growth, support healthcare systems, and foster climate-resilient investments. The MOU further reinforces this robust climate change and clean energy partnership, contributing to both national and global climate targets, it added.



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HT-WORLD

IAEA Director Gen to visit Russia

Moscow, June 23 (UNI) Director General of the International Atomic Energy Agency (IAEA) Rafael Grossi will arrive in the Russian city of Kaliningrad on Friday to meet with the head of Russia's state nuclear corporation Rosatom, Alexey Likhachev.

HT News Network

The sides are expected to discuss the security situation around the Zaporizhzhia nuclear power plant exacerbated by the partial destruction of the Kakhovka hydro-electric power plant as a result of a blast earlier in June.

Grossi and Likhachev are also expected to discuss a $wide \, range \, of issues \, of cooperation \, between \, the \, Russian \,$ state corporation and the UN nuclear agency.

Air Defenses in Russia's city of Kursk go off for 2nd time overnight

HT News Network

Moscow, June 23 (UNI) The Russian air defense systems in the city of Kursk were triggered for the second time overnight, Kursk Region Governor Roman Starovoit said

Earlier in the day, Starovoit said a drone was shot down over Kursk during the night.

"The air defense system once again activated in the skies over Kursk," the governor said on Telegram.

China renews yellow alert for rainstorms

■ HT News Network

Beijing, June 23 (UNI) China's National Meteorological Center on Friday renewed a yellow alert for rainstorms in multiple regions.

From 8 a.m. Friday to 8 a.m. Saturday, heavy rains of up to 180 millimeters will lash parts of Zhejiang, Anhui, Jiangxi, Fujian, Guangdong, Guangxi and Yun-Some parts of these regions will also experience

short-term heavy rainfall, with hourly precipitation that could surpass 80 millimeters, accompanied by thunderstorms and gales.

China has a four-tier, color-coded weather warning system, with red representing the most severe warning, followed by orange, yellow and blue.

Argentina's Interior Min announces his intention to run for President

■ HT News Network

Buenos Aires, June 23 (UNI) Argentine Interior Minister Eduardo de Pedro, a member of Vice President Cristina Fernandez de Kirchner's inner circle, on Thursday announced his intention to run for president in the 2023 general election.

"I deeply love my country ... We will restore hope and pride in being Argentinian. I want to be your president, the president of all Argentine families," de Pedro tweeted.

General elections are scheduled to be held in Argentina on October 22, 2023, to elect the president, members of the national congress and the governors of most provinces, with the primaries taking place as early as August 13.

Afghan boy brought to US after 2021 exit dies under federal care

HT News Network

Washington, June 23 (UNI) An Afghan boy evacuated to the United States after the US withdrawal from Afghanistan in 2021 has died while under federal care, CBS News reported citing a US official.

The report said on Thursday that the Afghan child had a terminal illness and died on June 13.

The Afghan boy came to the United States without parents and was in the custody of the US Department of Health and Human Services' Office of Refugee Resettlement, according to the report.

The Afghan boy's death marks the fourth time an unaccompanied child died while in federal custody this year -t three migrant children have died after crossing over the US southern border.

Afghan authorities distribute China-donated aid to 213 families in Farah province

HT News Network

Farah, June 23 (UNI) Afghan authorities distributed China-donated assistance to 213 needy families in the western Farah province on Thursday, financial and administrative head of the province Samihullah Tawakali said Friday.

"After conducting a survey and identifying needy families, we distributed the aid to 213 families and each family received 25 kg of rice, a packet of beans, 10 packets of macaroni and jam," Tawakali said.

The provincial government received 3,400 bags of rice with each weighing 50 kg from China-donated assistance and would distribute them to impoverished families in Farah province, the official said, adding that 2,800 families have benefited from the aid over the past year.

Macron's bid to join BRICS summit signals rift with G7

HT News Network

Johannesburg, June 23 (UNI) French President Emmanuel Macron's request for an invitation to the BRICS summit signals a rift in the US-led pro-Western Group of Seven, Koffi Kouakou, a senior research fellow at the University of Johannesburg's Centre for Africa-China Studies, told Sput-

Macron's top diplomat, Catherine Colonna, said on Tuesday that the president was interested in coming to Johannesburg as an observer in August to attend the meeting of Brazilian, Russian, Indian, Chinese and South African leaders, the socalled BRICS group of major emerging economies.

"He is on a limb and what it shows is there is a fracture in the G7 and Westernled alliance and each of them including France, Germany ... and other nations are looking forward to escape. In any case, the idea that France is knocking at the door to attend the BRICS summit is very important,"

Kouakou said. As the world changes, BRICS is becoming more and more important globally, Kouakou observed. The bloc accounts for over 40% of global GDP and more than a half of the world's population. At least a dozen regional heavyweights representing the Arab world and the Global South have announced their bids to join the five-nation



group, which Kouakou said was united by its vision of a multipolar world, as opposed to the US-promoted "rules-based order."

The expert said Macron wanted to see for himself where the BRICS was going but admitted that it would be difficult for Paris to break free from Washington's dominance. Macron sparked anger in the US in April when he said during a trip to Beijing that Europe should not be a US "vassal" in its standoff with China and suggested that many Europeans saw the need for strategic autonomy.

"They want to see where the world is going, who are the players and they are

doing their homework, they want to come physically to see these people and know them, but their presence is going to send $a\,strong\,signal\,across\,the\,board\,that\,France$ is interested in the direction that the world was taking and is trying to position itself to really take advantage of this shift, if there

is interest," Kouakou said. Macron's proposal was met with a mixed reaction from BRICS, with South African International Relations Minister Naledi Pandor calling the idea a departure from the practice of doing things. She said Pres-

ident Cyril Ramaphosa, the current BRICS chair, would be the one making the decision.

weights representing the Arab world and the Global South have announced their bids to join the five-nation group, which Kouakou said was united by its vision of a multipolar world, as opposed to the USpromoted "rules-based order." The expert said Macron wanted to see for himself where the BRICS was going but admitted that it would be difficult for Paris to break free from Washington's dominance. Macron sparked anger in the US in April when he said during a trip to Beijing that Europe should not be a US

Russia argued that Macron's participation

would be "inappropriate," given Paris'

hostile policy toward Moscow. As the world

changes, BRICS is becoming more and more

important globally, Kouakou observed. The

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need for strategic autonomy. "They want to see where the world is going, who are the players and they are doing their homework, they want to come physically to see these people and know them, but their presence is going to send a strong signal across the board that France is interested in the direction that the world was taking and is trying to position itself to really take advantage of this shift, if there

is interest," Kouakou said.

"vassal" in its standoff with China and

suggested that many Europeans saw the

Blinken, Guterres discuss Russia's statements to not renew grain deal

HT News Network

Washington, June 23 (UNI) US Secretary of State Antony Blinken, in a phone conversation with UN Secretary General Antonio Guterres, has discussed Russia's statements to not renew the Black Sea grain deal, State Department Spokesperson Matthew Miller said Thursday.

"Secretary of State Antony J. Blinken spoke with UN Secretary-General Antonio Guterres, regarding Russia's statements to not renew the Black Sea Grain to unblock grain and fertil-Initiative (BSGI) by the July 17 deadline. Secretary Blinken and Secretary-General Guterres agreed on the importance of the BSGI to global food security and on the adverse impact its suspension would have on food importers, especially in developing countries," Miller said in a statement.

Blinken thanked the UN chief "for his firm commitment to the principles of the UN Charter, including sovereignty and territorial integrity" in the context of Russia's special military operation in Ukraine, the



statement read. Russia, Ukraine, Turkey and the UN reached an agreement on July 22, 2022, izer exports in the Black Sea amid hostilities. The package deal included a memorandum between the UN and Russia to facilitate Russian exports, including through the Tolyatti-Odesa ammonia pipeline. Moscow has since agreed to several extensions to the deal, which is now due to expire in mid-July, but complained that its memorandum component was not being fully implemented.

On June 7, the Russian Defense Ministry said that a Ukrainian sabotage group had blown up the Tolyatti-

Odesa ammonia pipeline in the Kharkiv Region. Kremlin spokesman Dmitry Peskov said later that the explosion would complicate the extension of the grain deal.

Russian Deputy Foreign Minister Sergey Vershinin said earlier this week that Russia believes July 18 will be the day of the grain deal's termination."Secretary of State Antony J. Blinken spoke with UN Secretary-General Antonio Guterres, regarding Russia's statements to not renew the Black Sea Grain Initiative (BSGI) by the July 17 deadline. Secretary Blinken and Secretary-General Guterres agreed on the importance of the BSGI to global food security and on the adverse.

West Bank violence could spiral 'out of control': UN

HT News Network

The new outbreak of violence in the occupied West Bank could spiral out of control, the UN human rights chief warned on Fri-

This week, at least 18 people have been killed in the territory — in incursions by the Israeli military or attacks by Palestinians or Jewish settlers.

"These latest killings and the violence, along with the inflammatory rhetoric, serve only to drive Israelis and Palestinians deeper into an abyss," Volker Turk said in a statement.

So far this year, more than 200 people have died in violence linked to the Israeli-Palestinian conflict, the vast majority of them Palestinians.

Deadly violence has flared in recent days in the northern West Bank, a stronghold of Palestinian armed groups where Israel has stepped up military operations.

Turk said this week's violence was being fuelled by strident political rhetoric and an escalation in the use of advanced military weaponry by Israel.

The UN High Commissioner for Human Rights said the sharp deterioration was having a terrible impact on both Palestinians and Israelis and called for an immediate end to the vio-

He said international human rights law required Israeli authorities to ensure all operations are planned and implemented to prevent lethal force.

Every death caused in such a context requires an effective investigation, he added."Israel must urgently reset its policies and actions in the occupied West Bank in line with international human rights standards, including protecting and respecting the right to life," Turk said.

"As the occupying power, Israel also has obligations under international humanitarian law to ensure public order and safety within the occupied Palestinian Territory.'

Turk said the underlying dynamics leading to violence and the arbitrary loss of life needed to be addressed urgently and would require political will from Israel and the Palestinians as well as the international community.

"For this violence to end, the occupation must end." he said.

"On all sides, the people with the political power know this and must instigate immediate steps to realise this."

North China Issues Highest Heat Alert As Beijing Records Hottest June Day

HT News Network

Beijing on Friday upgraded its warning for hot weather to "red" - the highest in a colour-coded alert system – with many parts of the Chinese capital roasting in temperatures of up to 40 degrees Celsius.

The official temperature for the capital, which is measured from its southern suburbs observatory, hit 40C just after 1:30pm (5:30am GMT) on Friday, according to the Beijing Municipal Meteorological Observatory.

"This is the first time since the establishment of the observatory that there has been a high temperature of more than 40C for two consecutive days," Zhang Yingxin, chief fore-



Meteorological Observatory, said at a press briefing. The observatory was founded in 1951.

On Thursday, the maximum temperature in the city of nearly 22 million people breached 41C and shattered the record for the hottest day in June.

A weather station in its southern suburbs, considered to be Beijing's main gauge, recorded 41.1C in the afternoon. The previous June high was logged on June 10, 1961 when the mercury hit 40.6C.

The daily maximum logged on Thursday was the city's second-highest in history, just below the 41.9C recorded by Beijing on July 24, 1999.

China has a four-tier weather warning system, with red being the most severe, followed by orange, vellow and blue. A red alert

indicates the temperature is set to rise above 40C within 24 hours.

The China Meteorological Administration said on Thursday it expected high temperatures to persist across much of the country's north for the next eight to ten days.

A weather radar map showing the temperatures across China on Friday. — Courtesy Weather China

High-temperature monitoring and warnings would continue on a rolling basis in places including Beijing, Tianjin, Hebei, Shandong, Henan and Inner Mongolia, it added.

In Tianjin, a northern Chinese port city with a population of over 13 million, Thursday's temperature reached 41.2C, smashing local records.

Cambodia amends law to bar politicians failing to vote from running for future election

■ HT News Network

Phnom Penh, June 23 (UNI) The National Assembly of Cambodia on Friday amended the Southeast Asian country's election law to bar politicians or political officials who don't vote from running for future elections.

The revised bill also imposes a fine from 5 million riel (1,200 U.S. dollars) to 20 million riel (4,800 U.S. dollars) on anyone who prevents eligible citizens from casting their ballots, and the fine will be up to 30 million riel (7,200 U.S. dollars) if the violator is a political party.

Some 111 lawmakers in attendance unanimously approved the legal changes, which were initiated by Cambodian Prime Minister Samdech Techo Hun Sen last week.Cambodian Deputy Prime Minister and Interior Minister Sar Kheng said the amendment was aimed at enhancing political leaders' responsibilities and ensuring non-disruptive elections."Going to vote or not going to vote is still the right of the Cambodian people and it is not compulsory," he said during the assembly's session.

"But for people wishing to stand for future elections, they must go to vote," he said, adding that otherwise, "their right to run as candidates in any elections will be

Union Secretary DAPRG chairs meeting regarding implementation of Mission Youth in J&K

HT News Network

13TH HEADLINES

SRINAGAR, JUNE 23: Union Department of Administrative Reforms and Public Grievances (DARPG), V Srinivas, today chaired a meeting regarding implementation of Mission Youth in Jammu and Kashmir during hi visit to the Union Territory.

V Srinivas had detailed discussion on impactful initiatives of Mission Youth and their contribution towards empowering and engaging youth of the region. He appreciated the efforts and resources being steered by Mis-

sion Youth for effective youth engagement and outreach in J&K. He expressed optimism that the youth of J&K would emerge as ambassadors of peace and prosperity for the entire

He deliberated on diverse range of initiatives being implemented by Mission Youth including livelihood generation schemes, education programs, skill development besides sports and recreation activities.

Various officers, officials and beneficiaries of Mission Youth along with representatives from different departments were present in the meeting



including Secretary Tribal Affairs Department and CEO Mission Youth,

Dr. Shahid Iqbal Choudhary, Secretary, Youth Services and Sports, Sarmad Hafeez, Secretary, Labour and areas encompass market-driven skill-Employment, Rehana Batul and Deputy Commissioner Bandipora, Dr. wais Ahmad.Dr. Shahid Iqbal highlighted the positive outcomes of these initiatives emphasizing their significance in empowering the youth of Jammu and Kashmir. He provided valuable insights into the structure, objectives and functionality of Mission Youth, offering a comprehensive

understanding of the organization. During the meeting, CEO Mission Youth elaborated on the strategic intervention areas where the program has made a substantial impact. These ing, psycho-social rehabilitation, livelihood generation, education and career counselling, and social engagement through sports and recreation. He also emphasized the pivotal role of Mission Youth in the tourism sector, showcasing how the digitization of schemes has facilitated efficient implementation. He expressed gratitude towards the nodal department for their consistent support, acknowledging their indispensable role as pillars of Mission Youth.DC Bandipora, who serves as the chairperson of District Level Task Force (DLTF).

Deputy Commissioner, Udhampurreviews functioning of Health Department

HT News Network

UDHAMPUR, JUNE 23: Deputy Commissioner, Udhampur, Sachin Kumar Vaishya today chaired a meeting here in Mini Conference Hall DC office Complex to review the functioning of health Department. At the outset, Chief medical Officer, Dr Anil Manhas briefed the DC about the functioning of health department and indicator wise achievements.

The DC took extensive review of achievements recorded under various health schemes, functioning of health institutions, infrastructure up-gradation and the healthcare facilities being provided to the patients. The DC asked for focusing on efficient



delivery of health services in all health institutions to facilitate the public. He emphasized on up gradation of infrastructure, including diagnostic facilities and general patient care in all the health insti-

tutions of the district. He stressed on optimum utilization of human resources.

He further stressed on all to serve the patients with utmost dedication and sincerity.

Education top priority for District Administration: DC Anantnag

Felicitates class 10th, 12th toppers

■ HT News Network

ANANTNAG, JUNE 23: The Deputy Commissioner (DC) Anantnag, SF Hamid today presided over the felicitation ceremony held for 10th and 12th class students who performed well in their examination and registered their names among the toppers of the district.

On the occasion, the DC said that the students have $demonstrated\,brilliance\,in\,their\,academic\,examinations$ and have made the district proud. He also lauded the efforts of their teachers and parents.

He said that a good proportion of the students belong to District Anantnag and their academic performance implies the success of critical reforms made in the education sector.SF Hamid said that they have demonstrated that with sheer will and dedication, one can overcome any barrier and no feat is unachievable.

DC congratulated specially-abled students for their inspirational stories. He also said that the revolutionary transformation in the manner of teaching has been instrumental in massive improvement in the education

Urs of Reehla Ziyarat in Gohlad area Near LOC concludes

■ M S Nazki



MENDHAR, The annual Urs of Reehla Ziyarat concluded at the Shrine near LOC in Mendhar Sub Division here today. The devotees from all the faiths from Rajouri and Poonch attended this grand two -day religious programme. The Shrine management had made elaborate arrangements for the smooth conduct of this programme Under the Chairman Of Sayed Zakir Hussain Shah Alarge community 'Langar' was also arranged for the devotees visiting this shrine from all areas of these border districts.

DC Kulgam inspects Noorabad Irrigation Canal

■ Faroog Rather

KULGAM, JUNE 23: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Aharbal fall where he took stock of progress of ongoing restoration of Noorabad Irrigation Canal which is under execution of Rural Development Department. The ACD informed that the canal is source of irrigation to near about 1561 acres of land in more than 15 villages in Watoo, Manzgam, Mirwani and other areas. The DC instructed ACD and concerned from Irrigation to ensure early restoration of the irrigation canal. He also stressed to take extra precautions during the restoration process keeping in view the location of work which is near Waterfall to avoid any untoward incident. Accompanying the DC were ADC Vigar Ahmed Giri; ACR Mir Imtiyaz-ul-Aziz; ACD Mohammad Imran Khan and other officers from RDD and Irriga-

Commissioner for Persons with Disabilities reviews implementation of RPWD Act

HT News Network

SRINAGAR, JUNE 23: Commissioner for Persons with Disabilities, Iqbal Lone, on Friday chaired a meeting to review implementation of Rights of Persons with Disabilities Act (RPWD) 2016.Lone asked all the District Social Welfare Officers to assist and facilitate persons with disabilities in availing assistance meant for them under different social security schemes in J&K. He stressed on officers to supplement the grievances redressal mechanism by strengthening District-Level Disability Committees recently notified by the Government of J&K. He also highlighted different initiatives unveiled by the J&K Government for empowerment of persons with disabilities. Commissioner also discussed the action plan regarding the District Disability Rehabilitation Centers (DDRCs) with the district social welfare officers. The issues of accessibility to persons with disabilities in all existing public buildings, aware $ness\, and\, capacity\, building\, programs\, with\, District\, Legal$ Service Authority and disabled friendly websites of concerned district/departments were also discussed in the meeting. Among other issues, the meeting also discussed UDID status, prosthetic aid camps, scholarships for persons with disabilities, and linkage for children with special needs (CWSN) and distribution of motorised tricycles. The issues of accessibility to persons with disabilities in all existing public buildings, awareness and capacity building programs with District Legal Service Authority and disabled friendly websites of concerned district/departments were also discussed in the meeting. Among other issues, the meeting also discussed UDID status, prosthetic aid camps, scholarships for persons with disabilities, and linkage for children with special needs (CWSN) and distribution.

DC Ganderbal reviews arrangements for Eid ul Adha, Muharram-ul-Haram in district

The Tehsildars were directed to

carry intensive market checking in

the areas under their jurisdiction to

keep prices under control and prevent

He also directed for smooth man-

agement of traffic on the eve of Eid-

ul-Adha across the district especial-

overcharging by traders.

HT News Network

GANDERBAL, JUNE 23: The Deputy Commissioner (DC) Ganderbal, Shyambir today chaired a meeting of concerned officers to review the arrangements for the upcoming celebration of Eidul Adha and Muharramul-Harram in the district.

The DC directed officers to ensure all necessary facilities are put in place including availability of essentials and sacrificial animals on identified locations, better arrangements for water and electricity, sanitation measures and other required facilities on all festive days. He also directed for making elaborate arrangements of water and electricity, sanitation measures and availability of essential commodities in shia dominated areas during Muharram-ul-Haram days.

Sheetal Nanda

inspects OSC,

Child Care

Home, CBRC

tours Bandipora,

BANDIPORA, JUNE 23:

Commissioner Secretary, Social Welfare Department, Sheetal Nanda, on Friday visited Bandipora district and inspected One Stop Center (OSC) at District Hospital Bandipora besides Child Care Institute and Cradle Baby Reception Cen-

tre, Sonerwani.She took

ly at all Shrines and mosques where congregational prayers are held. stock of the facilities being made available at One Stop Centre and the shelter home and also reviewed its functioning. She was accompanied by Deputy Commissioner Bandipora, Dr Owais Ahmad, District

Health department was instructed for deployment of teams of doctors and paramedics along with ambulances across all prominent locations.

The meeting was attended by Additional Deputy Commissioner Ganderbal, Mehraj-ud-Din Shah; CMO and officers of Sheep Husbandry, FCS&CA, MC Ganderbal and other

> Joint Director Planning, Imtiyaz Ahmad and officers of social welfare department.On the occasion, **Commissioner Secretary** was informed about the functioning of the centre and the assistance being provided there to the wom-

PUBLIC NOTICE

I have lost Number My Driving Licence Bearining Licence No bearing no JK01120120047520 some where at Home . Now I am applying for its duplicate if anybody have any objection in this regard He// She may contact with RTO Srinagar0 within seven days

from the publication of this notice after that no objection will be entertained

Name......Ab Rashed Sheikh S/OAmir Sheikh

Fareed Ahmed Khan F/O: Mohammed Talha

PUBLIC NOTICE

Mohammed Haris Khan changed to Mohammed Talha, S/O Fareed Ahmed Khan, R/O UsmanAbad Shalteng sgr, School: Al Noor Model School Danamazar Safakadal Sgr. Any objections yo be given to Chairman, Al Noor Model School within 7 days

R/O Usman Abad Shalteng sgr,

J&K Finance and Accounts Society welcomes new Principal Secretary of

■ Faroog Rather

KULGAM, JUNE 23: A daylong awareness programme on 'Daksh Kisan Learning Management System' (DKLMS) was organized by Agriculture Production Department Kulgam at Government Degree Colleges, D. H. Pora & Kulgam under 'Holistic Agriculture Development Programme (HADP)'.

The programme was attended by Principal Government Degree College D. H. Pora, and Kulgam, Chief Agriculture Officer, Faculty members, Block level officers from agriculture & allied departments and a large number of students in their respective Colleges.

Resource Person Shabeer Ahmad Mir highlighted the



background of HADP, Kisan Sampark Abhiyan, Daksh Kisan web portal, Kisan Saathi IT dashboard and importance of the event in Skill development and empowerment of farmers, agri-preneurs and employment opportunities for educated unemployed youth.Technical Officer, Dr. Nisar Ahmad Dar delivered a detailed presentation on Daksh Kisan and said that

Agri Deptt Kulgam holds Awareness

programme on Daksh Kisan Portal under HADP

the web portal offers orientation and 121 skilling certificate courses for all interventions, latest techniques, exploration of new possibilities in agriculture and allied sectors through this online Learning Management System, featuring multi-lingual videos and learning material in four languages.He further emphasized on participants to register on Daksh Kisan.

Finance, Santosh D. Vaidya

Programme Officer,

Mohammad Ashraf Hakak,

M S Nazki

SRINAGAR, JUNE 23: The Jammu & Kashmir Finance and Accounts Society (JAKFAS) Friday extended a warm welcome to Mr. Santosh D. Vaidya, IAS, on his assuming the charge as the new Principal Secretary of Finance for the Union Territory (UT) of Jammu & Kashmir.

In a welcome ceremony held here, Iftikhar Hussain Chauhan, President; Imtiyaz Ahmad, Secretary General; Yasir Arafat, Vice President (K); Ashraf Haqla General Secretary; Tasawuf Amin Publicity secretary and other Executive members of JAKFAS presented Mr. Vaidya with a memento and a bouquet on behalf of the society. The memento presented by JAKFAS represents the deep respect and appreciation that the JAKFAS holds for Mr. Vaidya's dedication to public service and his steadfast commitment to the financial well-being of the UT symbolizing the society's antic-



ipation of a fruitful collaboration between JAKFAS and the new Principal Secretary Finance department.

JAKFAS, a leading professional organization of finance cadre of J&K dedicated to promoting excellence in finance and accounting practices, expressed its enthusiasm for the appointment of Mr. Vaidya, acknowledging his impressive credentials and extensive experience in the administrative domain. As a seasoned IAS officer, Mr. Santosh D. Vaidya, IAS has demonstrated remarkable leadership skills and a commitment to public service throughout

PUBLIC NOTICE

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Fareed Ahmed Khan F/O: Mohammed Ismail R/O UsmanAbad Shalteng sgr,







Boost your blood flow with these 6 nutrient-rich foods

lood circulation is essential for the body because it allows the transportation of oxygen and nutrients to cells. Diet plays a vital role in blood flow because certain food items can promote healthy blood flow in your body and help provide protection against blocked arteries. Speaking with indian express.com, Dr Santosh Pandey, Naturopath and Acupuncturist, Rejua Energy Centre, Mumbai shared, "When certain foods are consumed, there will be vasoconstriction and vasodilation because of the properties present in specific foods that help in improving blood circulation."

13TH CHEADLINES

Agreeing with him, Ushakiran Sisodia, Registered Dietician and Clinical Nutritionist Diet and Nutrition. Nanavati Max Super Speciality Hospital told indianexpress. com, "Several foods have significant effects on the body's blood flow and circulation by dilation of blood vessels, reducing inflammation, and decreasing plaque build-up in the arteries".

Recently, Nutritionist Lovneet Batra took to Instagram to share food items that can help improve blood flow and circulation in our body.

Pomegranates:

These fruits are particularly high in polyphenol antioxidants and nitrates, which are potent vasodilators. Consuming pomegranate – as a juice, raw fruit, or supplement may improve blood flow.

"Pomegranates are loaded with



antioxidants that help to maintain healthy blood circulation. Nitric oxide helps your blood vessels expand and relax. improving the blood flow. Several studies suggest that pomegranates are effective in better oxygenation of muscle tissue, which could especially aid individuals who are regularly exercising," explained Sisodia.

Beetroots:

They are rich in nitrates, which can be converted into nitric oxide in the body. | thinning properties, which can help prevent | lesterol," said Sisodia.

Nitric oxide helps relax and dilate blood | the formation of clots and plaque that vessels, leading to improved circulation.

nitrates, which your body can convert into nitric oxide. Similar to pomegranates, beetroots can relax your blood vessels, leading to improved blood flow. This effect can also lower blood pressure, which is beneficial for heart health," shared Sisodia.

Leafy greens:

These vegetables like spinach and kale are excellent sources of nitrates. These compounds help widen blood vessels, leading to improved circulation. "Vegetables like spinach are packed with nitrates, much like beetroot. The body's conversion of these nitrates into nitric oxide aids in expanding the blood vessels, thus improving circulation. Moreover, they're a good source of dietary fibre that can help maintain a healthy weight and lower the risk of heart disease," elabo-

rated Sisodia. **Garlic and onions:**

Garlic contains sulfur compounds, which include allicin — that promote blood vessel dilation and enhance blood flow. Onions are an excellent source of flavonoid antioxidants, which benefit heart health and circulation by helping your arteries and veins widen when blood flow increases.

"Both onions and garlic are known for their heart health benefits. Garlic, in particular, has been shown to have blood-

restrict blood flow. Similarly, onions contain "Beetroots are a rich source of dietary | flavonoid antioxidants, which can act as a natural blood thinner and prevent blood



"Several foods have significant effects on the body's blood flow and circulation by dilation of blood vessels, reducing inflammation, and decreasing plaque build-up in the arteries," said Ushakiran Sisodia, Registered Dietician and Clinical Nutritionist Diet and Nutrition, Nanavati Max Super Speciality Hospital



platelet aggregation, thereby facilitating smooth blood flow," said Sisodia.

Cinnamon:

It is rich in antioxidants, which can help is not only a popular spice but important for better circulatory health. Its anti-inflammatory and antioxidant properties help to Cinnamon has also been linked to reducing levels of total cholesterol, LDL cholesterol, and triglycerides, while HDL or Good cho-

protect against oxidative stress and damage to blood vessels. Healthy blood vessels are essential for optimal circulation. "Cinnamon reduce blood pressure and inflammation.

9 Ways To Prevent Acne After Gym Workouts

workout, are commonly referred to as 'gym acne' or 'acne mechanica'. Dr Priyanka Reddy, founder and chief dermatologist at DNA Skin Clinic has shared a few following tips that can be prevented by following these tips:

1. Cleanse your skin before and afterworkouts: Before exercising, cleanse your face with a gentle cleanser to remove any dirt, oil, or makeup. After your workout, cleanse again to remove sweat and bacteria that may have accumulated during the exercise session. Use a mild cleanser that is suitable for your skin type.

makeup: Heavy makeup can clog pores and contribute to acne breakouts, especially when combined with sweat. If you prefer to wear makeup while working out,

cne breakouts after a choose oil-free, non-comedogenic products that allow your skin to breathe. Alternatively, consider going makeup-free during your workouts to let your skin breathe and reduce the chances of clogged pores.

3. Wear breathable clothing: Choose workout clothes made from breathable fabrics like cotton or moisture-wicking materials. These fabrics help to absorb sweat and allow your skin to breathe, reducing the likelihood of sweat and bacteria being trapped against your skin.

a shower as soon as possible to **2. Avoid heavy or occlusive** cleanse your skin and remove sweat, oil, and bacteria. Change into clean, dry clothes to prevent the accumulation of sweat and bacteria on your skin.

5. Avoid touching your face: your skin.



4. Shower and change clothes During your workout, try to avoid 6. Use non-comedogenic skin**promptly:** After exercising, take touching your face with your **care products:** When choosing hands or wiping your sweat with your hands. Your hands can transfer bacteria and oil to your face, potentially leading to breakouts. If you need to wipe away sweat, use a clean towel that's gentle on

skincare products, including moisturizers, sunscreens, and any post-workout treatments, opt for non-comedogenic or oil-free formulations. These products are less likely to clog your pores and contribute to acne breakouts.

7. Keep your workout equipment clean: If you use equipment or machines at the gym, wipe them down with antibacterial wipes before use to reduce the transfer of bacteria onto your skin. Similarly, if you use any personal fitness equipment, make sure to clean it regularly to minimize bacterial buildup.

8. Maintain a healthy skincare routine: Establish a regular skincare routine that includes cleansing, exfoliating (but not too frequently or aggressively), using retinoids (under the guidance of your dermatologist) lightweight moisturiser & sunscreen that do not clog your pores. Also, consider incorporating acne-fighting ingredients like salicylic acid, clindamycin or benzoyl peroxide into your routine to help prevent breakouts based on your dermatologist's recommendation.

NEWS

How might sleep affect Alzheimer's risk?



lthough it is recommended most adults receive 7 or more hours of sleep each night, many people struggle with getting enough

Previous research shows sleep deprivation to be global issueTrusted Source.

Another global health concern receiving much attention lately is that of dementia, in general, and a specific type of dementia known as Alzheimer's

Right now, more than 55 million peopleTrusted Source around the world live with dementia. And that number is expected to increase to 78 million by 2030 and 139 million by 2050.

Because sleep is important for a variety of brain functionsTrusted Source and many people who have dementia experienceTrusted Source sleep disturbances, researchers have taken an increased interest in figuring out what the link between sleep and risk for dementia and Alzheimer's disease might be.

Let us take a closer look at why sleep is so important for brain health and some of the ways scientists believe sleep correlates with dementia risk.

Why is sleep important for brain health? According to Dr. Karen D. Sullivan, a board-certified neuropsychologist and owner of I CARE FOR YOUR BRAIN, sleep is a staple of physical and mental health including brain health:

"There are several major functions that occur during sleep including memory consolidation, emotional processing, and a deep cleaning process. In deep sleep, our cerebrospinal fluidTrusted Source and the brain's immune system clear away waste products from our brain cells."

"When we are awake, neurons produce a chemical called adenosineTrusted Source — a by-product of the cells' activities," Dr. Sullivan continued. "Without consistent deep sleep, we have an incomplete clearing of adenosine and other waste products like blood cells and the result is chronic inflammation. Chronic inflammation is the cause or exacerbator of many brain diseases and disorders."

Dr. John Showalter, chief product officer at digital cognitive assessment platform provider Linus Health, said sleep is also important because it is restorative, meaning it is when the brain and body slow down to recover from the activities of the day.

"Without time to recover, the brain cannot adequately repair itself from the daily wear and tear of life," he explained to Medical News Today. "Over time this lack of repair leads to dysfunction and

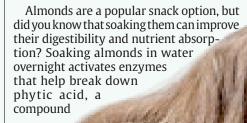
And Dr. Raphael Wald, a neuropsychologist at Baptist Health Marcus Neuroscience Institute, said our brains are both electrical and chemical entities that are constantly working, much like the engine of a car. "During sleep, the brain rests and prepares for more work," he explained to MNT. "A car engine cannot work continuously without maintenance. Sleep is like an oil change for the brain to renew it for more work."

5 superfoods you've been eating wrong: Know the right way for maximum benefits

uperfoods have long been the superheroes of our plates, swooping in to save the day with their incredible health benefits. But, hold on a second! Are you sure you've been giving them the red carpet treatment they deserve? It turns out that these nutritional powerhouses might have been feeling a little underappreciated lately. As important as it is to have healthy food habits to stay fit or lose weight if that's your goal, it is also important to eat foods in the right way. Let's explore five popular superfoods that you have been eating the wrong way all this time. When it comes to maintaining a healthy diet, superfoods have taken center stage due to their numerous health benefits. These nutritional power

houses are packed with vitamins, minerals, and antioxidants that can boost your well-being. However, it's not just about incorporating these superfoods into your diet but also understanding how to make the most of their nutritional value.

1. Almonds



that inhibits nutrient absorption. This process can enhance the availability of essential minerals like zinc and magnesium. A study published in the Journal of Food Science also found that soaking almonds for 12 hours increased the availability of certain nutrients, including vitamin E and magnesium. Enjoy soaked

almonds as a delicious and

nutritious snack or incorporate them into your breakfast routine.

Quinoa has gained immense popularity as a gluten-free alternative to grains. However, many people miss a crucial step before cooking it—rinsing. Quinoa naturally contains a bitter coating called saponin, which can affect the taste and digestion. According to $a \, study \, published \, in \, the \, Journal \, of \, the \, Science$ of Food and Agriculture, soaking quinoa for a short period (15 minutes) effectively removed saponins and improved the overall sensory quality of cooked quinoa. This simple step will ensure a milder flavour and make quinoa more enjoyable to consume.

the apple skin contains dietary fibre, antioxidants, and other beneficial compounds that contribute to overall health.

The study emphasised the importance of consuming apples with the skin intact to maximise the health benefits. Most of the nutritional value of apples lies in their skin, so instead of peeling them, wash apples thoroughly and enjoy them with the skin

5. Legumes

While canned legumes offer convenience, it's advisable to avoid them whenever possible. Canned legumes often contain added salt and preservatives. A study published in the Journal of Food Science found that canned legumes contained higher levels of sodium compared to their dried counterparts. Opt for dried legumes instead



CRAWLEY'S BOLD LORD'S PREDICTION: 'WE'LL WIN BY, I DON'T KNOW, 150 RUNS?'

England will beat Australia by 150 runs at Lord's next week to square the men's Ashes series at one-all. That is the belief of Zak Crawley, who has also predicted that the level of "niggle" between the two sides will heighten over the course of the series.

19TH LADLINES

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Speaking to Times Radio, Crawley said that the Lord's pitch would suit England more than the slow, dry surface they encountered at Edgbaston. "I think we'll win," he said. "I think it will suit us a bit more, that pitch. So I think we'll win by, I don't know, 150 runs?"

He said that England had "gained a lot of respect" after running Australia close in the first Test, and that the bigger picture of keeping supporters engaged with the format was "a big part of what we talk about".

Crawley said: "That's why we took [this loss] better than other losses perhaps, because it was great for the game. I think Sky had record viewing figures, Test Match Special had record listening figures, so this week was a great week for cricket and that's what we're all about.

"We're not about results. We



first Test at Edgbaston, memora-

bly hitting the first ball of the

series for four when he drove Pat

Cummins through cover. "There

was definitely part of me that was

thinking, 'If it's there, I'm going to try and hit for four, send a mes-sage," he said. "Thankfully it was

in a decent spot to hit for four and

yeah, I got lucky, it hit the middle

"You don't feel that pressure

always talk about that. We're not about winning or losing: we're about entertainment. Of course, we're there to win and it helps our brand and what we're trying to do. If we win, we get more traction.

"But I don't think we've lost anything this week other than a game of cricket, which is [the first in] a five-match series. But other than that, we've gained a lot of respect. We gained lots of support and I think it's great for the game."

when you're out there. The pres-Crawley made 61 and 7 in the sure is more when you're playing for your team-mates and our jobs as openers and top-order batsmen is to set the tone. And so the pressure I feel is I've got to get off to a good start and a quick start for

"I more feel that pressure than the pressure of the scrutiny of the media or anything like that. So I was under pressure [but] I thought I'm going to try and get us off to a good start here. I was always looking to be positive."

Heading into the second Test, Crawley expects the verbal battle between the sides to ramp up. "The Edgbaston crowd was so loud, to be honest with you, that you genuinely couldn't hear anything they were saying. At Lord's, with a little bit more of a quiet hum, you might hear a bit more.

"In general, they're good fellas, we're good fellas. I think as the series goes on there's going to be a few incidents, maybe, that will cause a bit of niggle and it'll get more and more. Everyone's extremely competitive on an individual level and obviously on the team level. I'm sure by the fifth match, there'll be some niggle."

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James Anderson: Edgbaston pitch was 'like kryptonite for me'

James Anderson has admitted that the Edgbaston pitch for the first Ashes Test was "like kryptonite" for him, and warns that if the surfaces for the remaining four matches of the series prove to be similarly flat, then he will be "done". Anderson, who turns 41 next month, returned the disappointing figures of 1 for 109 in 38 overs during Australia's two-wicket win in the first Test, and was noticeably overlooked for the crucial new ball when England were striving for a

breakthrough on the tense final afternoon. Hewasunluckyinhisfirstspellofthesecond innings, when Usman Khawaja - Australia's player of the match-edged at a catchable height past Jonny Bairstow in Anderson's first over. But overall, he conceded that his body had felt rusty

in his first outing since picking up a groin strain while playing for Lancashire in the County Championship last month.

of my bat.

"This is an Ashes series. It is a big deal," Anderson wrote in his column in The Telegraph. "When you play on a flat pitch like the one at Edgbaston and take a wicket, a bit more emotion does come out because you have worked extra hard for it.

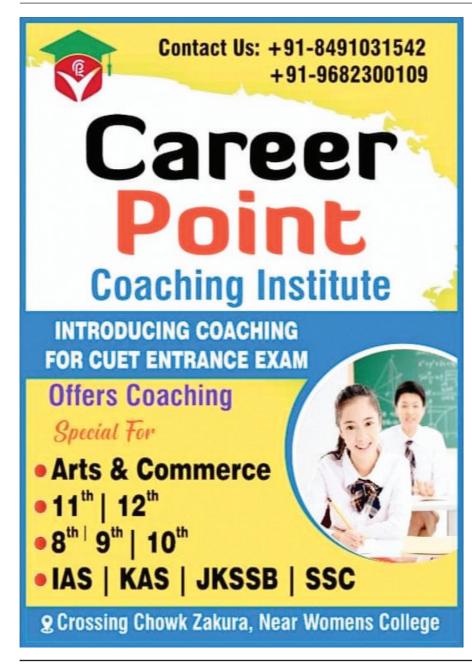
"That pitch was like kryptonite for me. There was not much swing, no reverse swing, no seam movement, no bounce and no pace. I've tried over the years to hone my skills so I can bowl in any conditions but everything I tried made no difference. I felt like I was fighting an uphill battle. It's a long series and hopefully, I can contribute at some point, but if all the pitches are like that I'm done in the Ashes series.'

With Anderson below his best, England struggled for penetration at key moments at Edgbaston, and having encountered some difficulty in dislodging Ireland on the final day of their recent Test at Lord's, there will doubtless be some temptation to bring in the extra pace of Mark Wood for next week's second Test at the same venue.

Anderson, however, is confident that he $will \, be \, better \, for \, the \, game-time, regardless$ of his disappointing showing. "There was a bit of rustiness but I gave it everything I could," he said. "Having played for a long time, I realise you can't take wickets every game. Sometimes it is not your week. It felt like that for me. I know I wasn't on top of my game this week. It was not my best performance. I know I have more to offer and contribute to the team.

"The body felt quite good. There is some stiffnessbutIputthatdowntotheuniqueconditions. We were running in on a very soft outfield then landing on a rock-hard pitch and that takes its tollonthebodymorethannormal.Allthebowlers were feeling that a bit."

Stuart Broad and Ollie Robinson led the line for England's quicks at Edgbaston, with Robinson returning the commendable figures of 40.4-12-98-5 across the two innings. However, his performance was equally notable for his on-field run-in with Usman Khawaja, which has since developed into an ongoing feud with Australia's media as a whole, following more outspoken comments in his column for Wisden.com.







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