

Morgan, Knight and Goswami included in MCC World Cricket Committee



Experiential learning shall be promoted in J&K schools in line with NEP...

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P/3

AFSPA to be History After "Permanent Restoration" of Peace in J&K : Rajnath Singh

HT News Network

JAMMU, JUN 26: Union Defence Minister Rajnath Singh on Monday said that the Armed Forces Special Powers Act (AFSPA) will go from Jammu and Kashmir too but only when "permanent peace" will be restored.

Singh was speaking at a Security Conclave organised by the BJP here at University of Jammu.

"AFSPA was removed from the larger parts of North East and it will also be withdrawn from the Jammu and Kashmir whenever "permanent peace" will be restored," said Singh adding that there is no fixed time for it.

On PoJK, he said, "PoJK was, is and will be an integral part of India."

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India Can Hit Terror Networks Across Border If Need Arises: Rajnath Singh

HT News Network

JAMMU, JUN 26: India is getting more powerful and can hit terror networks on this side of the border as well as across it if the need arises, Defence Minister Rajnath Singh said on Monday, asserting that the world has understood the meaning of

TURN ON.....PAGE 02



People gathered to buy sacrificial animals at a livestock market ahead of Muslim festival Eid-al-Adha (Feast of Sacrifice) in Srinagar on Monday

NEWS BRIEF

Police seal fake dental clinic in Srinagar, arrested 'fake' doctor

SRINAGAR, JUN 26: Police on Monday arrested a man for allegedly "practicing" as a dentist without a proper license in the Kanikadal area of old Srinagar city.

Official sources told news agency Kashmir News Trust that police, and health officials in the presence of the Magistrate sealed the fake dental clinic. The 'fake' doctor running the clinic in the congested area failed to provide a license or proper certificate supporting his practice when police asked him to do so. Sources said that a team led by SHO Shaheed

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Water level in Dal Lake above normal

SRINAGAR, JUN 26: Dal dwellers Monday said that the water level in Dal Lake is above normal and there is a danger of inundating localities in the water body.

They said that normally the water level is below 9 feet but a couple of days before the G20 even in Srinagar, the water level was raised to above 10 feet and since then the level has not been decreased.

Dozens of vegetable gardens in the Lake will get damaged if the water level increases further, a resident said.

The Dal dwellers alleged that all it is being done to hide the pollution level of the water body.

"When the water level is high, it not only makes polluted elements like

TURN ON.....PAGE 02

Girl dies of burns caused by LPG gas leak accident

SRINAGAR, JUN 26: A 23-year-old girl, who suffered burn injuries due to a cooking gas leak at her house in North Kashmir's Kupwara district today morning succumbed to injuries at the SMHS Hospital this evening.

The girl Zeenat Tariq, died after not responding to the treatment. She had sustained more than 75% burn injuries in the accident,' a medico told news agency Kashmir News Trust.

One of the members of the victim's family said she went to the kitchen to boil milk around 6 am unaware that the gas has been leaking. She lit the stove and there was a blast.

TURN ON.....PAGE 02

"LG'S MULAQAAT"

LG Interacts With Citizens Who Had Filed Complaints On JKIGRAMS

The administration represents the aspirations of all the citizens and every section of our vibrant society: LG Sinha

HT News Network



SRINAGAR, JUN 26: Lieutenant Governor Shri Manoj Sinha interacted with citizens who had filed complaints on JKIGRAMS, during "LG's Mulaqaat"- Live Public Grievance Hearing programme, at the Civil Secretariat.

Interacting with the people, concerned Deputy Commissioners and Senior Superintendents of Police through Video

Conferencing, the Lt Governor took appraisal of the action taken on the grievances

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NIA conducts raids at 12 locations in four districts of J&K in terrorist conspiracy case

HT News Network

SRINAGAR, JUN 26: The National Investigation Agency (NIA) on Monday conducted a series of raids across four districts of Kashmir as part of its continuing investigations into the alleged conspiracy of the newly-floated offshoots of proscribed Pakistan-backed terrorist outfits to destabilise J&K.

A spokesperson of NIA said 12 locations in the four districts of Kulgam, Bandipora, Shopian and Pulwama were raided as part of today's crackdown. "The locations raided were residential premises of hybrid terrorists and Underground

TURN ON.....PAGE 02

Defence equipments export rose six times in nine years: Jitendra

HT News Network

JAMMU, JUN 26: Union Minister Dr Jitendra Singh on Monday said that earlier most of the defence equipment was imported from other countries, but after the government headed by Prime Minister Narendra Modi took over, it is now the other way round and the export of defence equipments from India has gone up six times in nine years.

Addressing the National Security Conclave here in presence of Defence Minister Rajnath Singh who was the chief guest, Dr Singh complimented Rajnath Singh, first as the Union Home Minister and later as the Defence Minister, for steps taken to mitigate the

TURN ON.....PAGE 02



NHM Releases Ranking Of Public Health Facilities On JK e Sahaj For May 2023

HT News Network

SRINAGAR, JUN 26: National Health Mission J&K today released ranking of Public Health facilities on Hospital Management Information System (JK e Sahaj) for the month of May 2023.

In first phase of implementation, about 578 facilities have been covered under this initiative and will be further extended to other facilities in phased manner.

In the category of Associated Hospitals of Government Medical Colleges, the first rank has been clinched by Chest Disease Hospital Jammu followed by GMC Udhampur, SMGS Hospital, Jammu; AH GMC Rajouri, and Government Medical college, Jammu. The bottom five in this category included Super Speciality, Srinagar, GMC Handwara, Children Hospital Bemina,

TURN ON.....PAGE 02



AMARNATH YATRA

Govt Decides To Allow Tankers, Empty Vehicles From Jammu Via Mughal Road Only

HT News Network

SRINAGAR, JUN 26: In order to ensure hassle free movement of traffic in view of Amarnath Yatra on National Highway, all the tankers and empty vehicles from Jammu will be allowed via Mughal road only. Quoting an order by Divisional Commissioner, Kashmir, V.K Bidhuri,

TURN ON.....PAGE 02

Modi Govt To Root Out Drugs From India: Amit Shah

HT News Network

NEW DELHI, JUN 26: Union Home Minister Amit Shah on Monday asserted that the Narendra Modi government will root out the menace of drugs from India and will not allow the smuggling of narcotics through the country.

In a video message on the International Day Against Drug Abuse, Shah said the home ministry has adopted a zero-tolerance policy against narcotics and the results of this approach have started coming in. Shah said, "We have

TURN ON.....PAGE 02



CONTINUE FROM FRONT PAGE.....

AFSPA to.....

Singh however, counted the achievements made in the Defence sector in nine years period of Prime Minister Narendra Modi led government.

He further said that people of Jammu and Kashmir were delivered justice after the revocation of Article 370 and 35A of which they remained deprived for decades.

On Defence sector, he said, "India is getting stronger day by day and we are capable of giving befitting reply to our adversaries within our territory and across the border as well."

"The defence mechanism will never be allowed to be weakened," he stated. Defence Minister Rajnath Singh on Monday said the democratic process would soon be initiated in Jammu and Kashmir. However, he did not give a specific timeline for the development.

The senior Bharatiya Janata Party (BJP) leader also said the government cannot provide a specific time frame for the withdrawal of the Armed Forces Special Powers Act (AFSPA) from the region.

"With the abrogation of Article 370 (of the Constitution), our aim is to restore normalcy in Jammu and Kashmir as swiftly as possible. We are committed to commencing the democratic process in the region at the earliest, thus fulfilling the long-standing aspirations of its people," Singh said in response to a query from PTI on when will the Assembly polls be held in the Union Territory.

Asked whether the restoration of the legislative setup (holding elections) would enhance or disrupt the security situation, he said he cannot offer a precise time frame for conducting the Assembly polls in Jammu and Kashmir. However, he expressed confidence that the process would not be unnecessarily delayed.

"I cannot provide a specific time frame, but I assure you that it will not be a lengthy process. That is what I can confidently say," Singh said.

Addressing a security conclave in Jammu, the defence minister said, "Today, the AFSPA has been removed from large parts of the northeast. I eagerly await the day when a lasting peace will be established in Jammu and Kashmir and the AFSPA can also be lifted from the region." "I cannot give you any time frame", he added.

In response to queries on the opposition's demand to send an all-party delegation to Manipur for an assessment of the ground situation in the violence-hit northeastern state, Singh said the home ministry would take appropriate decisions in the matter.

"The Ministry of Home Affairs will consider the ground situation and make decisions that are in the best interest of Manipur. The justifiability of the decisions will be ensured," he said.

Asked about concerns regarding China's assistance to Pakistan in constructing border infrastructure, Singh said, "We possess the capability to address any such challenge. We will undoubtedly overcome such challenges."

India Can.....

zero tolerance for terrorism through the country's actions.

"Pulwama and Uri were both unfortunate incidents... The prime minister took just 10 minutes to take a decision (on carrying out surgical strikes) which shows his strong willpower. Our forces not only neutralised the terrorists on this side but also went across the border to finish them off," Singh said.

Addressing a national security conclave held at the University of Jammu, the minister stressed that the world, including Muslim countries, is united against terrorism. He said cash-strapped Pakistan would achieve nothing by "parroting Kashmir" and should instead put its house in order.

In his over 40-minute address, the minister asserted that India has taken major action against terrorism under the Modi government and referred to the surgical strikes carried out across the Line of Control (LoC) in 2016 and the Balakot air strike in 2019.

"Bharat ab pehle jaisa Bharat nahi raha. Bharat takatwar banta jaa raha hai. Zoroorat padi to Bharat seema ke iss par bhi maar sakta hai aur zoroorat paditoh uss paar bhi jaa sakta hai (India is not the same as it used to be. It is getting more powerful. If needed, India can hit on this side of the border and can go across the border as well)," the defence minister said. Under the leadership of Prime Minister Narendra Modi, the government started effective action against terrorism and, for the first time, not only the country but also the world came to know the meaning of zero tolerance against terrorism, he said amid applause from the audience.

Terrorists attacked an army camp in the border town of Uri in September 2016, resulting in the death of 19 soldiers. A fortnight later, the Indian Army carried out a surgical strike across the border and destroyed launch pads for Pakistan-sponsored terrorists.

In February 2019, forty CRPF personnel were killed in a suicide attack on their convoy by terrorists in Pulwama district of south Kashmir.

Twelve days after the terror attack, the Indian Air Force (IAF) destroyed the terrorist camp in Balakote in Pakistan.

The defence minister said Jammu and Kashmir has suffered the brunt of terrorism for a long. "People here know how the poison of terrorism hollows out the society," he said.

Targeting the previous UPA government, he said it failed to take strict action against Pakistan-sponsored terrorism despite nefarious attempts by Pakistan to bleed the country that left thousands of innocents dead.

Noting that the entire network of terrorism was operating in Jammu and Kashmir for decades, he said, "Today strict action has been taken against that network by weakening it to a great extent."

"We have stopped the funding of terrorism,

stopped the supply of arms and drugs and along with the elimination of terrorists, the work of dismantling the network of underground workers who work here is also going on," the minister said.

Without naming Pakistan, he said countries using terrorism as a state policy have to understand very well that this game will not last long.

"Today, most of the big countries of the world are united against terrorism," he said, adding the joint statement issued recently by Prime Minister Narendra Modi and US President Joe Biden clearly shows how India has changed the mindset of the whole world, including the US, on the issue of terrorism.

"It has been clearly stated in this Joint Statement that there should be concerted action against the UN-listed terrorist organisations, which include Lashkar-e-Taiba, Jaish-e-Mohammed and Hizbul Mujahideen.

"It has also been said in this joint statement that Pakistan should put a stop to every terrorist act taking place in its territory and should not allow its land to be used for this," Singh said, adding Pakistan was also asked to take action against those behind the 26/11 Mumbai terror strikes and the Pathankot attack.

He said it is natural that the rulers of Pakistan will be annoyed by this joint statement.

"There has been a rote statement that India is diverting the attention of the world from Kashmir. I want to clearly tell the government of Pakistan that nothing will be achieved by parroting Kashmir. Take care of your house," he said.

The defence minister said Pakistan does not have a locus standi on Pakistan-occupied Jammu and Kashmir (PoJK).

"A unanimous resolution has been passed in the Parliament of India regarding PoJK that it is a part of India only. Not one but at least several proposals with this intention have now been passed in the parliament," he said.

He said that given the improved situation in Jammu and Kashmir and the oppression and injustice being meted out to the people in PoJK, the day is not far when the people of PoJK will demand that they want to be part of Jammu and Kashmir.

Referring to the abrogation of Article 370 in August 2019, Singh said while the common people of Jammu and Kashmir were kept away from the mainstream for a long time, it posed a "hindrance" in taking action against anti-national forces.

Singh said it would not be an exaggeration to say that the Modi-led government has laid a strong foundation for "revolutionary reforms" in the country, which is the biggest achievement of this government.

"I remember the words of Modi at his oath ceremony in 2014 when he said 'saughandh iss mitti ki desh nahimitne doonga, desh nahijhookne doonga (I love on this country's soil, I won't let the country be erased. I won't let the country bow down)," he said, adding the prime minister has kept his pledge in letter and spirit.

LG Interacts.....

received from the citizens. "The administration represents the aspirations of all the citizens and every section of our vibrant society. Time-bound delivery of services, prompt and effective redressal of grievances form the core of administration's development initiatives," the Lt Governor said.

The Lt Governor directed the Deputy Commissioners to constructively engage with citizens, prioritize concerns of the poor and needy and resolve all issues in a transparent manner.

For maintenance of parks and other such public properties, we also seek the participation of residents. We are committed to the goal of providing a better quality of life to our citizens and community participation would play a key role in cleanliness of parks and public spaces, he added.

The Lt Governor also took a strong note of fake complaints on JKIGRAMS.

This practice needs to be stopped. The platform is meant for providing hassle-free public services and to identify deficiencies, if any, to achieve the objective of people-centric governance. Through public outreach programmes, we need to sensitize and encourage people to file genuine grievances for more transparent, accountable and citizen-friendly governance, the Lt Governor directed the officials.

Responding to a complaint of Sh Mohd Afzal Bhat from Bandipora regarding dysfunctionality well in his locality at Odina Sonawari, the Lt Governor directed the concerned Chief Engineer to make alternative arrangements to provide sufficient water supply to the residents of the affected area till the new well is being made functional.

On the grievance pertaining to incomplete building of the Government Girls School Dab Ganderbal, the Deputy Commissioner briefed the Lt Governor that the school has been shifted to new building and funds have also been released to ensure availability of sanitation facilities and installation of fences.

Sh Somraj from Jammu drew the attention of the Lt Governor on the issue of reinstallation of hand pumps at Bhagwati Nagar area. The Lt Governor sought details on the issue and instructed the Deputy Commissioner to take effective measures to resolve the same at the earliest.

On the grievance of one complainant namely Sh Irfan Ali from Poonch regarding dilapidated condition of the road in his village Kangra Galhuta Mendhar, the Principal Secretary, Public Works (R&B) briefed the Lt Governor that DPR for the said road has been prepared and work will start once all the official procedure completed.

Later, the Lt Governor chaired a meeting to review arrangements by District Administrations for Eid-ul-Adha festival and Shri Amarnath Ji Yatra. Traffic is a major issue particularly in Ramban,

Anantnag and Udhampur, especially Ramban being the most vulnerable area. A comprehensive traffic plan should be executed to ensure seamless traffic movement during the Shri Amarnath Ji Yatra, the Lt Governor said.

Deputy Commissioner Ramban and SSP Ramban briefed the chair on the condition of critical stretches and the contingency route being identified to divert the traffic.

IGP Traffic also informed the chair that bottlenecks have been identified and viable solutions are being explored for smooth traffic movement during the yatra period.

Ms Rehana Batul Commissioner/Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Sh R K Goyal, Additional Chief Secretary, Home Department; Dr Mandeeep Kumar Bhandari, Principal Secretary to Lt Governor; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present during the interaction, in person and through virtual mode.

Rains lash.....

It has also released an advisory that rain may lead to localised flash flood & mudslide in vulnerable spots, especially in Jammu region and water level in rivers, streams and nallas are also expected to rise.

People have been requested to remain cautious and alert during the active phase of monsoon in J&K.

Srinagar recorded rainfall of 26.8 mm, Qazigund 50.2 mm, Pahalgam 10.7 mm, Kupwara 3.7 mm, Kokernag 20.4 mm, Gulmarg 12.2 mm, Jammu 41.2 mm, Banihal 32.8 mm, Batote 62.2 mm, Katra 30.8 mm, Bhaderwah 10.2 mm and Kathua 108.8 mm during the past 24 hours till 0830 hours today.

Srinagar recorded a low of 17.6 degree Celsius against 19.8 degree Celsius the previous night and it was 0.3 degree Celsius above normal for the summer capital of Jammu and Kashmir.

Qazigund on Srinagar-Jammu national highway had a low of 16.6 degree Celsius against 17.8 degree Celsius and it was 0.9 degree Celsius above normal for the gateway of Kashmir.

Tourist hot spot of Pahalgam in south Kashmir settled at 13.8 degree Celsius against 13.1 degree Celsius and it was 3.1 degree Celsius above normal for the valley of shepherds.

Kokernag had a low of 16.3 degree Celsius against 18.1 degree Celsius and it was 1.0 degree Celsius above normal for the picnic spot of south Kashmir while frontier Kashmir district of Kupwara experienced 15.4 degree Celsius against 19.2 degree Celsius the previous night and it was 1.8 degree Celsius above normal.

Gulmarg had a low of 11.0 degree Celsius against 4.6 degree Celsius the previous night and it was 0.4 degree Celsius above normal for the famous skiing resort of north Kashmir's Baramulla district, the MeT office said.

Jammu-Srinagar.....

flash floods owing to heavy rainfall, they said. The 250-km Jammu-Srinagar national highway, the only all-weather road linking Kashmir with the rest of the country, was blocked due to multiple landslides and shooting stones from the hillock at Cafeteria Morh and Mehr in Ramban town in the wee hours of the day, the officials said.

However, the stranded vehicles were cleared around 2.30 pm after road clearance agencies managed to make it worthy of one-way traffic.

No fresh traffic was allowed either from Srinagar or Jammu on the highway this morning, the officials said.

They said the traffic on Mughal road, an alternative link connecting the twin border districts of Poonch and Rajouri in Jammu region with south Kashmir's Shopian district, was also suspended for several hours due to a landslide at Hari Katha near Behramgalla. The road was cleared around noon as the weather improved, the officials said.

Jammu recorded 41.2 mm of rainfall over the past 24 hours ending 8.30 am on Monday, resulting in an appreciable drop in night temperature which settled at 23.2 degrees Celsius compared to 29.1 degrees Celsius the previous night.

Kathua district of Jammu region recorded the highest rainfall of 108.8 mm followed by highway town of Batote in Ramban with 62.2 mm, while Srinagar recorded 26.8 mm of rainfall since Sunday night, a spokesperson of the meteorological department said. The weatherman has predicted mostly wet weather till the month-end and advised people to remain cautious during the active phase of monsoon in the Union Territory.

"The rain may lead to localised flash floods and mudslides in vulnerable spots, especially in Jammu region (during June 27 and 30). People are requested to remain cautious during active phase of monsoon," the spokesperson said.

NIA conducts.....

Workers linked with the newly-formed offshoots and affiliates of the banned terrorist outfits," NIA said, adding premises of sympathisers and cadres of these organisations were also searched extensively in the raids.

The spokesperson said several digital devices containing large volumes of incriminating data were recovered by NIA in these searches.

"These will be subjected to a thorough scrutiny by the agency to unravel the details of the terrorist conspiracy, which NIA started investigating a year ago after registering a suo moto case (RC-05/2022/NIA/JMU) on 21st June 2022," they added.

The newly floated terror outfits being probed by NIA include The Resistance Front (TRF), United Liberation Front Jammu & Kashmir (ULFJ&K), Mujahideen Gazwat-ul-Hind (MGH), Jammu & Kashmir Freedom Fighters (JKFF), Kashmir Tigers,

PAAF and others. These outfits are affiliated to Pak-backed organisations like Lashkar-e-Taiba (LeT), Jaish-e-Mohammed (JeM), Hizbul-Mujahideen (HM), Al-Badr, Al-Qaeda, etc, which have been banned by the Government of India.

The spokesperson said the cadres and workers whose premises were raided are under the NIA's scanner for their involvement in the collection and distribution of sticky bombs/magnetic bombs, IEDs, funds, narcotic substances and arms/ammunitions. They have been engaged in spreading activities relating to terror, violence and subversion in J&K, according to the NIA investigations.

The investigations by NIA have revealed that Pak-based operatives were using social media platforms to promote terror. Drones were being used by them to deliver arms/ammunition, explosives, narcotics etc. to their operatives and cadres in the Kashmir valley.

The terror conspiracy under investigation relates to plotting by the banned outfits in both physical and cyber space to unleash violent terrorist attacks in J&K with sticky bombs, IEDs and small arms etc. The organisations, supported by their masters in Pakistan, have been conspiring to commit acts of terror and violence, by radicalizing local youth and mobilizing overground workers, to disturb peace and communal harmony in J&K, officials said.

Defence.....

sufferings of border villagers from intermittent shelling across the LoC and welfare measures.

"Earlier border villagers used to take shelter in Block or Gram Panchayat buildings, but the Union Government first sanctioned bunkers for civilians and later approved family bunkers also," said Dr Singh.

He added that Prime Minister Modi amended the rules to extend the 4 percent reservation to residents of border villages so as to include the International Border (IB) under its ambit, adding,

"this corrected the anomaly created by the erstwhile Congress-National Conference Govt who had given 4 percent reservation to LoC residents but ignored IB residents for vote bank reasons."

The Minister also complimented the Modi govt for approved raising of two Border Battalions in the paramilitary police.

Dr Singh said, "Our national security will be further strengthened with two landmark agreements signed during the historic visit of PM Modi to the US. "One is the deal for manufacturing jet engines for the LCA Tejas fighter jets, and the other is that US warships will now be berthing at our Naval Shipyards for extensive repairs. This demonstrates the trust reposed in our capabilities by the US."

Dr Singh said, "Our defence infrastructure will also gain from the Indo-US pact on Quantum Computing. "In the nine years of the Union Government led by PM Modi, India has turned the tide from being just an importer of Defence items to being an exporter of arms and ammunition. There has been a substantial jump in the export of Defence items."

He said all this helps create jobs for our youth.

He said the Modi Government has opened new avenues for the youth of Jammu and Kashmir, particularly the residents of border villages.

"In J&K, the youth are also gaining with the launch of Agri Startups through Lavender cultivation and under the Aroma Mission," the Minister said.

"Youths are India's biggest asset, with people up to 40 years of age making up 60 percent of our population. With avenues open for the elderly people 60 years and above, India will emerge a developed nation during the Amrit Kaal by the centenary year of India's Independence," he said.

Dr Singh said, the Modi Government has opened new avenues for the youth of Jammu and Kashmir, particularly the residents of border villages.

NHM Releases.....

Srinagar, Kashmir Nursing Home, Srinagar and Jammu, Government Dental College.

In the category of District Hospitals, first rank has been secured by DH Samba followed by DH Reasi, DH Shopian, Government Hospital Gandhi Nagar, Jammu and DH Bandipora. The bottom five in this category included DH Kulgam, MCCH Anantnag, DH Ramban, DH Budgam and DH Ganderbal.

In the category of Community Health Centres (CHCs), CHC Dooru got the first rank followed by CHC Marh, CHC Shangus, CHC Gool and CHC Banihal. The bottom five in this category included CHC Nowshera, CHC Taryath, CHC Rohama CHC Kangan and CHC Khanshab.

In the category of Primary Health Centres (PHCs) and UPHCs, first rank has been clinched by PHC Sallar followed by PHC Mattan PHC Achabal, PHC Aishmuqam and PHC Safapora. The bottom five in this category included PHC Thakrakote, PHC Teetwal, PHC Massu, PHC Machil and PHC Keran.

JK e-Sahaj (Electronic System for Automation of Hospital Administration J&K) initiative was formally launched on 4th November 2022 as part of Jashn-e-Sehat, by Lieutenant Governor, for different types of facilities i.e. Tertiary care, District Hospitals, Community Health Centres, Primary Health Centres and some New Type PHCs. JK E-Sahaj has been integrated with Rapid Assessment System

(RAS), 104 Centralised Health Helpline for outbound calling and RCH portal of MoHFW, Govt. of India.

The ranking has been done on the basis of registration, conversion of EMR (Electronic Medical Record), registration of IPD patients and Patient feedback uploaded on the portal of JK e-Sahaj for the month of May 2023, on real time basis. The detailed list of facilities has been shared on NHM website.

Govt Decides.....

that the down side movement of fruit laden trucks and other vehicles is being hampered and requires to be given priority.

"In view of the forthcoming Shri Amarnath Ji Yatra 2023 and taking in to account the condition of National Highway-44, besides, the erratic weather which is leading frequent landslide and shooting stones. The down side movement of fruit laden trucks and other vehicles is being hampered and requires to be given priority," the order read.

Accordingly, all tankers of Pol, Diesel, LPG bulk gas; all empty LPG Cylinders carrying trucks; all empty vehicles of FCI and any other vehicle having upto 10-tyres vehicles while returning to Jammu shall only use Mughal road.

"In view of above, you are enjoined upto impress upon the concerned to follow directions immediately. The Mughal road will remain open for vehicular traffic from morning 6.00 AM to 6.00 PM," the order added.

Any violation of the same may attract punitive action from Traffic Police. Action taken report shall reach immediately, the order said.

Modi Govt.....

decided that we will not allow any kind of narcotics trade in India nor will we allow any drugs to be smuggled through India." He further said, "I fully believe that with coordinated efforts, we will be successful in rooting out the menace of drugs and achieve our goal of a drugs-free India. We will not rest until this fight against drugs is won." The war against drugs has been continuing, Shah said, and because of this coordinated action, narcotics worth Rs 22,000 crore were seized between 2014 and 2022. This is 30 times higher than the drugs worth Rs 768 crore that was seized between 2006 and 2013, he added.

He said cases against drug peddlers have increased by 181 per cent - from 1,257 cases between 2006 and 2013 to 3,544 between 2014 and 2022.

Besides, he said, six lakh kilogrammes of drugs have been destroyed in the country since June 2022.

"This reflects the Modi government's commitment for a drugs-free India," Shah said.

The home minister said the success against the narcotics trade has been achieved primarily due to the Modi government's "whole of government" approach under which policies are being framed with close coordination of different wings of the government.

He said all prominent organisations, especially the Narcotics Control Bureau, have been continuing their fight against drugs.

The home ministry, Shah said, with the help of all organisations and state governments concerned, has been trying its best for a drugs free India but this war against narcotics cannot be won without people's participation.

To strengthen this campaign, Shah said, the ministry established the National Narcotics Coordination Portal (NCCORD) in 2019 and the Anti Narcotics Task Force (ANTF) was formed in the police department of every state. On the occasion, Shah appealed to everyone in the country to stay away from drugs and also keep their families away.

The home minister said drugs not only make the younger generation and the society hollow but also its profits are being used against the country's security.

"I appeal to everyone to take part in this fight against drugs. People should inform the security agencies of any information about any drugs trade anywhere," he said.

Police seal.....

Gunj Basharat Ali, and Zonal Medical Officer Dr Shafkat in the presence of Tahsildar South Moeen Azhar Kakroo raided the clinic after inputs and sealed it. The man masquerading as the doctor has been arrested.

Police said that the clinic was established in a residential area at Kanikadal Srinagar.

A formal FIR vide number 50/2023 under section 420 has been lodged against the quack. Tahsildar South Moeen Azhar Kakroo confirmed that the clinic has been sealed by the police. He said he was present there as a magistrate.

Water level.....

weeds invisible but also pose risk to the tourists," one of the locals from Dal Lake said. Another local said that they raised the issue with top officials who said the water level has been increased at the directions of Vice Chairman Lakes and Conservation Management.

When contacted, an official on condition of anonymity said that the water level is a bit up and that should come down. He said it is up to VC to take a call in this regard.

Girl dies.....

The victim is the resident of Hyhama, Lolab area of Kupwara.

The body after the completion of all formalities has been handed over to family.



Experiential learning shall be promoted in J&K schools in line with NEP 2020: Alok Kumar

Inaugurates first ever Astro Physics Lab at Girls High School Gandhinagar

JAMMU, JUN 26: To inculcate scientific temper among the students, Samagra Shiksha under the aegis of School Education Department, today launched a model lab- ASTRO PHYSICS namely AAGHAAZ, an indigenous integrated initiative for achieving the goals under quality as envisaged in NEP 2020.

Principal Secretary Education, Alok Kumar inaugurated the first of its kind ASTRO PHYSICS-AAGHAAZ Lab at Girls High School Gandhinagar and also hand first hand information regarding the complete project.

Project Director Samagra Shiksha, Deep Raj, Director School Education Jammu, Ashok Sharma, Deputy Director, Bilal Rashid, Chief Education Officer Suraj Rathore, Field Advisor Jagdeep Padha, Coordinator, Samagra Shiksha, Ajeet Sharma, senior

officers of Education Department along with technical experts were present at the occasion.

Also, sessions from academicians, Scientists and Subject matter experts from different Higher Educational institutions and IIT Kanpur shall be arranged for capacity building of Teachers besides conducting various activities in this regard, he said.

Principal Secretary, Alok Kumar, while interacting with the media, said that Scientific temper is an attitude of logical thinking and it explores the actual potential of a child. Brainstorming sessions for children and teachers is the need of hour, which shall lead to best experiential learning at all levels, as envisaged in the NEP 2020 and shall further reduce the learning gaps, he maintained.

He reiterated that, Observa-

tion' plays a key role in making understanding of science and math easy for children. At an early age, subjects like math and science can be introduced to children in a friendly manner, a system which makes 'learning by observing the surroundings' practically possible by teaching students about different celestial bodies visible to naked eyes (science), distance of these bodies from earth (Math), he added.

Principal Secretary also maintained that development of scientific temper among the children is essential for overall development of the nation. He also said that, with these initiatives, UT of J&K may have its own Space Scientists like Dr. Vikram Sarabhai, the first Space Scientist hailing from J&K in near future.

Alok Kumar also informed that, the intent of setting up of



these kinds of labs, where children can visualize the Universe with naked eyes, shall be a boon for the Society which shall improve the School education system.

He further informed that, 10 Virtual reality Labs, 100 Science Centres shall be established in the current year in various schools, across the UT, which shall give boost to the Scientific attitude of students and teachers.

Principal Secretary also instructed the functionaries of Education Department, to immediately arrange trainings for 376 Science/Physics Teachers, so that the students may get benefit from these labs. Roster shall be prepared for visit of students of nearby Schools for which transportation cost shall be borne by the Directorate of Samagra Shiksha,

he asserted.

Alok Kumar also stressed for enhancement of learning outcomes, using technology to empower students and children and use of digital initiatives should be inculcated at all levels. He asked for launch of campaign for Digital Literacy and Financial inclusion, so that students disseminate the message to the society and may cope up with the students of other States/UTs.

Deep Raj, elaborated that, the Project AAGHAAZ has been taken up by the School Education Department in collaboration with IFACET, IIT Kanpur, under which 376 labs shall be established across J&K with financial implication @Rs. 4.00 Lakh each. Two such Labs in each Education Zone shall be established.

Kashmir's Chinar Man: On a mission to preserve legacy, conserve environment

KUPWARA, JUN 26: Setting a glaring example of social-responsibility, a man in Kupwara has planted hundreds of Chinar trees to preserve the legacy of Kashmir's rich past and contribute towards the conservation of environment.

Earning the tag of the "Chinar Man of Kashmir", Abdul Ahad Khan, 36, a resident of Hatmulla Mughabpora in North Kashmir's Kupwara has since past many years, embarked on a journey to plant hundreds of Chinar trees in the remote district's Kamraj forest division. While doing the laborious job on his own, he invests all the money from his pocket to buy the plants despite his constraints of earning paltry wages as a labourer.

Over the years, Khan has been very instrumental in creating viable ecological spaces and helping revive the fast-fading presence of Chinar trees, which have fallen to the increasing habitation, development and commercialization.

Talking to the news agency—Kashmir News Observer (KNO), Khan said that diminishing chinar cover in Kashmir valley created a deep sense of concern and disappointment inside him. "The decreasing number of Chinar pushed to keep planting. It holds great significance in the Kashmir valley. No planting has happened for a long time now. Everyone cherishes the shades and beauty it offers," Khan said.

Initially starting with a trail in his locality 15 years ago, Khan says its unexpected growth awakened the spirits to go beyond the edge. "As I planted some and they grew well, there was no looking back and I went on with the chinar campaign of 200 plants, the number of which only continues to swell since then without any harm to the natural habitat," he adds.

After recognizing his relentless efforts over the years, he said that having earned the coveted tag of Chinar Man from the Forest Department was indeed a big-achievement and acted as a shot in the arm. "From then onwards, I always received the support of the concerned Divisional Forest Officer (DFO) in plantation strides although there was no financial support. But, nevertheless, he has always been very supportive and encouraging to do good for the environment," he said while appreciating the role of DFO.

Khan holds an unwavering passion for planting trees and conserving the environment in its true spirit, however due to the weak economic conditions, his efforts are constantly fraught with hiccups as multiple headwinds of survival weaken his perseverance and commitment for the cause of my environment. "Despite this all, I've vowed to keep the mission Chinar alive and growing against all the odds. "I'm not financially sound. There are challenges and other hardships but I want to continue this passion for the rest of my life," Khan noted.

For him, Chinar trees are no less than a family, which require constant care and regular upkeep to keep tap of their well-being and growth. "I'm doing this selflessly without expecting anything in return for these Chinar trees. I have even been called mentally retarded for choosing chinar over fruits, walnuts and other plants that help financially well," he says while adding that, at times, he hops on to plant other varieties like Deodar as well.

Concerned over the dwindling number of Chinar trees, he wants to leave an everlasting contribution towards the society and inspire others to take up the responsibility of preserving and reviving the legacy of Chinars, which have in the past been the hub of shades, chatters and spiritual awakenings. However, he laments the lack of government support and sensitivity towards the environment at a time, when Climate-Change is becoming a major concern while taking a center-stage at many top level international talks. "I have always meant to do it for the sake of Allah and their responsibility towards us as humans. I have dedicated these trees to each individual in this world and want them to enjoy the best of its essence," Khan said

Endangered Hangul population shows 'marginal increase' in Kashmir; challenges remain: Survey

SRINAGAR, JUN 26: After two years, Kashmir stag, also called hangul, an emblematic species of the Jammu and Kashmir region, has shown a marginal increase, much to the delight of wildlife department and Hangul lovers.

Classified as critically endangered by the International Union for Conservation of Nature (IUCN) Red List and protected under the Indian Wildlife (Protection) Act of 1972, urgent conservation measures are required to safeguard this majestic species, reads the fresh survey conducted by wild life department along with many NGOs, a copy of which is available with the news agency—Kashmir News Observer (KNO).

"Hangul (Cervus hanglu) is one of the easternmost distributed species of red deer, inhabiting the temperate coniferous forests in the western Himalayas of Jammu and Kashmir. Once widely distributed in the mountains of Kashmir and parts of Himachal Pradesh, the species has experienced a drastic reduction in its distribution range due to habitat fragmentation and associated factors. However, a fresh survey has brought smiles on the faces of wildlife department and hangul lovers across Kashmir.

The Department of Wildlife

Protection, Jammu & Kashmir (DWLP), in collaboration with the Wildlife Institute of India (WII) and local research institutions, has been actively monitoring the Hangul population in the Dachigam landscape since 2004.

Through scientific methods involving transect surveys, camera trapping, and genetic analysis, researchers, field staff, and volunteers have been working tirelessly to understand the species' population dynamics, movement patterns, and genetic health.

Recent population monitoring exercises estimate the Hangul population within Dachigam National Park to be around 275, with an additional 14 individuals (total 289) recorded in the Shikargah area. However, several challenges continue to threaten the species' survival. Habitat degradation resulting from excessive livestock grazing, grass cutting, and fuel and firewood collection, as well as human trampling due to military forces and government departments operating in the region, have contributed to the decline of Hangul.

Moreover, ecological factors such as low breeding rates, disturbed viability, and decreased genetic heterozygosity pose significant risks to the Hangul pop-



ulation. Predation by common leopard and Asiatic black bear, which primarily target young deer, exacerbates the species' vulnerability.

"In response to these threats, a comprehensive Conservation Action Plan (CAP) for Hangul has been formulated. The CAP emphasizes landscape-level planning to restore historical habitats and establish ecological corridors, facilitating the movement and dispersal of Hangul deer. The aim is to provide the species with ample space and resources for their survival and increase genetic diversity," the survey reads, adding that the DWLP, along with its partners, is actively engaging in awareness campaigns to rally

public support for Hangul conservation.

"Educating local communities, students, and tourists about the importance of protecting this unique species and its habitat is crucial to foster a sense of responsibility and stewardship. By involving local communities in conservation efforts, the plan aims to create a sustainable model where humans and wildlife can coexist harmoniously," the survey reads. "To address the issue of habitat degradation, the CAP proposes stricter regulations and enforcement to minimize livestock grazing, limit grass cutting, and regulate human activities in sensitive Hangul habitats. The plan also

calls for increased monitoring and surveillance to combat poaching, which remains a significant threat to the species."

The survey further reads that the genetic health of the Hangul population is a key concern. Studies conducted by the WII and SKUAST-Kashmir have indicated a decrease in genetic heterozygosity over time, leaving the species vulnerable to inbreeding depression. To mitigate this, the CAP stresses the importance of genetic management and establishing breeding programs to ensure the long-term survival of the species. Collaborative efforts between conservationists, researchers, and wildlife authorities are crucial in implementing effective genetic management strategies.

Talking to KNO, Altaf Hussain Dentoo, Wildlife Warden Central division, said that it was a welcome development to see a rise in Hangul population after two years," he said. "261 Hanguls were registered in census 2021."

The major threat to this rare species is that its habitat should remain untouched and without any pressure. "Nearby corridors at Khonmoh and Tral should be more protected so that Hangul population will increase more," he said.

Authorities orders blanket ban on use of motorbikes during school hours by students below 18 years of Age

SRINAGAR, JUN 26: Authorities on Monday ordered a blanket ban on use of motorbikes during school hours by students below 18 years of age in Central and North Kashmir.

According to the news agency—Kashmir News Observer (KNO), Joint Director, Central and North for School Education Department said this in a communique to Chief Education Officers of Srinagar, Budgam, Ganderbal, Baramulla, Kupwara and Bandipora.

The officer said, "A large number of complaints are making rounds in media and social circles about the rash driving and stunt biking and reckless movement of two wheelers by school boys studying in different classes of government and private schools."

"The students are doing this without any objection or control from the Head of the Institutions and school managements resulting into injuries, minor accidents and loss of lives which is otherwise avoidable and needs proper counseling, advice and blanket ban in and around school premises," it reads.

The Joint Director accordingly



directly the Chief Education Officers of Srinagar, Budgam, Ganderbal, Baramulla, Kupwara and Bandipora to sensitize all the Head of the Institutions of government as well as private schools not to allow any student below the age of 18 years to use any bike or Scooty during the school hours.

"Even don't allow any student to use bike or Scooty without wearing of helmets and driving licenses issued by the competent authority," the officer informed CEOs.

It also said that the Zonal Education Officer's concerned shall also be activated to conduct surprise checks in and around government and private institutions and ensure that this trend

is discouraged henceforth and the safety and security of all students is given top priority with a view to maintain discipline, morality and decency in and around the schools and institutions.

"Regional Transport Officer, Kashmir, SSP Traffic City and SSP Traffic Rural are also requested to intensify the surprise checking of bikes Scooty riders and intercept the minor students who don't wear helmets or don't have driving licenses and are below the age of 18 years so as to curb this menace with iron hand and ensure rule of law and rules of traffic are observed by one and all religiously," it reads.

Tragedy: Siblings die a day after each other in Sumbal

Sister in an attempt to save brother jumps into river drowns to death, brother dies at hospital

BANDIPORA, JUN 26: A day after his sister drowned to death while trying to save her brother in Sumbal area of Bandipora, her 21-year-old brother too succumbed at a hospital on Monday.

An official told the news agency—Kashmir News Observer (KNO) the youth identified as Nazakat Ali, who was admitted at SKIMS Soura Hospital succumbed today.

On Sunday, Nazakat drowned while bathing in Jehlum river.

As soon as the news spread, people tried to rescue him in vain. In the meantime, his sister too jumped into the river in a bid to retrieve her brother.

While his brother was rescued, the girl drowned to death.

Nazakat was shifted to hospital and lost his battle with life today.

The body of the deceased was handed over to his family members for last rites after completion of legal formalities

International Day against Drug Abuse and Illicit Trafficking

Rallies, marathons, pledges awareness programmes held across Kupwara district to mark the event

HT News Network

KUPWARA, JUNE 26: On the eve of International Day against Drug Abuse and Illicit Trafficking, School Education department, Social Welfare and Youth Services & Sports department under the aegis of District Administration Kupwara today organized different activities including rallies, marathons, pledges, awareness programmes across Kupwara district to generate mass awareness regarding the ill effects of drugs. On the directions of Deputy Commissioner Kupwara, Ayushi Sudan, Cultural Education Wing CEO Office Kupwara in collaboration with Youth Services & Sports department organized a bicycle race from DC office complex Kupwara to GDC Kupwara. The race was flagged off by Chief Education Officer (CEO) Kupwara, Abdul Hamid Fani in presence of Principal BHSS Kupwara and officials of YS&S department. Speaking on the occasion, CEO highlighted the significance of the day and



emphasized the need for awareness among the youth to combat the growing menace of drug and substance abuse. After culmination of the race, Mohammad Abass Chopan, Malik Adnan and Malik Mursaleen of BHSS Kupwara secured 1st, 2nd and 3rd positions respectively. Later the students were felicitated with awards in

the premises of BHSS Kupwara. At Handwara, Social Welfare Department in collaboration with BHSS Handwara commemorated the International Day against Drug Abuse and Illicit Trafficking at Boys Higher Secondary School Handwara. On the occasion, several officers including Additional Deputy Commissioner.

Seminar cum WorkShop on Int'l Day against Drug Abuse & Illicit Trafficking held at Baramulla

Dr Sehrish stresses on collective approach to eliminate Drug Addiction from Society

HT News Network

BARAMULLA, JUNE 26: To mark the International Day against Drug Abuse and Illicit Trafficking, the District Administration Baramulla under the supervision of Deputy Commissioner (DC), Dr Syed Sehrish Asgar today organised a series of events aimed to disseminate awareness about the ill hazards of drug abuse among the masses. The activities held include Rallies, Drawing/Painting Competitions among other interesting and useful events. As part of the celebration, a mega Seminar cum Work-Shop was presided over by the DC at Govt Degree College Boys Baramulla which was organised by the Social Welfare Department in collaboration with the Education Department and the college authorities. The event laid special thrust on educating masses about the menace of drug abuse in the society.

Speaking on the occasion, the DC highlighted the need of mass mobilization and awareness and termed the role of all stakeholders pivotal in curb-



ing the menace of substance/drug abuse. Dr Sehrish further said that District Administration Baramulla has taken various initiatives in order to bring back and support the victims so that they can live a normal life again. The DC also advised the young participants to work actively in their respective schools and Wards to help track the peddlers who are responsible for the growing numbers of drug addicts and substance abuse.

She further said that the observance of this day aims to raise awareness about the major problems that illicit drugs pose to the society at large. The

main focus of organising today's event is to spread awareness among the students, she added. The DC also lauded the efforts of the Social Welfare Department, Education Department and Youth Service and Sports Department for conducting programmes of huge social importance. Meanwhile, the DC e-launched Nasha Mukht Panchayat Abhiyan on the occasion which aims to reinforce the campaign against the substance use at the grassroots level. The Seminar cum Work-Shop was also attended by Additional Deputy Commissioner Baramulla, Zahoor Ahmad Raina.

Delegation of District Gurdwara Parbandhak Committee Srinagar calls on Lt Governor

HT News Network



SRINAGAR, JUNE 26: A delegation of District Gurdwara Parbandhak Committee (DGPC), Srinagar called on Lieutenant Governor Shri Manoj Sinha at Raj Bhavan today.

The members of the delegation including Gurmeet Singh Bali, Jaspal Singh, Ranjit Singh, Jasbir Singh Wazir and Jasbir Singh Oberoi apprised the Lt Governor on the preparations made by the DGPC to celebrate the Parkash Purab of Sri Guru Hargobind Sahib Ji at Gurudwara Chatpatsahi. The delegation also discussed various other issues of the members of Sikh Community including employment opportunities for youth and protection and conservation of Sikh heritage. The Lt Governor assured the members of the delegation of all the support. He asked the delegation to motivate and encourage young generation to avail the benefits of the self-employment initiatives under Mission Youth and other schemes of the Government. "The government is committed to facilitate the spirit of enterprise among the youth and we have taken many steps to create supportive infrastructure for skill development, financial support etc to meet the aspirations of young generation," the Lt Governor said.

Trustee, Equitas Small Finance Bank Ltd call on Lt Governor

HT News Network

SRINAGAR, JUNE 26: Dr C K Gariyal, Trustee, Equitas Small Finance Bank Ltd. called on Lieutenant Governor Shri Manoj Sinha at Raj Bhavan today. Dr Gariyal accompanied by Sh Johan Alex, Executive Director, Sh Sunny Rampal, Vice President of the Bank and Sh M K Bhat - Founder Help line humanity held discussion with the Lt Governor on various matters, which includes starting a branch of the bank in Jammu, opening school and vocational courses, assistance in cleanliness of Dal Lake as a pilot project and promotion of local folk art. ADC

Bandipora reviews construction of Walk-way around Wular Lake

BANDIPORA, JUNE 26: On the directions of Deputy Commissioner, (DC) Bandipora, Additional Deputy Commissioner (ADC) Bandipora Umar Shafi Pandith, today chaired a meeting of officers to discuss various issues related to execution of works on Non Motorable Road/Walk-way around Wular Lake. The meeting conducted threadbare discussions on various issues/aspects of the ongoing project, including Land and Tree Compensation, Irrigation Issue, and disposal of extra excavated material. The concerned officers presented a detailed overview of the steps taken on all the issues.

PUBLIC NOTICE

My name wrongly mentioned in Driving Licence Bearing Licence No bearing no JK0120150098089 as Aakib Rashid S/O : Abdul Rashid Pukhta R/O UsmanAbad Zanakote sgr, But my actual Nmae is Aqib Rashid S/O : Abdul Rashid Pukhta R/O UsmanAbad Zanakote

Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact with RTO Srinagar within seven days from the publication of this notice after that no objection will be entertained

Nmae ,Aqib Rashid
S/O : Abdul Rashid Pukhta
R/O UmarAbad Zanakote

DC Bandipora felicitates NEET, Class 10th meritorious performers of the district Holds detailed interactive sessions with them on Career Counseling and Guidance

HT News Network

BANDIPORA, JUNE 26: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad on Monday felicitated the students of the district who recently qualified NEET and displayed outstanding performance in the Class 10th Examination. A special felicitation ceremony was held at the Mini Secretariat wherein the DC met all the students and interacted with them. He appreciated and congratulated them for the success and wished them luck for the future. He also answered various questions of the students regard-

ing career options and strategies for qualifying various competitive exams. Dr Owais met 5 NEET qualifiers including Mir Muzamil Gaffar of Hajin who secured 593 points, Sofi Waris Naveed, who secured 588 points, Muneef Shaban who secured 584 points, Muntaha Iqbal who secured 565 points, Mariya Tariq who secured 556 points, Nusrat Manzoor who secured 502 in ST category and Shahid Zaffar Samoon who secured 477 points in the ST category and qualified the competitive examination for selection in medical colleges. The DC also interacted with Class 10th toppers including Insha Fayaz from Future



Vision Public School Bandipora, Syed Samiya Zehra from New Greenland Public School Sumbal, Atoofa from AGS Hajin, Asmat

Bashir from GHSS Bandipora, Afreena Shams from GHS Ajas, Ikhlal Ahmad Lone from HSS Atoofa from AGS Hajin, Asmat

Bandipora, Jehangir Ahmad Gojar Qureshi from HSS Aloosa, Gowhar Shareef from GHS Bagh and Imran Hussain from HSS Izmarg. The main highlight of the function was felicitation of Specially-abled students of Class X and Class XII Examination 2023.

The DC personally met each of them and extended his appreciation to them. The students included Faizan Nabi from GHS SK Payeen, Marukha Akthar from GHS Ajas, Rehana Rashid from HSS Aragam, Noor-ul-Huda from HSS Badugam, Mureed Rouf from GHSS Bandipora, Fareeda Rahim from HSS Badugam, Tabasum Amin from HSS Nadihal.

Bal Sabha organised at Wathoo, Shopian

Sabha aimed to address the diverse requirements of children: DDC Member, Raja Waheed

HT News Network

SHOPIAN, JUNE 26: A Bal Sabha was today organised at Government Boys Middle School Wathoo in Keegam area of the district in presence of DDC Member, Raja Waheed.

The DDC member, DPO Shopian, Nisar Ahmad Malik and other officers interacted with the children and listened to them.

Speaking at the event, Raja said that Bal Sabha is the apex body of children's groups in a village. He said that Bal Panchayats are mobilized so that children are educated and their potentialities identified for their development.

He said that the need of the hour is to make these children aware about their rights along with their



proper fulfillment and special focus is laid on their health care and nutrition facilities.

The DDC Member said that District Administration is organising a range of activities aimed to improve the socio-economic conditions of the people besides informing them about their rights and duties.

He said that these children are being mobilized and their energies channeled by engaging them in

productive activities. A variety cultural programme and Martial Art programme was also presented by the students on this occasion.

Among others, Programme Officer, ICDS; BMO, Keller; District Manager, NRLM; ZEO, ZPEO, Auqaf Body, representatives from various departments, besides PRLs and prominent citizens were present at the event.

DLSA-Kulgam observes International Day against Drug abuse

HT Farooq Rather

KULGAM, JUNE 26: On the directions of Chairman District Legal Services Authority (DLSA) Kulgam, Mohammad Ashraf Bhat, International Day against Drug Abuse was Monday observed by DLSA Kulgam at Government Degree College Kulgam.

The programme was conducted under the supervision of Secretary DLSA Kulgam, Tabassum Qadir Parry and was attended by Dr. Zahoor Ahmad (Block Medical Officer Qazigund), Dr. Umer (Medical Officer Drug De-addiction centre Kulgam), Roshan Aara (Deputy Chief Legal Aid Defense Counsel), Basit Farooq (Assistant Legal Aid Defense Counsel), PLVs, working staff of DLSA and teaching faculty along with students of the concerned college.

Dr. Zahoor Ahmad spoke about the medical aspects of drug abuse and emphasised on the solution to the menace. He suggested that the said issue should be declared as a "Notifiable Disease".

Dr. Umer touched on the practical aspects of drug abuse and the problems that are faced by society in providing restoration



and rehabilitation processes for the said persons. He emphasised on the fact that parents must take care of their children.

Roshan Aara focused on the statistical data and said that the menace of drug abuse has a tendency to destroy social fabric and possesses potential threat to our society.

Basit Farooq focused upon the legal aspects and said that there should be measures that No Stigma get's attached to persons who voluntarily come forward for treatment of Drug Addiction while focusing on other aspects. The programme was moderated by Assistant LADC (Basit Farooq)

International Day against Drug Abuse & Illicit Trafficking observed at Pulwama

HT News Network

PULWAMA, JUNE 26: The District Administration Pulwama in collaboration with the Social Welfare Department today organised a function to celebrate International Day against Drug Abuse & Illicit Trafficking at Govt Degree College Pulwama.

Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom was the chief guest on the occasion. Addressing

the audience, DC informed them about the harmful effects of drug addiction and said that everyone in the society, especially students and teachers, have an important role in getting rid of this evil from society adding that there is an urgent need to combat the social stigma surrounding addiction. He said that the District Administration has started a campaign to reintegrate such victims in society. He also said that the

Administration is committed to make the whole 190 panchayats of the district Drug free Panchayats.

He also urged students to carry out an effective campaign in their schools and colleges to educate students and their parents about the ill effects of drugs and illicit trafficking.

On the occasion, the guest speakers enlightened the participants that the drug evil must be eradicated at any cost and public opinion.

GOVERNMENT OF JAMMU AND KASHMIR UT Office of the Executive Engineer Jal Shakti PHE Division Qazigund.

e-QUOTATION 04 of 2023-24

For and on behalf of the LT. Governor of Union Territory of Jammu and Kashmir e-quotation rate contract of hire charges of vehicle for supervision of Government works are invited from registered Tour and Travel /Card holder/ License holder Union Territory of J&K Govt. for the year 2023-24.

SL. No	Particulars	Quantity	Rate per day
1	Hire charges of vehicle (Scorpio /Inova) Fully loaded.	1.00	Rate to be Quoted

1. The e-quotation consisting of qualifying information, eligibility criteria specifications, Bill of quantities, set of terms and conditions of hire charges and other details can be seen/downloaded from departmental website www.jktenders.gov.in

1	Publishing date	26.06.2023 (12.00 AM)
2	Download date start	26.06.2023 (12.00 AM)
3	Bid submission date starts	26.06.2023 (12.00 AM)
4	Bid submission date ends	03.07.2023 (11.00AM)
5	Bid Opening date	03.07.2023 at (2.00 PM)

The Tour and Travel shall be deposited in electronic format on the departmental website www.jktenders.gov.in.

TERMS AND CONDITION

The bidder has to bound to upload an amount of Rs: 1000/- pledged to undersigned in the shape of CDR/FDR/BG. Bidders must ensure to upload their bids in Single cover.

- Rates are to be quoted per day basis for the categories of vehicle (excluded fuel).
- Rates are to be quoted by the bidder included all taxes
- The bidder must upload scanned copy Registration/permit/ License/Ownership/ GST No./ Pan Card.
- The bidder must upload the experience certificate last two year not below the rank of Executive Engineer.
- The bidder must upload Treasury Challan / e-Challan @ Rs:200/-
- The bidder must submit consumption certificate from the competent authority for such type of vehicle.
- The bidder shall be given hire charges rates as per approved by the Government.
- The Bidder shall ensure that the vehicle/driver should not be changed frequently. Any such change(s) should be informed to the authority well in advance.
- The successful bidder shall submit invoice in triplicate in the office of undersigned duly accompanied by log-book verified by the concerned officer/official.

Other terms and conditions as laid down in the PWD form no 25 shall also hold good.

DIPK-4163/23
Date: 26.06.2023

Executive Engineer,
JSD PHE Division Qazigund,

Kishtwar Admin launches Nasha Mukht Panchayat Abhiyan

Holds multifarious activities to raise awareness against drug abuse and illicit trafficking

HT News Network

KISHTWAR, JUNE 26: To raise awareness about the harmful effects of drug abuse and encourage collaborative efforts to combat drug trafficking and provide support to affected individuals, a series of events were today conducted by District Administration across the district Kishtwar to mark International Day Against Drug Abuse and Drug Trafficking.

The International Day against Drug Abuse and Illicit Trafficking 2023 unfolded with the central theme, "People First: Stop Stigma and Discrimination, Strengthen Prevention". The main function held in the Conference Hall of the DC Office Complex,

under the supervision of District Social Welfare Officer Zubair Ahmed, witnessing active participation of over 200 students, Anganwadi Workers (AWWs), Accredited Social Health Activists (ASHAs) and staff members of the DC Office, besides several individual activists and organizations.

Notable attendees included Additional District Development Commissioner Kishtwar (ADDC), Sham Lal; Senior Superintendent of Police (SSP), Khalil Ahmed Poswal; District Social Welfare Officer Kishtwar (DSWO), Zubair Ahmed Lone; Chief Medical Officer, Dr. M. Y. Mir; Chief Education Officer, Prehlad Bhagat and others.

The program primarily focused on launching the Nasha Mukht Panchayat Abhiyan in District Kishtwar, which



aims to combat substance abuse and create drug-free communities. To emphasize the commitment

towards this cause, a Nasha Mukht Bharat Abhiyan (NMBBA) Pledge was administered, accompanied by a Sig-

nature Campaign.

Furthermore, in a symbolic gesture, the ADDC Kishtwar and SSP Kishtwar in the presence of other dignitaries, flagged off the Nasha Mukht Express from the DC Office Complex.

This express campaign will traverse through the various blocks of Kishtwar, spreading awareness and fostering support for the Nasha Mukht Abhiyan. A captivating debate was held, with speakers and students shedding light on the drug menace in society and highlighting the crucial role of different stakeholders such as the administration, civil society, parents, schools, and religious organizations in raising awareness and combating drug trafficking. The ADDC and SSP also threw light on the menace and

the hard and soft intervention measures taken by civil and police administration in combating the menace in the district. A special facilitation session was conducted to honor and acknowledge the active participation of all the attendees. Similar Events were also conducted at various block and Panchayats as well. Besides, Special Gram Sabhas were organized at Panchayat Dadpeth, Block Mugal Maidan; Panchayat Filler B, Block Thakrie; and Panchayat Chicha, Block Nagsein wherein

Resolutions were passed in all the three Panchayats to declare the Panchayats as Nasha Mukht Panchayats signifying the commitment of the local communities for releasing a drug-free society.

Chairman Sarpanch Association Mendhār Waseem Ahmed Khan tour at Sangoite villages of Balakote

MS Nazki



MENDHĀR Chairman Sarpanch Association Sardar Waseem Ahmed Khan toured the Area of Sangoite Village to meet Senior Citizen, locals and youngsters to apprise the Problems faced by them.

Locals narrated many issues before him in which drinking water, Electricity Poles and Roads Conditions are discussed for highlighting before the District Administration Poonch for their Readdressal.

Residents of the Qazian Mohalla Stopped his Vehicle for the facing great hardship in the Rainfall water Nallah created by the PMGSY Road Contractor during his tendered work which damaged their Crops and House clearly.

Sarpanch Wasim Khan listened to their issues and assured to take with the Concerned Departments at the earliest for their Readdresses. He also made an appeal to the LT Union Government of Jk to come forward in the Rural Areas of Border Belt in the Support of Poor Masses for their Upliftment to achieve the Goals of Good Governance and Back to Village like Programs Slogans otherwise it is burden on the State Exchequer on the name of tax.

Doda admin declares 50 Panchayats Drugs Free

HT News Network

DODA, JUNE 26: District Administration Doda today organized an awareness programme, pledge ceremony, debates, and discussions to mark the International Day against Drug Abuse and Drug Trafficking here in Government Degree College.

The programme was chaired by Deputy Commissioner, Vishesh Mahajan along with SSP, Abdul Qayoom. The event at GDC Doda was hosted by the District Social Welfare Department under the aegis of Nasha Mukht Bharat Abhiyaan.

Stakeholders/speakers vouched for launching a sustained campaign to end the menace of Drug abuse, which has assumed alarming dimensions in the society.

Earlier, DC and SSP flagged off Prachar Rath (Awareness Van) from GDC, which will traverse across the district to sensitise the public about the disastrous consequences of drug abuse and ways to keep check on the perpetrators and prevent the vulnerability of the youth, from the harm of the abuse.

Progress achieved in realising health indicators reviewed in Doda

HT News Network

DODA, JUNE 26: Chief Medical Officer Doda Dr Ab Hamid Zargar today convened a meeting of BMOs and other health staff of the District to review the progress achieved in realizing Health services indicators in the district. At the outset, the DPM, Jahangir Mehta and Mohammad Faheem (District Finance & Logistic Consultant) gave a detailed powerpoint presentation and highlighted the targets and achievements under various parameters of the health department in the district. The CMO took a detailed scheme wise review of all health parameters including e-Sahaj, HMIS RCH, Branding Status of HWCs under Ayushman

Bharat, RBSK, NQAS, NP-NCD, IHIP IDSP etc.

The CMO, after reviewing the status of health indicators, asked the concerned to update the data on all health portals in time, besides ensuring timely reporting of each health format. Among others present in the present were BMO Assar, Dr Tanveer Ahmed; BMO Gandoh, Dr Ghansham Singh; Dr Javed Parray, Rishi Kumar Pandita (Head Phst), C K Shan (DMEO NHM), Mashhood Latif (BMEO Ghat), Irfan Thukar (BMEO Thathri) and Faizan A Trambo (Distt. Media Coordinator). Among others present in the present were BMO Assar, Dr Tanveer Ahmed; BMO Gandoh, Dr Ghansham Singh; Dr Javed Parray, Rishi Kumar Pandita (Head Phst), C K Shan (DMEO NHM).

Int'l Day against Drug Abuse and Illicit Trafficking observed at Udhampur

HT News Network

UDHAMPUR, JUNE 26: Like other parts of the country, International Day against Drug Abuse and Illicit Trafficking was observed with enthusiasm here at District Head Quarter Udhampur.

An impressive programme was organized by District Administration Udhampur in collaboration with Department of social welfare Udhampur here in Riwaayat Hall.

Deputy Commissioner, Udhampur Sachin Kumar Vaishya was the chief guest on the occasion.

The programme was attended by BDC, Chairman, Balwan Singh, DDC Councillor, Puran Chand; Additional Deputy Commissioner, Joginder Singh Jasrotia, Additional Sp,



Anwar-ul-Haq, District Social Welfare Officer, Kanika Gupta DIO, Rajinder Digra and other officers besides students/staff members of different Colleges and educational institutions. While addressing the gathering, the chief guest enumerated the harmful effects of Drugs and appreciated the role of the Social Welfare department for organizing such types of awareness pro-

grammes. The DC said that such programmes go a long way to create awareness among the public in general and the young generation in particular. He urged the participants to spread awareness about the drug abuse and illicit trafficking in their surroundings to make the society healthy. He appealed to the general public as well as participants to join hands in fighting the abuse of drugs and

eliminate this social evil from society to make India a drug free nation.

DSWO, Udhampur Kanika Gupta also spoke on the occasion and educated the participants about reasons why youth fall prey to this grave problem, and the various remedies and treatments available to patients to re establish them as active members of society. In her message to the youth she added that youth are at a very important juncture in their lives, and it is important for them to invest their attention and energy in the right direction.

Besides, Vikas, a drug addict survivor delivered a motivational lecture regarding journey from a drug addict to a successful businessman. He motivated participants to stay away from drugs.

Eid-Ul-Azha arrangements finalized in Bhaderwah

HT News Network

BHADARWAH, JUNE 26: Additional Deputy Commissioner (ADC) Bhadarwah, Choudhary Dil Mir today discussed the arrangements for Eid-ul-Azha here at a meeting held in Dak Bunglow.

The officers ASP, Vinod Sharma; Tehsildar, Manjeet Singh Katal; EO Municipal Committee, Assistant Executive Engineer, JPDC, Tehsil Supply Officer, besides officers/officials from Health, Sheep, Animal Husbandry, Fire and Emergency departments and representatives of Anjuman Islamia and Beopar Mandal attended the meeting. Security and the arrangements for power supply, water supply, availability of essential commodities viz. meat, chicken, vegetables, fruits, milk items, sanitation of Bhadarwah Town were discussed in the meeting. Tehsildar, Animal Husbandry officer, Food safety Officer, EO MC, TSO were asked to check the market



and ensure availability of good quality material at approved rates. The Jal Shakti and JPDC departments were asked to take advance measures to provide adequate water and power supply during the festival of Eid-ul-Azha. Security and the arrangements for power supply, water supply, availability of essential commodities viz. meat, chicken, vegetables, fruits, milk items, sanitation of Bhadarwah Town were discussed in the meeting.

Deputy Commissioner Rajouri inaugurates job fair

HT News Network

RAJOURI, JUNE 26: District employment and counseling center (DECC) Rajouri today organized a job fair (rozgar mela) in collaboration with district administration here in Dak Bunglow Rajouri. More than 600 unemployed youth from different areas of the district participated in the Fair.

Deputy Commissioner, Vikas Kundal inaugurated the job fair. The mela started with the inspection of the stalls by the Deputy Commissioner. He interacted with both the job givers as well as job seekers.

Deputy Director Employment Qadeer Ul Rehman briefed that this is the 5th



job fair in the district and had attracted a good response for the job seekers as well as job givers. A detailed market survey was conducted and a total 219 vacancies were received for the different job givers which were given wide publicity through social and print media to attract the

unemployed youth to the job fair. About 28 companies participated and short-listed 196 candidates for different vacancies. The Deputy Director also briefed the unemployed youth about various self employment schemes of mission youth and other line departments.

Handicrafts, Handloom Directorate, NIFT unveil packaging prototypes for Jammu Handicrafts

Initiative will enhance sales, earnings of artisans, weavers: Rohit Kansal

HT News Network

JAMMU, JUNE 26: Union Additional Secretary, Ministry of Textiles and Director General NIFT, Rohit Kansal, and Secretary in Industry & Commerce Department, Smita Sethi today attended unveiling ceremony of packaging prototypes and craft document for Handicrafts and Handloom products of Jammu region at JLN Udyog Bhawan Jammu. The event was organized under the guidance of Vikramjeet Singh, Commissioner Secretary, Industries & Commerce. Dr Javid Ahmed



Wani, Director National Institute of Fashion Technology, Srinagar, apprised the artisans and weavers from Jammu, Samba and Kathua districts of the packaging project through a detailed comprehensive presentation. Other dignitaries present on the occasion were Director Handicrafts and Handloom, Jammu, Dr. Vikas Gupta, MD JK TPO Khalid Jahangir and other officers of the Industries and Commerce department. Another important aspect of the event was unveiling of the craft document exhibiting

the crafts of Jammu division by the dignitaries. The event was aimed to create a strategic and attractive packaging design solution for branding Handicraft and Handloom items of Jammu division viz. Basohli Painting, Basohli Pashmina, Phulkari Products, Calico Printing and Lathe cum Lacquer. The project envisages evolving a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry, to give a unique packaging presentation to create a benchmark having.

Series of awareness events held in Rajouri to observe Int'l Day against Drug Abuse

HT News Network

RAJOURI, JUNE 26: Amidst a wave of enthusiasm and fervor, the District Administration of Rajouri, in collaboration with the Social Welfare Department and together with civil society members observed the International Day against Drug Abuse and Illicit Trafficking here today. The event, held at PWD Dak Bunglow, saw a multitude of activities aimed at raising awareness about the dangers of drug abuse and illicit trafficking. From an antidrug rally to a signature campaign and launch of a mobile anti-drug awareness van, the event was a resounding success, with participants expressing their satisfaction at the level of engagement and awareness generated by the celebrations. Addressing the event,



SSP, Amrit Pal Singh, emphasized that drug abuse and trafficking are not only social and health issues but are also major law enforcement challenges. He further stated that effective collaboration between law enforcement agencies and the public is crucial in identifying and taking action against drug peddlers and traffickers. He also stressed the importance of creating a safe and secure environment for all members of the com-

munity, especially the youth. He called on parents, teachers, and community leaders to play an active role in preventing drug abuse and trafficking, and urged them to educate young people about the dangers of drug abuse. The Chief Guest of the event, the Deputy Commissioner of Rajouri, Vikas Kundal in his speech emphasized the need for collective action to combat the menace of drug abuse and illicit trafficking. He highlighted the fact that drug addiction is a complex issue that affects not just the individual but also their families and communities. The Deputy Commissioner also stated that drug abuse is a serious public health problem that requires a comprehensive approach involving education, prevention, treatment, and law enforcement.

EDITORIAL

Combating Drug Abuse: A Global Imperative

International Drug Abuse Day serves as a reminder of the critical issue that plagues societies worldwide. On this occasion, it is imperative to shed light on the pressing need for comprehensive measures to combat drug abuse and the alarming rise in drug consumption. In particular, the recent crackdown on drug abusers in Kashmir highlights the urgent need for international collaboration and a multifaceted approach to address this complex problem.

The escalating drug abuse crisis in Kashmir has been a cause for concern, necessitating decisive action. Recent efforts by local authorities to crack down on drug abusers deserve commendation. The aggressive pursuit of drug traffickers and the increased enforcement of anti-narcotic laws demonstrate a commitment to tackling this issue head-on. Such actions aim to dismantle the drug supply chain and disrupt the illegal drug trade, thereby safeguarding communities and protecting vulnerable individuals.

However, while a crackdown on drug abusers is crucial, it is equally important to recognize the underlying factors that contribute to drug addiction. Socioeconomic disparities, lack of education, unemployment, and psychological trauma are among the key drivers of drug abuse. To address this issue comprehensively, an approach that combines law enforcement with prevention, treatment, and rehabilitation is essential.

The fight against drug abuse cannot be waged by any one nation alone. It requires a global effort, with countries collaborating and sharing resources, knowledge, and best practices. International organizations, such as the United Nations Office on Drugs and Crime (UNODC), play a pivotal role in coordinating efforts, promoting cooperation, and supporting capacity-building initiatives in affected regions.

Moreover, fostering partnerships between governments, law enforcement agencies, healthcare professionals, and civil society organizations is crucial. By pooling expertise and resources, stakeholders can work together to devise comprehensive drug control strategies, ranging from prevention and education campaigns to strengthening rehabilitation facilities and support systems.

The rising consumption of drugs globally is a cause for alarm. The United Nations World Drug Report highlights that drug use continues to grow, with an estimated 275 million people, or 5.5% of the global population aged 15-64, having used drugs at least once in 2020. This trend demands immediate attention, as drug abuse devastates lives, fuels crime, undermines social stability, and strains healthcare systems.

Prevention and education initiatives are vital components of any effective strategy to combat drug abuse. Governments, schools, and communities should prioritize comprehensive drug education programs that promote awareness, dispel myths, and equip individuals with the knowledge and skills needed to make informed decisions. These programs should also foster resilience, self-esteem, and promote healthy coping mechanisms, mitigating the risk factors associated with drug abuse.

While prevention is crucial, addressing the needs of individuals struggling with addiction is equally essential. Governments must ensure access to affordable and quality treatment facilities, rehabilitation programs, and aftercare services. A compassionate approach, emphasizing harm reduction and evidence-based treatment, can help individuals break free from the cycle of addiction, reintegrate into society, and rebuild their lives.

On International Drug Abuse Day, it is imperative that we confront the global drug abuse crisis with renewed determination. The crackdown on drug abusers in Kashmir serves as a reminder of the urgent need for a comprehensive approach that combines law enforcement with prevention, treatment, and rehabilitation. By fostering international collaboration, sharing best practices, and prioritizing prevention and education, we can collectively work towards a drug-free future. Together, we can empower individuals, strengthen communities, and create a world where the scourge of drug abuse is effectively curtailed.



AADIL GHULAM BHAT



A new type of conflict is being played out in the scenic valleys of Kashmir, where nature weaves an amazing tapestry, a struggle that extends well beyond the breathtaking landscapes and into the hearts and souls of its inhabitants. Unemployment is one of the many problems the people of Kashmir have to deal with, and it has a significant impact on their ability to achieve their goals. This urgent problem has already caused economic difficulties and threatens to bring the area to a standstill. Nonetheless, a potent chant has arisen in the face of adversity: "Give me a Pen to have a special fun."

Kashmiris of all walks of life are feeling the effects of the region's rising unemployment rate. Many people have been driven to the point of despair by the lack of employment possibilities, which has perpetuated a cycle of poverty and misery. The young, who should be the engine of growth and change, are instead caught in a cycle of joblessness and disappointment. With hope dwindling and irritation mounting, they must decide which direction to go. Should they take drastic measures and tend towards filthy spectacle, or use their intelligence and write a manifesto? The yell for a voice is a call for self-defense, justice, equality and respect. It represents the resentment and retaliation that arise from being subjected to unfair treatment. The voice becomes a tool of defiance, a strategy to get people's attention throughout the globe and win back the rights that have been taken away for far too long. However, we have learned the hard way through war and bloodshed that using force only leads to more death and devastation. This road leads society farther into the shadows, with little potential for development and improvement.

On the other hand, a need for a writing instrument might be seen as a plea for more autonomy, knowledge, and understanding. It represents the idea that one's level of education determines their ability to affect change in the world. The written word has the power to change individual lives and improve whole communities. It has the power to open people's eyes,



facilitate comprehension, and motivate original thought. By taking up the pen, people may liberate themselves from the bonds of poverty and unemployment and step into a more promising future.

Recognising the many factors at play and the long-standing problems that have contributed to Kashmir's unemployment catastrophe is crucial. The present situation is largely the result of political and social reasons. To solve these problems, we need economic policies that are fair to everybody, investments in schools and training programmes, and a culture that encourages risk-taking and new ideas.

The importance of teamwork and coordinated effort cannot be overstated. Together, the public sector, nonprofits, and the private sector can foster the conditions necessary to generate new jobs. Industry promotion, investor attraction, and the provision of requisite infrastructure are all part of this process. At the same time, initiatives should be made to encourage entrepreneurship, skill development, and vocational training in order to provide young people with the skills they'll need to thrive in today's competitive labour market. Though the future holds obstacles, you must keep your optimism and tenacity. The Kashmiri people's spirit, which is famed for its perseverance and determination, might serve as a role model. Regional unemployment may be reduced and

a better future can be created by fostering an atmosphere that promotes open communication, tolerance, and acceptance.

In conclusion, the slogan "Let me run or Give me a Pen" captures the plight of the unemployed Kashmiris. It's a crossroads when people's choices between the route of violence and the path of education and growth become stark. Despite severe challenges, it is imperative to remember that lasting change is possible through dignifying jobs, education, and collective action. By embracing the pen, the people of Kashmir can reclaim their agency, break free from the shackles of unemployment, and build a prosperous future for generations to come.

Aadil Ghulam Bhat is a 23-year-old Student and author who is passionate about writing poems and articles. Aadil Ghulam was born and raised in Hablshi village of South Kashmir's Kulgam District of J & K .In addition to their blog writing, Aadil Ghulam has also published three(3) books of poetry that have received critical acclaim and earned them a good reputation in the literary world. They have been recognized for their creative Urdu Ghazals with pride and honor. E mail: adigulambhat@gmail. com Ph. No.: +917051672115.

How To Become A Zoologist



VIJAY GARG



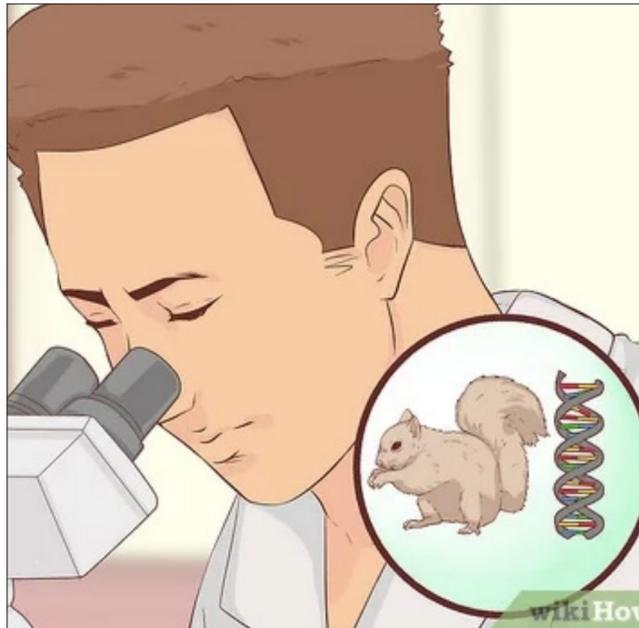
A zoologist is an expert in the systematic and scientific study of the structure and functions, form and distribution of animal life. These professionals basically concentrate on the study of animal's structure, behaviour, origin, life processes, conditions and diseases.

Zoologist as a career has attained greater importance in the past few years, owing to the awareness among the human being about the need and importance of the animal kingdom in the life of humans. Thus career as a zoologist is a great choice for those aspirants who have a genuine interest in all kind of wildlife as well as domestic animals.

One should be able to work effectively, independently or as part of a team. Good communication, self-discipline, patience, and good physical stamina are some other qualities, one should have to be on the path of becoming a zoologist. They should also be able to think quickly in an emergency or dangerous situations. No doubt some basic qualities and proper qualification can produce an excellent zoologist from an aspirant.

Zoologist Eligibility
The minimum educational qualification for becoming eligible to become a Zoologist course is the 12th class with Physics, Chemistry and Biology.

Zoologist Required Skills
Zoologists possess an interest in animals and the environment; an aptitude for science, particularly biology and chemistry; the ability to carry out detailed work accurately and methodically. They also have the ability to plan



research, analyse and interpret data, and write reports; practical skills and problem-solving skills.

They must have patience, perseverance and the ability to concentrate for long periods; the ability to work as part of a multi-disciplinary team; strong communication.

They should also be able to develop and test new drugs; improving agricultural crops and livestock; disease and pest control; conserving endangered habitats and species; animal welfare and education.

How to become a Zoologist?
The aspiring candidates have to follow the following steps to become a Zoologist.
Step 1

Interested candidate with at least 60% marks (in some universities of repute) in 10+2 with science as the stream has to apply for the admission in undergraduate courses in Zoology offered by nearly all the science university throughout the country. Selection to the graduate courses like B.Sc. with Specialization in Zoology is based on merit i.e. the marks secured in the final exams of 10+2 and through entrance tests in some of the reputed universities.

Step 2
After completion of the graduation admission to the Postgraduate, M.Sc. (Zoology) courses are based on the performance of the candidates in the graduation.

Step 3
Equipped with a Masters degree, the aspiring candidates can look for some jobs in the various concerned departments of the state and Centre Governments.

Zoologist Job Description
Zoologists study how the animals live and thrive in their natural, artificial and laboratory surroundings.

They study the way animals interact with each other, how they react to change in their habitat, and how they can adapt to new surroundings and survive.

Zoologists are also responsible to gather and investigate biological information to determine the effect on the environment, caused by the current and future use of land and water resources.

Zoologist Career Prospects
Zoologists usually work in zoos as directors, curators or zookeepers. Directors are responsible for fundraising and public relations; curators oversee the functioning of the zoo and the acquisition of animals, and zookeepers are responsible for the daily hands-on care of the animals.

Increasingly, some zoologists are working in areas of conservation, breeding and the protection and preservation of species. Mammalogists study Mammals, Ornithologists study Birds, Ichthyologists study Fish, and Herpetologists study Reptiles.

Zoologist Salary
Zoologist salary depends largely upon their academic qualification, institute or university from which the degree is attained and the level of work experience they have achieved. To start with, the fresh Graduates from some of the prestigious universities can get anything between Rs.4,50,000 to Rs.5,00,000 as an annual salary.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

Shaking Hands with the “Invisible Hand”: A Case of Reducing Information Asymmetry in the Market for Health Insurance

Ayushman Bharat Health Account (ABHA) Number would help insurers to evaluate the likelihood of future claims and set differential premiums based on the individual’s health status.



SUHAIL AHMAD KHOJA



MISBA RAFIQ

Prime Minister Narendra Modi launched the Ayushman Bharat Digital Health Mission (ABDM) on 27th September 2021. The mission aims to connect digital health solutions of hospitals across the country with each other, enabling individuals to discover hospitals, laboratories, and pharmacies across the country. If a person wants to be part of the ABDM, he/she must create a health ID known as Ayushman Bharat Health Account (ABHA) number. This ID is a 14-digit identification number that can be used from anywhere in India. Ayushman Bharat Health Account (ABHA) number is a hassle-free method of accessing and sharing your health records digitally. It enables your interaction with participating healthcare providers, and allows you to receive your digital lab reports, prescriptions and diagnosis seamlessly from verified healthcare professionals and health service providers. The ID will be broadly used for three purposes: unique identification, authentication, and threading of the beneficiary’s health records, only with their informed consent, across multiple systems and stakeholders. ABHA card has the potential to be a game changer for insurance companies and of bringing a revolutionary change in India’s healthcare facilities.

A tryst with data

As of June 25, 2023, 40.81 crore ABHA cards

have been issued, of which 27.87 crore cards have health records linked with the ABHA card. Andhra Pradesh tops the list with 4.03 crore ABHA cards issued till now. Gender wise, 51.54% cards have been issued to males and 48.45% have been issued to females. In J&K, 69.6 lac ABHA cards have been issued till date. According to latest National Family Health Survey (NFHS-5), about 41% of the households surveyed have at least one member covered under health insurance or a health scheme. In short, penetration of health cover in India is on the rise because in NFHS-4, only 29 per cent of the surveyed households had at least one member covered by health insurance or a health scheme.

Economics of risk

Economists are able to distinguish between risks and uncertainties. In case of uncertainties, probabilities are unknown, while risk is a quantifiable uncertainty with known probabilities. Unquestionably, life is a series of uncertainties so is one’s health. Most people are risk averse: they dislike risk, a fact which has theoretical backing in famous law of diminishing marginal utility, because an additional dollar matters more when you are facing hard times than when you are facing good times. Risk averse people choose a less risky option than a more riskier option if both options offer the same expected value of outcome. People prefer to reduce or eliminate risk by voluntarily paying a price for it, that is why we have an Insurance industry.

Rationale for buying a health insurance policy

Apart from reducing or eliminating the monetary risks, health insurance is essential because it provides financial protection, access to quality healthcare, preventive care, chronic disease management, emergency coverage, prescription medication benefits, and family coverage. It helps individuals and families maintain their health, manage healthcare costs, and ensures they receive the necessary medical care when needed. In this column, we have not focused on the availability, accessibility and affordability concerns associated with health insurance, however, our focus is on how over long run, a properly designed digital health database can solve many issues

Universal healthcare: One solution to adverse selection is to not allow selection at all. For example, forcing everyone to have healthcare will keep costs down and eliminate the issue of adverse selection. In this situation, people who are not at-risk are subsidizing the costs of people who are at-risk. However, such a policy is questionable on basic economic principles as well as from the perspective of maintaining fiscal discipline if the government subsidizes it.

which insurance providers face in free market which otherwise is efficient for the provision of health insurance.

Preconditions for a well-functioning market for insurance

Markets for insurance perform well in efficient allocation of risk; an allocation of risk in which those who are most willing to bear risk are those who end up bearing it, under two conditions. First, when risk can be diversified by selling insurance policies in such a market which is made up equally of people who are at less risk of a disease as well as to those who are more susceptible to diseases. Second, when the likelihood of loss is equally well known to everyone: when there is perfect information available to both

parties involved in the transaction. The first condition is satisfied in most of the cases, however asymmetric informs proves to be an Achilles heel that prevents the market for Insurance to ensure efficient allocation of risk. In presence of information asymmetry, premium rate to purchase a policy is high as the demand usually comes from policy holders who are at high risk of diseases, rather than the healthy individuals, thus violating the first conditions as well. This specific effect is called adverse selection: Any process where the party with more information selects transactions that are more beneficial to them, at the cost of the less-informed party

How information asymmetry is typically reduced

Economists have attempted to devise various techniques to alleviate the problem of information asymmetry. Some of them are as:

Signaling: A strategy in which one party credibly conveys some information about itself to another party by undertaking some action that testifies it. For example, a healthy person may reveal his health history to the insurance company if he possesses such a database. Pertinent to mention here, it is the area where ABHA card will be a game changer.

Screening: A strategy in which one party with less information creates a process whereby the other side is forced to reveal information about themselves through their choices. For example, an insurance company may offer “full coverage plan” and “limited coverage plans” at varying premium payments to customers with varying risk appetite. Generally, signaling is undertaken by the insured party while screening is undertaken by the insurers. But, the basic objective is to reduce the information asymmetry to create a conducive market for invisible hand to perform efficiently in allocating risk.

Universal healthcare: One solution to adverse selection is to not allow selection at all. For example, forcing everyone to have healthcare will keep costs down and eliminate the issue of adverse selection. In this situation, people who are not at-risk are subsidizing the costs of people who are at-risk. However,

such a policy is questionable on basic economic principles as well as from the perspective of maintaining fiscal discipline if the government subsidizes it.

Way Forward: How ABHA card will reduce the information asymmetry.

Digital health database of individuals can offer valuable information to health insurance companies in several ways. Firstly, the risk assessment of insuring individuals would be easy by gaining an insight into an individual’s medical history, current health conditions, and potential risks. It would help insurers to evaluate the likelihood of future claims and set differential premiums based on the individual’s health status. Moreover, insurance companies can compare the health information provided by applicants with their digital health records to identify any inconsistencies or misrepresentations. This helps to ensure the accuracy of the information provided and mitigate fraudulent claims. Digital health data can streamline the claims processing and verification process. Insurers can electronically access an individual’s health records, test results, and treatment history, expediting the evaluation of claims and reducing administrative burdens. By analyzing large datasets, insurers can identify trends, patterns, and risk factors related to specific health conditions or demographics. This information can inform the development of new products, services, and risk mitigation strategies. Moreover, such a database would help to formulate an effective public health policy to improve health outcomes. However, privacy concerns associated with such a digital health database should be taken into consideration. It is important to note that the use of digital health data by insurance companies must adhere to privacy regulations and ensure the security of individuals’ personal health information. Striking a balance between leveraging data for insurance purposes and safeguarding individual privacy is crucial for the ethical and responsible use of digital health data.

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Bucking The Herd Mentality:

Students Sound the Horn for Individuality and Support Amidst the Rat Race of Competitive Exams and Narrow Career Paths

"You cannot build a reputation on what you intend to do." —Liz Smith."



ER AAUSYF IBN FAROOQ



MEER HARRIS TURABBI

Every year, statistics have shown that a multitude of aspirants embark on the challenging journey of preparing for competitive exams like UPSC, PSC, IES, IIT JEE, and NEET. These exams hold the promise of a bright future, but their uncertain and highly competitive nature means that only a small percentage of candidates find success.

These exams are known for their uncertainty, immense challenges and enormous obstacles. With

typically relatively poor success rates, therefore, the possibility of achieving success seems elusive. Yet, this pursuit has persisted for decades, with countless individuals enduring the immense hardships that come with the preparation period. However, a concerning aspect of this trend lies in the pressure placed on students to pursue certain fields of study based solely on their parents’ desires. This narrow approach not only leads to potential mismatches but also perpetuates inequality and hampers individual growth.

The Pressure to Conform:

One of the most disconcerting aspects of this trend is the societal pressure that compels students to pursue specific career paths dictated by their parents. The idea that individuals should pursue medicine or engineering simply because it aligns with their family’s aspirations is flawed. Rather than considering the interests, potential, and changing demands of the world, parents often impose their preferences on their children. This approach fosters a culture of inequality and limits the importance given to other fields of study that may better align with a student’s interests and talents.

Limiting Individual Potential:

By pressuring students into careers that may not suit their aptitude or passion, parents and society

inadvertently stifle their true potential. Not all students are destined for medicine or engineering. There exists a vast array of fields that offer fulfilling and successful career paths. By pressuring students to follow a predetermined trajectory, parents restrict their children’s opportunities to explore alternative paths that may better align with their unique skills and talents. This limitation not only diminishes individual potential but also hampers societal progress by neglecting the diverse range of talents and interests present among the youth.

The Toll on Mental Health:

The goal of success in competitive exams comes at a great cost to students’ mental and emotional well-being. The overwhelming pressure to excel, coupled with the gruelling hours of study, takes a significant toll on their health. Students find themselves trapped in a cycle of anxiety, stress, and burnout as they strive to meet the expectations set by their parents and society. The relentless competition and fear of failure can lead to serious mental health issues, including depression and anxiety. It is essential to acknowledge the detrimental impact this pressure has on students and prioritise their well-being above societal expectations.

Embracing Individuality and Supporting Personal Growth:

The trend of pushing students towards competitive exams and specific career paths based solely on parental desires is deeply concerning. It limits their potential, increases stress levels, and jeopardises their mental health. To address this issue, parents and society must recognize the unique talents, interests, and aspirations of each individual. Rather than imposing their preferences, parents should encourage their children to explore their passions and support them in pursuing diverse career paths. Society, in turn, should celebrate the achievements of individuals in various fields, fostering an environment that values individuality and personal growth.

To wind it up that the race for success in competitive exams is fraught with challenges and uncertainty. However, it is imperative to question the societal norms that push students into specific career paths based solely on parental desires. By recognizing and celebrating individuality, we can create a more inclusive and supportive society where students are encouraged to pursue their passions and explore diverse career options. Only by embracing individual potential and prioritising mental well-being can students truly thrive, reach their full potential, and lead fulfilling lives.

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"Obama Ji Should Not Forget...": Rajnath Singh On Ex-President's India Remark

HT News Network

Jammu: Union Defense Minister Rajnath Singh on Monday criticised former US President Barack Obama for his comments on Indian Muslims and suggested that Obama look at how many Muslim nations were attacked during his administration. "Obama ji should not forget that India is the only country which considers all the people living in the world as family members. He should also think about himself as to how many Muslim countries he has attacked," Defense Minister said. This comment came after US former President Barack Obama, during a media interview, said if ethnic minorities are not protected, there is a strong possibility of the country "at some point starts pulling apart".



Obama's made the remarks during an interview with CNN's Christiane Amanpour and said if President Joe Biden meets with PM Modi, "the protection of the Muslim minority in a majority Hindu India is something worth mentioning".

On Sunday, Union Finance Minister Nirmala Sitharaman also hit out at Obama and said that under his reign, the United States had bombed six Muslim-dominated countries.

While addressing a press conference in Delhi, Nirmala Sitharaman said, "It was surprising that when the PM was visiting the US and telling people about India, a former US President (Barack Obama) was making a statement on Indian

Muslims... I am speaking with caution, we want a good friendship with the US, but they comment on India's religious tolerance. Perhaps 6 Muslim-dominated countries were bombed due to him (Obama)... More than 26,000 bombs were dropped." Meanwhile, at the conference, the union minister defended PM Modi from questions surrounding the treatment being meted out to the Muslims in India and pointed out that out of 13 hours, that the Prime Minister received from different countries,

six awards were from such nations where Muslims are in the majority.

"The honourable prime minister himself during the press conference in the US has said how his government works on the 'Sabka Sath Sabka Vikas' principle and doesn't discriminate against any community whatsoever but the fact remains that repeatedly when people join in this debate and highlight issues which are non-issues in a way because if there are issues in states which are to be raised they are being raised at the state level," Ms Sitharaman said at the press conference. "The honourable prime minister himself during the press conference in the US has said how his government works on the 'Sabka Sath Sabka Vikas' principle and doesn't discriminate against any community whatsoever but the fact remains that repeatedly when people join in this debate and highlight issues which are non-issues in a way because if there are issues in states.

Zero tolerance policy against narcotics successful: Amit Shah

HT News Network

New Delhi, June 26 (UNI) Union Home Minister Amit Shah said on Monday that the policy of zero tolerance against narcotics adopted by the central government is showing successful results.

"One of the main pillars of this policy is the whole of government approach of the Modi government, in which the coordination of different departments makes the policy more effective," he said in a video message on the "International Day against Drug Abuse and Illicit Trafficking."

The Union Home Minister also congratulated all the organisations and people fighting against drugs.

"It is a matter of great pleasure that this time also the Narcotics Control Bureau (NCB) is organising 'Nasha Mukh Pakhwada' at all India level," he said.

The Union Home Minister said that it is the government's resolve not to allow narcotics trade in India.

"Nor we will allow drugs to be routed to the world through India. In this campaign against drugs, all the



major agencies of the country, especially the "Narcotics Control Bureau" are continuously fighting their war" he said.

Shah said the effect of the comprehensive and coordinated fight against drugs is that where drugs worth Rs.768 crore only were seized in 2006-13, it has increased almost 30 times to Rs 22,000 Crore in 2014-22.

"181 per cent more number of cases have been registered against drug peddlers in comparison to the earlier period," he said.

This shows the government's commitment

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This shows the government's commitment towards a drug-free India.

Kejriwal slams LG over law & order condition

HT News Network

New Delhi, June 26 (UNI) Delhi Chief Minister Arvind Kejriwal on Monday took a dig at Lieutenant Governor VK Saxena over the deteriorating law and order situation in the national capital.

Kejriwal said the LG should resign to make way for someone who can provide safety and security to the people. His remarks came in the aftermath of a daylight robbery that occurred inside Pragati Maidan tunnel in Delhi.

Taking to Twitter, Kejriwal wrote, "LG should resign. Make way for someone who can provide safety and security to the people of Delhi. If the Central govt is unable to make Delhi safe, hand it over to us. We will show you how to make a city safe for its citizens."

Power tariff to be hiked as DERC allows distribution companies demand

HT News Network

New Delhi, June 26 (UNI) The power tariff will hike for the residents of Delhi as Delhi Electricity Regulatory Commission (DERC) has allowed the demand of distribution companies following which the Power Purchase Cost Adjustment (PPAC) has been increased.

BSES Yamuna Power has been allowed to charge 9.42 per cent and BSES Rajdhani Power 6.39 more on top of the prevailing rates.

Delhi Power Minister Atishi took a dig at the Centre over PPAC hike, she said, "The increasing electricity price is due to the mismanagement of the Central government, because coal has become expensive, artificial shortage has happened for the first time."

She further said, "The Coal purchasers are forced to buy 10 per cent imported coals, which comes to Rs 25,000 tonne which is 10 times more expensive than Indian coal."

The charges will not impact on the consumers who have been receiving zero bills but those who have been getting bills will have to pay an extra surcharge.

'Double-engine' govt totally failed in Manipur: CPI(M)

HT News Network

New Delhi, June 26 (UNI) Expressing concern over the current crisis in Manipur, the Communist Party of India (Marxist) on Monday said the 'double-engine' government of BJP has "totally failed" in controlling the situation in the state.

"The double-engine BJP government has totally failed in controlling the situation. Prime Minister Narendra Modi refused even to comment on the situation. The Home Minister's visit on May 29, full 26 days after violence began, has had no effect on the law-and-order situation," the CPI(M) said in a statement.

Referring to the recent all-party meeting convened by Home Minister Amit Shah over Manipur situation, the party said, "The all-party meeting called by the Home Minister was of no consequence as the Modi government refused to accept the dismissal of the N Biren Singh-led BJP government in the state which has been both complicit and incompetent in controlling the situation."

Monsoon Has Covered 80% Of India, New Pattern This Year: Official

HT News Network

New Delhi: This year's monsoon has reached 80 per cent of India so far, India Meteorological Department's senior scientist Dr Naresh Kumar told NDTV on advancement of southwest monsoon in the country. Monsoon reached different parts of the country rapidly due to a low pressure area occurring in the Bay of Bengal yesterday, he said. Monsoon arrived in Delhi and Mumbai on the same day on Sunday. This has happened after 62 years, Dr Kumar said. The usual date for monsoon to reach Mumbai is June 11 and June 27 in Delhi, but reached the two metro cities on the same day. However, this can't directly be linked to climate change as it takes data from 30 to 40 years to determine that, Dr Naresh Kumar said. Monsoon has reached different parts of the country in a new pattern this year. "Generally, monsoon is activated by a low pressure zone. High speed winds caused by the low pressure zone led to monsoon rapidly reached various parts of the country which saw rainfall," he said, and explained that western winds from the Arabian Sea that push monsoon further up coincided with the



formation of the low pressure zone in the Bay of Bengal when it was over Maharashtra. This resulted in rainfall in Maharashtra, including in Mumbai, and at the same time the low pressure zone pushed winds towards north-western India, including to Delhi, covering both regions at the same time, Dr Kumar said. Clouds over Assam have dissipated, and significant rainfall is not expected there, he said. 12 cm rainfall is expected in Rudrapur and various other areas of Uttarakhand, he added.

Several cities in the country are witnessing heavy rainfall and a flood-like situation after the southwest monsoon brought showers over the past couple of days.

The weather office has predicted heavy rain, thunderstorms and gusty winds in Punjab and Haryana today.

India Next Big Destination For Semiconductor Makers, Says Minister

HT News Network

New Delhi: Union Minister Ashwini Vaishnaw on Monday said the current BJP-led Central Government has succeeded in attracting investments in emerging technology, and stated that India is the next important location for semiconductor manufacturers. Congress has attempted to do so since the 1980s but was not successful. During Prime Minister Narendra Modi's State visit to the US last week, Micron Technology announced a massive India-specific investment plan.

On Thursday, hours after PM Modi met Micron CEO Sanjay Mehrotra in the US and invited him to boost semiconductor manufacturing in India, the global semiconductor major announced plans to build a new assembly and test facility in Gujarat in India with an investment of USD 825 million. Once set up, the facility will address demand



from domestic and international markets.

Micron said it selected Gujarat due to its manufacturing infrastructure, conducive business environment and a firm talent pipeline in the SANAND Industrial Park (Gujarat Industrial Development Corporation - GIDC).

Phased construction of the new assembly and test facility in Gujarat is expected to begin in 2023. Micron expects Phase 2 of the project, which would include the construction of a facility similar in scale to Phase 1, to start towards the second half of the decade.

"This was a very historic visit. It is a very proud moment when India was discussed in the White House. The US sees India as an equal partner. Several foreign policies focusing on India were signed during the visit. India and US are coming together as a big force. PM Modi's visit is considered a milestone globally. India has now become a force to reckon with," said IT minister Ashwini Vaishnaw.

During PM Modi's US visit, partnerships on 35 emerging technologies, including on semiconductors, space, quantum computing, and AI, among others, were signed.

According to the minister, jet engine manufacturing in India by HAL is the most significant milestone.

In a major announcement coinciding with PM Modi's visit, GE Aerospace announced that it has signed a Memorandum of Understanding (MoU) with Hindustan Aeronautics Limited (HAL) to produce fighter jet engines for the Indian Air Force.

These state-of-the-art jet engines, known for their endurance and durability, will enhance the capacity of the Indian Air Force.

Co-production of jet engines for the Indian Air Force, defence industrial collaboration, space sector cooperation, semiconductor supply chain and innovation partnership and collaboration in emerging Artificial Intelligence technology are among key takeaways from Prime Minister Narendra Modi's visit to the US and his bilateral meeting with President Joe Biden.

Pure water will reach every house by March 2024: Yogi

HT News Network

Lucknow, June 26 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Monday directed the officials to increase the number of new water connections to 50,000 every day and complete the Jal Jeevan Mission by March 2024 as set by Prime Minister Narendra Modi.

While reviewing the progress of Jal Jeevan Mission and Namami Gange project in a high-level meeting, the CM called for intensifying efforts to provide tap water to every household while giving necessary guidelines. He said, "Since April 2022, 22,714 tap connections were being installed every month in the state, which reached 12.96 lakh connections every month in May 2023. Currently 43,000 tap connections are being installed every day, which needs to be increased to 50,000 daily. The PM has set a target of completing the Jal Jeevan Mission by March 2024 so as to ensure provision of tap water to every house by that time at any rate." Yogi said with the resolution of 'Har Ghar Nal-Har Ghar Jal', a grand campaign is going on to provide pure drinking water to 2.65 crore rural families of the



state. "Before the start of Jal Jeevan Mission, only 5.16 lakh families had access to pure drinking water from the tap. Due to continuous efforts, today the dream of pure drinking water has come true for more than 1.30 crore families," he said.

He said, "A total of 59.38 lakh connections have been provided in the financial year 2022-23 alone. Remaining houses should also get piped drinking water in a phased and time-bound manner." The chief minister said the Jal Jeevan Mission is on the priority of the Prime Minister. "Its implementation is being continuously reviewed by the central government. It is heartening that three districts, Gautam Buddha Nagar, Jalaun and Shahjahanpur.

BJP Government Will Be Dislodged By 'India's Wagner Group': Team Uddhav

HT News Network

Mumbai: The Shiv Sena (UBT) on Monday claimed the "Wagner group" in India, a reference to opposition parties, will dislodge the Narendra Modi government through the ballot box by using the path of non-violence.

In a dramatic development last week, Wagner mercenary group chief Yevgeny Prigozhin called for an armed rebellion and claimed his forces had military facilities in Russia's southern city of Rostov-on-Don under their control. It also started its march to Moscow.

Russian President Vladimir Putin called the rebellion a betrayal and an act of treason. Later, Prigozhin said he has ordered his mercenaries to halt their march on Moscow and retreat to their field camps in Ukraine to avoid shedding Russian blood, following negotiations carried out by the Belarusian president. An editorial in the Sena (UBT) mouthpiece 'Saamana' drew a parallel between Wagner mercenary group's 'revolt against Russian President Putin' and the meeting of opposition parties in Patna last week.

Drawing the battle lines, over 32 leaders of more than a dozen opposition parties held a crucial meeting in Patna hosted by Bihar Chief Minister Nitish Kumar on Friday and resolved to take on the Bharatiya Janata Party (BJP) unitedly in the 2024 Lok Sabha polls.

The editorial in Saamana said the "Wagner group" has shown dictatorship can be challenged.

"Be it PM Modi or Putin, they have to face rebellion. The government in India will be dislodged by a non-violent Wagner and that route will be through the ballot box," it claimed. Like Putin, PM Modi has to go, but in a democratic manner, it said. "The Wagner group came together in Patna as a protector of democracy," the Marathi daily said, referring to the conclave of the opposition parties in Bihar capital last week.

Financially Stuck Sri Lanka, Moves To Restructure Domestic Debt

HT News Network

Colombo, Sri Lanka: Sri Lankan authorities have declared a five-day closure of financial markets from Thursday ahead of a controversial move to restructure the government's domestic debt amounting to more than \$51 billion.

The restructuring affects government bonds in line with an IMF bailout agreed in March, after Sri Lanka defaulted on its foreign debt in April last year and declared bankruptcy.

A parliamentary official said lawmakers were expected to meet on Tuesday to discuss holding a special session of the legislature later this week to approve debt restructure plans.

Central bank governor Nandalal Weerasinghe said authorities had ordered that Friday will be a holiday, on top of existing religious holidays on Thursday and Monday and the weekend.

He told local television networks that it would be unhealthy for markets to remain open while the debt restructuring was being discussed in parliament.

"Markets should not function when sensitive debt restructuring is discussed," Weerasinghe told the Hiru TV network. "We hope to complete the restructuring process within these five days."

Weerasinghe said deposits of individuals would not be affected, but the government plan is to restructure treasury bills and bonds held by commercial banks and



pension funds.

The government is still in talks with its foreign creditors to restructure external debt, a key condition to continue with the four-year \$2.9 billion IMF rescue package.

The government had expected foreign debt restructuring by last August, but it was held up as the country's main bilateral creditor, China, was initially reluctant to take a haircut and instead offered more loans to pay off old debts.

More than \$14 billion of the total foreign credit is bilateral debt to foreign govern-

ments, 52 percent of which is owed to China.

Under IMF conditions, the government must reduce its domestic and foreign debt servicing by more than half to balance its books and emerge from the island's worst economic crisis.

The country ran out of foreign exchange to pay even for the most essential imports earlier last year sparking unprecedented shortages of food, fuel and medicines.

Months of protest over mismanagement of the economy led to the toppling of then

president Gotabaya Rajapaksa in July.

Rajapaksa's successor, six-times prime minister Ranil Wickremesinghe has cracked down on protests, raised prices, scrapped subsidies and doubled taxes to stabilise the economy.

Earlier this month, the IMF said Sri Lanka's economy showed "tentative signs of improvement" but recovery remains challenging and Colombo must pursue painful reforms. The government is still in talks with its foreign creditors to restructure external debt, a key condition to continue with the four-year \$2.9 billion IMF rescue package.

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Russian strikes kill 13 in rebel-held Syria

HT News Network

JISR SHUGHUR: Russian air strikes killed at least 13 people in rebel-held northwest Syria on Sunday, the deadliest attack on the war-torn country this year, a war monitor said. At least nine civilians, including two children, were among the dead, with most killed at a fruit and vegetable market in Jisr al-Shughur in the Idlib region.

"These Russian strikes are the deadliest in Syria this year and amount to a massacre," said Rami Abdel Rahman, who heads the Britain-based group Syrian Observatory for Human Rights. Russian forces which back President Bashar al-Assad's regime were responding to rebel drone strikes over the past week that killed four civilians including two children, according to the observatory.

Saad Fato, a 35-year-old labourer who survived the strike on the market, said he helped efforts to try to rescue the wounded. "Russians shells rained on us," he said, recounting that he was unloading tomatoes and cucumbers at the time of the attack. "It was indescribable, seeing the dead, the wounded," he said, his hands still covered with the blood of casualties. Another three civilians, including two children, and one rebel fighter were killed in a strike on the outskirts of Idlib city, said Abdel Rahman. A correspondent at the scene saw plumes of black smoke rising from the site and ambulances, their sirens wailing, rush the wounded from the market to the hospital. Six civilians died in Jisr al-Shughur and three rebel fighters were killed nearby by Russian air strikes, said Abdel Rahman, whose group relies on a wide network of sources inside Syria. That fighter was a member of the Turkish Islamic Party, an Uyghur-dominated jihadist group, he said, adding that the parents of the dead children also belonged to that group. At least 30 civilians were wounded in Sunday's strikes, said Abdel Rahman, who added that the death toll was likely to rise. Ahmed Yazigi of the civil defence in Jisr al-Shughur earlier reported that the strikes killed nine people, without specifying whether the toll included fighters. Yazigi called the assault "a direct attack on the popular market which provides a basic source of income for farmers". Syria has killed more than half a million people and forced around half of the country's pre-war population from their homes.

The Assad regime, with Russian and Iranian support, has clawed back much of the ground lost early in Syria's conflict which erupted in 2011 when it brutally repressed pro-democracy protests. Russia has over the years repeatedly struck Syria's last pocket of armed opposition to the regime in the northwest. But deadly attacks on civilians had been limited so far this year until the latest Russian strikes.

Wagner Mutiny Shows Russia's Ukraine Invasion Was "Strategic Mistake": NATO Chief

HT News Network

Lithuania: NATO chief Jens Stoltenberg on Monday said the weekend mutiny by mercenary troops in Russia showed that Russian President Vladimir Putin's invasion of Ukraine was a "mistake". "We are monitoring the situation in Russia. The events over the weekend are an internal Russian matter, and yet another demonstration of the big strategic mistake that President Putin made with his illegal annexation of Crimea and the war against Ukraine," Chief Stoltenberg told reporters. He spoke while on a visit to Lithuania -- which will host next month's NATO summit -- a couple of days after the Wagner mercenary group's aborted revolt against the Kremlin. After Wagner chief Yevgeny Prigozhin called off his troops' advance on Saturday, Moscow said he would leave Russia for Belarus and would not face charges. "We are also monitoring the situation in Belarus," Chief Stoltenberg said, after Russia sent nuclear ammunition there earlier this month. "We condemn Russia's announcement about deploying nuclear weapons. This is reckless and irresponsible," Stoltenberg added. "We don't see any indication that Russia is preparing to use nuclear weapons but NATO remains vigilant." Lithuanian President Gitanas Nausėda also appeared at the press conference in Vilnius alongside Stoltenberg.

New Zealand PM Flew To China With 2 Air Force Planes "For Backup"

HT News Network

New Zealand Prime Minister Chris Hipkins took two air force jets with him on a trip to China in case the one he was traveling in broke down.

Hipkins flew to Beijing on Sunday in a Royal New Zealand Air Force Boeing 757, leading a delegation of company executives in the hope of expanding trade with his nation's biggest export market. A second 757 accompanied the first as far as Manila in the Philippines, acting as a backup in case of any mechanical problems, the Prime Minister's office said Monday in Wellington. Given the importance of the trip and the long distance involved, "it was considered that a backup aircraft was justified to ensure the success of the mission to our largest trade partner," a spokesperson said. "The 757s are around 30 years old, are nearing the end of their economic lives, and are due for replacement between 2028 and 2030." Opposition parties said the need to take a second aircraft was an environmental embarrassment to the country and illustrated the poor state of its defense force. "If we've got a climate emergency it doesn't make a lot of sense to have a second 30-year-old 757 trailing the other one," Christopher Luxon, leader of the main opposition National Party, told Newstalk ZB. David Seymour, leader of the libertarian ACT Party, claimed the amount of CO2 emitted by the extra plane "would be the equivalent of someone driving a Ford Ranger 606 times the length of New Zealand." "Some people might bring a spare phone charger with them."

South Korea To Modernize Private Education Amid "Killer Questions" Debate

HT News Network

Seoul, South Korea: South Korea's government is due to unveil plans on Monday aimed at curbing the country's burgeoning spending on private education, which has been blamed for being a major factor behind the country's declining fertility rate.

The move comes as President Yoon Suk Yeol this month criticised college entrance tests that incorporate questions not in the curriculum at public schools, including some that have been dubbed "killer questions" due to their complexity.

South Koreans spent a record 26 trillion won (\$19.97 billion) on private education last year, despite a declining student population, a joint report by the education ministry and the government statistics bureau showed.

Nearly eight in 10 students take part in private education such as cram schools, known as "hagwons", according to the report. This heavy reliance on private education has



helped result in South Korea having the world's highest cost of raising a child, according to a report last year, and the world's lowest birth rate.

Shares of education-linked companies in South Korea fell early Monday on caution ahead of the government's announcement.

Woongjin Thinkbig fell more than 2% to near five-month lows, while Multi-campus and MegaStudyEdu lost about 1% each.

The education ministry is expected on Monday to define and give examples of "killer questions" and order them to be removed from this year's tests, which are scheduled for November.

Public schools do not normally cover such questions, opening the door for "hagwons" to promote their ability to teach students the skills to solve them.

Proponents of such questions say they help colleges select candidates in a competitive environment, but Yoon cited the issue of fairness, noting not every family could afford to pay for expensive extracurricular classes.

Shin So-young, an activist at civic group, The World Without Worry About Private Education, said the changes planned by authorities may not be enough to contain the high competition in the education system.

UN Chief calls for avoiding further tensions amid events with Wagner PMC in Russia

HT News Network

United Nations, June 26 (UNI) United Nations Secretary-General Antonio Guterres has been following "with concern" the events around an attempted armed mutiny in Russia by

the Wagner Group private military company (PMC), urging the sides to avoid further tensions, Guterres said in his office.

"The Secretary-General has been following with concern the developments in the Russian Federation. He is aware of the latest reports regarding steps to de-escalate tensions. He urges all concerned to continue to act responsibly and with a view to avoid further tensions," the statement read.

On Friday, the Russian Federal Security Service (FSB) opened a criminal case for inciting a mutiny over statements made on behalf of the head of the Wagner PMC, Yevgeny Prigozhin. The FSB said that



there was a threat of escalation on Russian territory. The Russian Defense Ministry said that social media reports of alleged Russian military strikes on PMC Wagner camps were not true.

Putin delivered a televised address to the nation on Saturday in which he described the actions of the Wagner Group PMC as an armed mutiny and treason, and promised harsh measures against the insurgents.

Later in the day, the Belarusian presidential office said that Prigozhin had

accepted Belarusian President Alexander Lukashenko's proposal to stop the movement of Wagner troops in Russia and to take further steps to de-escalate the situation. Prigozhin later confirmed the information, saying that the Wagner troops were returning to their field-camps.

Kremlin spokesman Dmitry Peskov told reporters on Saturday evening that the criminal case against Prigozhin had been dropped and that he would leave for Belarus under guarantees given by Putin.

Russian defence minister appears for first time since Wagner mutiny

HT News Network

Russian Defence Minister Sergei Shoigu appeared for the first time since a deal was struck on Saturday to end what the authorities had called an armed mutiny by the Wagner mercenary group aimed at ousting him. In a video released on Monday morning by the Russian Defence Ministry, Shoigu was shown flying in a plane with a colleague and hearing reports at a command post run by Russia's Zapad (West) military grouping.

There was no sound on the video and it was not immediately clear where or when the visit had taken place.

Russia's Zvezda Defence Ministry TV Channel said



Shoigu, who looked physically unharmed and calm, had listened to a report by Colonel General Yevgeny Nikiforov, the group's commander, about the current situation on the frontlines in Ukraine.

In his mutiny during which he seized control of Russia's military headquarters in southern Russia,

renegade Wagner mercenary boss Yevgeny Prigozhin had demanded that Shoigu and Valery Gerasimov, the chief of the general staff, be handed over to him so that he could "restore justice".

Prigozhin accused both men of gross incompetence and corruption and had long been agitating for their removal.

Gerasimov has not been seen since in public, and there was no word from the Kremlin about any new personnel changes when it described the deal which had ended the mutiny.

The Kremlin said the question of personnel changes was the sole prerogative of Russian President Vladimir Putin and could hardly have been part of any deal.

Zvezda said Shoigu on his visit had heard about the formation of new reserve forces for the "Zapad" military grouping and had noted what it called the Russian army's "high efficiency" at "detecting and destroying enemy military equipment and accumulations of personnel in tactical areas".

US Coast Guard launches probe into Titanic sub tragedy

HT News Network

The US Coast Guard said on Sunday it had launched an investigation into the cause of the underwater implosion that destroyed the small submersible Titan, with the loss of all five people aboard, including two Pakistanis, during a dive to the Titanic wreck.

On board the craft were Engro Corp Vice Chairman Shahzada Dawood and his 19-year-old son Suleman, British explorer Hamish Harding, French submarine expert Paul-Henri Nargeolet, and Stockton Rush, US founder and chief executive officer of OceanGate Expeditions, which operated the submersible and charged \$250,000 per person to make the Titanic trip. The Coast Guard said it had created a marine board of investigation (MBI), its highest level of probe, for this drama and ultimately tragedy in the North Atlantic that drew worldwide attention. "My primary goal is to prevent a similar occurrence by making the necessary recommendations to enhance the safety of the maritime domain worldwide," Jason Neubauer, the Coast Guard's chief investigator and leader of this probe, told a press conference in Boston.

"The MBI is already in its initial evidence-collection phase, including debris salvage operations at the incident site," he added. Neubauer said the US probe could also make recommendations on the possible pursuit of civil or criminal sanctions "as necessary".

Commissioner Secretary SWD visits Kulgam; Chairs Int Day celebration against Drug abuse, illicit trafficking

Farooq Rather

KULGAM, JUNE 26: Commissioner Secretary, Social Welfare, Sheetal Nanda, today visited Kulgam where she presided over a mega function organized by District Social Welfare Department Kulgam and district administration to observe International Day Against Drug Abuse and Illicit Trafficking. While addressing at the event, Commissioner Secretary highlighted the importance of celebrating the day. She added that the day is being observed to strengthen action and cooperation in achieving the goal of drug free society. She also highlighted the importance of parental supervision to keep their child away

from drugs. She also urged upon the people to utilize the services of Toll free help-lines including drug de-addiction help-line 14446 and Tele Manas 14416. Addressing the gathering, Deputy Commissioner Kulgam stressed upon undertaking community intervention measures in the mitigation of substance abuse disasters. Showing his concern over drug menace, he advocated for community support to deal with this menace. He highlighted the measures and initiatives being taken up to curb and eliminate drug menace in Kulgam. He added that illicit poppy was destroyed over about 1000 kanal of land during this season. Experts and resource persons also shared their valuable suggestions and experiences



during this awareness session. Moreover, to celebrate the day, a rally was organized which was flagged by Commissioner Secretary from Mini-Secretariat to raise awareness about the drug abuse which was participated by students from various schools. Painting competition and essay writing competitions were also organised by the Social Welfare Department in collaboration with Education Department on the theme. In a felicitation ceremony, trophies and medals were distributed among the winners and participants of essay and painting competitions. A book titled Wabal-e- Mansheyat was also released by the Commissioner Secretary in presence of Deputy Commissioner and Direc-

tor Social Welfare, Mohammad Shafeeq Chak. Later, a pledge taking ceremony was also held where Commissioner Secretary administered the pledge to the participants on 'Say no to drugs'. The programme was also attended by ADDC, Showkat Ahmad Rather, ADC, Vigar Ahmed Giri, ACR, ACD, ACP, DSWO, CEO, CMO and other officers besides a large number of students, staff members, PRIs and locals. Earlier, Commissioner Secretary visited Drug De-addiction Centre Kulgam and took a detailed review of its functioning. DSWO briefed her about the facilities available in the center. Later, Commissioner Secretary also interacted with the patients and attendants.

Union Territory of Jammu & Kashmir. OFFICE OF THE EXECUTIVE ENGINEER RURAL ENGINEERING WING BARAMULLA.

E-NOTICE INVITING TENDER
NIT No: 44/Xen/Rew/Bla/2022-2023 Dated: 24/06/2023

Eligible Contractors For and on behalf of Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on percentage basis from approved and Regd. With J&K State Govt. CPWD, Railways and other State/Central Governments for each of the following work:-

S. No	Name of Work	Est. Cost (in Lacs)	Cost of T/Doc. (In Rs.)	EMD AMOUNT	Time of completion	Class of Contractor	Major Head of Account	Position of AAA/TS
1	Construction of Bathroom (2 No) at ward 01 near Masjid Makhdoomi and near Masjid Baitul Hamdan Jalsheeri under ADP (PRI) 2023-24 Block Baramulla	4.65	200	9300	20 days	DEE	ADP	AAA Accredited
2	Construction of bathroom near Masjid Banpora Hajibul panchayat Drangbal under ADP (PRI) Block Baramulla	3.00	200	6000	20 days	DEE	ADP	AAA Accredited
3	Construction of Flush Point/ Bathroom near Masjid Sharief Tawheed at Yarbagh under ADP/PRI year 2023-24 Block Rafiabad	2.99	200	5980	20 days	DEE	ADP	AAA Accredited
4	Upgradation of Road from SSA School to Budnar at Fugipora Sheikpora (Sein Sheikpora) under ADP/PRI 2023-24 Block Rafiabad	2.92	200	5840	20 days	DEE	ADP	AAA Accredited
5	Construction of community sanitary complex (CSC) Masjid Sharief Check Delina Masjid Noor Shah mohalla Panchayat Delina D Under ADP (PRI) Block Baramulla.	6.00	300	12000	20 days	CEE, DEE	ADP	AAA Accredited
6	Construction of drain from H/O AB Rasheed to Abu Baker Masjid and Under ground Drain from H/O Junaid Ahmad to H/O Ali Mohd Mir and others at Ward 6 & 7 Gutiyar Under ADP (PRI) for the year 2023-24 Block Baramulla	6.99	300	13980	20 days	CEE, DEE	ADP	AAA Accredited
7	Construction of drain with tile path near Masjid Sharief Poshabagh Payera ward 09 at Hajibul under ADP (PRI) Panchayat Halqa Drangbal Block	3.00	200	6000	20 days	DEE	ADP	AAA Accredited
8	Renovation of Panchayat Ghar Jalsheeri under ADP (PRI) YEAR 2023-24 BLOCK Baramulla	5.00	200	10000	20 days	DEE	ADP	AAA Accredited
9	Construction of Renovation of Panchayat Ghar at Singpora under ADP (PRI) for year 2023-24 Block Baramulla	4.00	300	8000	20 days	DEE	ADP	AAA Accredited
10	Construction of Passenger Shed in ward no 3 at Jalsheeri under ADP (PRI) for the year 2023-24 at Panchayat Halqa Jalsheeri Block Baramulla	3.00	200	6000	20 days	DEE	ADP	AAA Accredited
11	Construction of PCC Path from main road to Beigh Mohalla at W-3 Panchayat Halqa Chandosia A under ADP (PRI) Block Baramulla	2.50	200	5000	20 days	DEE	ADP	AAA Accredited
12	Construction of Road from house of Ab rashid Abangir at Rajtang Delina D under ADP (PRI) Block Baramulla	2.50	200	5000	20 days	DEE	ADP	AAA Accredited
13	Construction of the path at Rishi Mohalla Hajibul under ADP (PRI) Panchayat Halqa Drangbal Block Baramulla	3.00	200	6000	20 days	DEE	ADP	AAA Accredited

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (BOQ), Set of terms and conditions of contract and other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per the scheduled date given below.

1	Date of Issue of Tender Notice	24-06-2023
2	Period of downloading of bidding documents	From 24-06-2023 to 04-07-2023 up to 6:00 PM
3	Bid submission Start date	24-06-2023
4	Bid Submission End Date	04-07-2023 upto to 6:00 PM
5	Date and time of Opening of Bids (Online)	Technical Bids will be opened on 05-07-2023 at 11:00 AM in the office of the Executive Engineer REW Baramulla and Financial Bid opening will be declared online.

Construction of Bathroom (2 No) at ward 01 near Masjid Makhdoomi and near Masjid Baitul Hamdan Jalsheeri under ADP (PRI) 2023-24 Block Baramulla.

The G.O No.238-F OF 2021 DATED:07.09.2021 issued by the Govt.(Finance dept) that the participation in the tendering process of works upto an amount of Rs.3,00 Lacs will be applicable to the schemes as mentioned in the said Govt. Order & is restricted to the resident of concerned panchayat. In the event of inadequate response to a tender, participation from adjoining panchayat shall be permitted.

In Case of Amount upto 3.0 Lacs participant to upload Panchayat certificate duly signed by BDO/Sarpanch concerned.

If the Bidder quotes his Bid exceeding the tendering cost, his bid will be automatically rejected.

In case of dilemma / confusion, the rate and the unit against any item shown in BOQ, the SOR rate along with its units will be applicable.

Bids must be accompanied with cost of Tender document in shape of treasury challan/receipt under HEAD 0515 mentioning therein Name of work and NIT No. In favour of the Executive Engineer, REW Division Baramulla (Tender Inviting Authority).

The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site at the office of the Executive Engineer, REW Division Baramulla.

All The Bidders has to deposit Earnest Money (2% of Advertised cost) in shape of CDR/FDR at the time of tendering as per the Circular of Finance Department.

The 1ST Lowest Bidder has to produce an amount equal to 3 % of allotted cost of Contract as performance security in shape of CDR/FDR/BG within 02 Days after opening of financial bid and shall be released after successful completion of DLP as per norms. The EMD of 2% of successful bidders shall be released after receipt of 3% performance security.

The successful bidder shall have to deposit an additional performance security in the shape of CDR/ FDR/ BG before award of contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply thereto:-

S.No	Percentage of unbalanced bid viz -a- viz Adv. Cost	Additional performance security to be deposited on Nil
1	Upto and including 15% below	Nil
2	>15% upto and including 20% below	5%
3	>20% upto and including 25% below	10%
4	>25% upto and including 30% below	15%
5	>30% below	20%

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

The earnest money/performance security shall be forfeited, if:-

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

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

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

10. Instruction to bidders regarding e-tendering process.

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

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

10.3. The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in physical form.

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

10.5. Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid submitted physically by the bidder who is declared as L1 immediately after opening of financial bid.

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

9. The earnest money/performance security shall be forfeited, if:-

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

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DIPK-4204/23 Executive Engineer, REW Baramulla
Dated: 26/06/2023

Bandipora Admin observes International Day against Drug Abuse, Illicit Trafficking

HT News Network

BANDIPORA, JUNE 26: The Bandipora District Administration on Monday commemorated the International Day against Drug Abuse and Illicit Trafficking at the Conference Hall of Mini Secretariat Bandipora.

The event, organized by the District Drug De-Addiction Centre (DDAC) in collaboration with the District Administration Bandipora, Department of Social Welfare Bandipora, and Implementing Agency - JKSWM, aimed to raise awareness about the dangers of drug abuse and promote a drug-free society. Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad was the chief guest on the occasion while Senior Superintendent of Police Lakshay Sharma; Additional District Development Commissioner, Ali Afsar Khan; Additional Deputy Commissioner, Umar Shafi Pandith; DPO, Mohammad Ashraf Hakak; Joint Director Planning, Imtiyaz Ahmad; Dis-



trict Social Welfare Officer and other senior officers of the district were present on the occasion. On the occasion, Dr. Owais Ahmed highlighted the need for collective efforts to combat drug abuse and illicit trafficking. He emphasized the role of community engagement, education, and rehabilitation programs in eradicating this menace from society. SSP Bandipora, Lakshay Sharma also addressed the gathering, sharing insights from the law enforcement perspective and stressing the importance of creating a

safe and drug-free environment for the younger generation. Various experts from the medical and counseling fields contributed to the event by sharing their knowledge and experiences. Dr. Umair Quyoom, Medical Officer, ATF Bandipora, Junaid, Counselor, ATF Bandipora, Adv. Mudarisir Nazir, Counselor, DDAC Bandipora, and Dr. Showkat Ahmad, Clinical Psychologist at DEIC Bandipora, delivered insightful talks on the medical, psychological, and physical impacts of drug abuse and the available support.

Foundation for Youth Web and Foundation for Drug-Free World Organise Mega Event in Kashmir to Observe International Day Against Drug Abuse and Illicit Trafficking

Syed Tajamul

On a bright day in the picturesque city of Srinagar, at Rajbagh in Kashmir, an impactful event took place.



The Foundation for Youth Web and the Foundation for Drug-Free World came together to organize a mega event in honor of the International Day against Drug Abuse and Illicit Trafficking, also known as World Drug Day. The event witnessed the participation of esteemed individuals, including President Irfan Attari, Director Musab Rafiq, Director Dr. Fatima Shaheen, and Mr. Hakeem Ruhullah Ghazi, a senior politician. The primary focus of the event was to raise awareness about drug abuse and distribute educational resources to combat this pressing issue. Prominent Speakers Addressing the Youth of Kashmir: The event commenced with President Irfan Attari, the

head of Foundation for Youth Web, taking the stage to express gratitude to everyone involved in making the program a resounding success. He acknowledged the dedication and

Mr. Hakeem Ruhullah Ghazi, a respected senior politician. Mr. Ghazi delivered a thought-provoking speech, specifically targeting the youth of Kashmir. He emphasized the need for awareness and education to combat the growing menace of drug abuse. Mr. Ghazi encouraged the young generation to resist the temptations of drugs and make informed decisions for a better future. Distribution of "The Truth About Drugs": A key initiative of the event was the distribution of educational resources. The Foundation for Drug-Free World distributed its publication, "The Truth About Drugs," among the attendees. This comprehensive guide aims to provide accurate information about various drugs, their effects, and the consequences of drug abuse. By arming the youth with knowledge, the foundation hopes to empower them to make informed decisions and resist the allure of drugs. Acknowledgments and Appreciation: CEO and Director of Foundation for Youth Web, Mr. Adil Modi, took a moment to appreciate the dedicated team for their outstanding work in organizing the event. He recognized their unique contribution to Kashmir society and encouraged them to continue their efforts in the fight against drug abuse. Mr. Modi's words of encouragement served as a reminder of the significant impact each individual can make in combating drug addiction.

DLSA Kupwara conducts Drug Education Campaign at District Jail

HT News Network

KUPWARA, JUNE 26: As per J&K Legal Services Authority's calendar of activities 2023, an awareness programme on International Day against Drug Abuse was organized today by District Legal Services Authority Kupwara.

Legal Aid Defense Counsels and Para Legal Volunteers of DLSA Kupwara under the supervision of Ms. Shazia Tabasum, Chairperson DLSA Kupwara have restated their intention to fight drug abuse in a day long Drug Education Campaign at District Jail Kupwara. The main aim of the campaign was to help young people resist drug misuse, to enable people with drug problems to overcome them, to help addicts kick their habit, to reduce the availability of drugs on the streets, to make people understand that drug problem is not irreversible, besides, awareness regarding the health and legal consequences of drugs abuse was also given.

As drugs are a major contributing factor to the crime undermines communities and gets in the way of progress and prosperity, DLSA Kupwara has once again restated that there shall be no soft message to fight on illicit drugs or drugs menaces.

Dr daraksha Andrabi chairs intellectuals meet at sopore
"Modiji has gifted us with peace & shown us the way forward for sustainable development": Dr Darakhshan

SURKHAB ZEHR



Minister of State & Chairperson J&K Waqf Board Dr Darakhshan Andrabi chaired Intellectuals Meet at Sopore today. The event was organised by Bharatiya Janata Party in connection with the month long celebrations of the party to highlight the achievements of nine years of BJP government led by Prime Minister Narendra Modi. Prominent people from different walks of life participated. A very healthy discussion took place in which eminent personalities of the area spoke about the government programmes and schemes and their impact on the life of a common man. Dr Andrabi was accompanied by party spokesperson Abhijit Jasrotia. In her address Dr Darakhshan said that the viewpoint of the intellectuals shows us the way as we in BJP believe in public reach out & the feedback of the people guides us in formulating our plans & programmes. "We are not the party for the political families but for common people. Our thrust is always on public service guided by the people's aspirations and needs. Modiji has ensured that inclusive & equitable development of all in the country is done", said Dr Andrabi. She thanked the intellectual gathering for their valuable suggestions and guidance for future plans of growth and development in J&K. "Modiji's popularity is increasing day by day in J&K as he has gifted us peace and has shown us the way forward for a sustainable development in J&K. We are now progressing in tune with the rising India & sets very high targets for future. She said that BJP believes in all time continuous public reach out in contrast to the dynasts who only use the people for their votes and later get busy in their power games. "Youth of Kashmir are getting attracted to BJP in large numbers seeing party's public welfare approach and the real spirit of democracy within", said BJP National Executive Member, Party District President G M Sofi & Ex MLC Surinder Ambarbar along with many local leaders of BJP were also present. Dr Andrabi. She thanked the intellectual gathering for their valuable suggestions and guidance for future plans of growth and development in J&K. "Modiji's popularity is increasing day by day in J&K as he has gifted us peace and has shown us the way forward for a sustainable development in J&K. We are now progressing in tune with the rising India & sets very high targets for future. She said that BJP believes in all time continuous public reach out in contrast to the dynasts who only use the people for their votes and later get busy in their power games.

Quality Sleep Is Essential For Behavioural And Emotional Development In Adolescents: Study



Fiona Baker, the director of SRI's Human Sleep Research Program, has been studying the complex links between sleep and overall health and well-being. Much of her work has been focused on sleep patterns in adult women, but recently her attention has turned to adolescents. Adolescence is a crucial time for developing healthy sleep patterns as it is for brain development. In her research, Baker draws clear lines of connection between the two. "Sleep is so important to us all, but especially for teenagers or adolescents," Baker said.

"Between the ages of 10 and 21, or so, and even a little later, the brain develops and matures in fundamental ways. By studying sleep we're trying to understand not just sleep as behaviour but also its importance for the entire brain and lifetime well-being," she added.

During this period, Baker said the brain becomes more efficient, getting rid of -- or "pruning" in neurological terms -- brain connections that are more relevant in childhood while strengthening more important ones that the young person will rely on the rest of their lives.

If a teen's sleep patterns are less than ideal, it can affect brain development and overall health.

In addition to studying underlying mechanisms linking sleep, the developing brain, and health in teens, Baker's lab is also working to develop behavioural guide-

lines to help adolescents find healthier balances.

between the ages of 10 and fourteen to uncover several interesting findings. More than a quarter (28%) experienced sleep disturbances, time increased steeply during the pandemic period, as teens attended school online, wiled away free time on video games, and turned to social media to

observational study that tracked brain scans of a cohort of 94 teens over four years looking at how emergent alcohol use altered sleep continuity, sleep architecture--the different parts of sleep--and the brain's electrical patterns as measured by EEG.

"We're seeing that if teenagers start to drink heavily they have a more disturbed sleep," Baker said, adding, "It's too early to tell, however, if stopping drinking can return things to normal or if the changes persevere."

All of Baker's recent studies point to greater adolescent awareness of the detrimental behaviours that can impact sleep, health and well-being, as well as to the need for greater parental oversight of teen activities that are known to have a harmful effect on teen sleep. They also point to the positive effects that sufficient quality sleep might have to support healthy development. "Better understanding of teenage sleep and its connections to overall health is helping us to develop strategies to address these troubling patterns," Baker said, adding, "The good news, however, is that the teenage brain is quite resilient, and we are hopeful that with behavioural adaptations we can help these kids recover and get back on track for a lifetime of good sleep and good health."

but those who had a TV or an Internet-connected electronic device in the bedroom had more trouble falling and staying asleep and more overall sleep disturbance. Worse yet, those who left their ringers on overnight had it much worse than those who turned them off. Common teenage bedtime routines, such as streaming movies, playing video games, listening to music, talking/texting on the phone, and using social media or chat rooms, were all associated with greater sleep challenges.

Another study looked at how changing sleep patterns like later bedtimes and increased screen time brought on by the Covid-19 pandemic had lasting impacts on teenage sleep. Screen

time increased steeply during the pandemic period, as teens attended school online, wiled away free time on video games, and turned to social media to

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The study reveals if a teen's sleep patterns are less than ideal, it can affect brain development and overall health.

NEWS 05 Steps To Stay Healthy In Monsoon



Rainy Season has come along with lots of health issues and mouth-watering junk food options. But one thing we shouldn't compromise is our immunity and health. Dr Rohini Patil, MBBS & Certified Nutritionist shares her insights on food habits to stay fit during this rainy season and keep your immunity and metabolism healthy:

1. Hydration:

Drinking an adequate amount of water is essential during the rainy season. Even though the weather is cooler, your body still needs hydration. Rainy weather can sometimes lead to excessive humidity, which can cause sweating and fluid loss. Make sure to drink at least eight glasses of water a day to stay properly hydrated and maintain optimal bodily functions.

2. Warm beverages:

During the rainy season, opt for warm beverages like herbal teas, soups, and ginger-infused drinks. These not only help to keep you warm and cosy but also provide additional health benefits. Herbal teas, such as chamomile or green tea, can provide antioxidants and boost your immune system. Soups, especially vegetable-based ones, offer a great way to consume nutrients and keep your body nourished.

3. Seasonal fruits:

Enjoy a variety of seasonal fruits that are abundantly available during the rainy season. Apples, pears, pomegranates, and oranges are rich in vitamins, minerals, and antioxidants. These fruits help to strengthen your immune system, fight off infections, and improve overall health. Including them in your diet can also add a burst of natural sweetness and flavour to your meals.

4. Vitamin C-rich foods:

Incorporate foods high in vitamin C into your diet to strengthen your immune system. Citrus fruits like lemons, oranges, and grapefruits are excellent sources of vitamin C. Kiwis, bell peppers, and broccoli are also rich in this essential nutrient. Vitamin C helps in the production of white blood cells, which are crucial for fighting off infections and boosting your body's defences.

5. Light and balanced meals:

Opt for light and balanced meals that include a combination of whole grains, lean proteins, and vegetables. This ensures that you receive a wide range of nutrients without feeling heavy or lethargic. Whole grains like brown rice, quinoa, and oats provide fibre and sustained energy. Lean proteins like chicken, fish, and tofu aid in muscle repair and growth. Vegetables offer essential vitamins, minerals, and antioxidants to support your overall health.

Vitamin B12 To Vitamin D: 5 Most Common Nutritional Deficiencies And How To Overcome Them

If your intake of nutrients is lower than the estimated average requirement, it can lead to nutrient inadequacy or nutrient deficiency. Lack of nutrients can render the body unable to perform its functions normally which can then



lead to an increased risk of several diseases. Nutritionist Lovneet Batra wrote on her Instagram: "Preventing macro and micronutrient deficiency is crucial and the best way to overcome any nutrient deficiencies is to make sure you are eating a balanced, nutrient-rich diet." She went on to speak about the common nutrient deficiencies and how to overcome them.

1. Iron Deficiency

Iron: A common nutritional defi-

ciency that can lead to anemia and fatigue. How to overcome: Increase iron-rich foods like amaranth, ragi, raisins, lentils, sesame seeds, and dark leafy greens. Enhance absorption by consuming vitamin C-rich foods alongside iron sources. Cook

food in cast iron cookware.

2. Vitamin B12 Deficiency

Vitamin B12: Vitamin B12 deficiency is very common, especially in vegetarians, vegans, and older adults. How to overcome: Include foods rich in B12 milk, chlorella, yogurt, and fresh cheese. If you're unable to meet your vitamin B12 requirements through diet alone, consider taking a vitamin B12 supplement. Also Read: Vaccines Recommended For Children Before Rainy Season - Check Complete

List

3. Vitamin D Deficiency

Vitamin D: Vitamin D is a fat-soluble vitamin that functions like a steroid hormone in your body.

How to overcome: Get sunlight exposure and consume vitamin D-rich foods like mushrooms, salmon, and egg yolks. Consider a supplement if recommended by a healthcare professional.

4. Iodine Deficiency

Iodine: One of the most common nutrient deficiencies that may cause enlargement of the thyroid gland.

How to overcome: Use iodized salt (contains iodine) in your cooking and food preparation. Include natural sources of iodine such as yogurt, dairy products, and prunes.

5. Vitamin A Deficiency

Vitamin A: Vitamin A deficiency can lead to various health issues, particularly affecting vision and immune function. How to overcome: Include foods rich in vitamin A like carrots, green gram dal, amaranth leaves, sweet potato, papaya, mango, and sesame seeds. Vitamin A is a fat-soluble vitamin, meaning it requires dietary fat for absorption. Ensure you consume a balanced intake of healthy fats.

Carrots, Broccoli, Papayas May Help Boost Heart Health: Study

Consuming a diet rich in carotenes -- bioactive compounds found in yellow, orange and green fruits and vegetables, such as carrots, lettuce, tomatoes, broccoli, bell peppers, mangoes, papayas, apricots, among others, can help reduce build up of fats in arteries, and blockage, finds a study. The study showed that a high level of carotenes in the blood is linked with a lower degree of atherosclerosis in the arteries and thus a lower risk of cardiovascular diseases.

Atherosclerosis is the build-up of fat, generally the LDL or "bad" type of cholesterol, on the inner walls of the blood vessels. This build-up, in the form of atherosclerotic plaques, causes a narrowing of the vessel's internal diameter, thereby hindering the blood's circulation.

Video Player is loading. This is a modal window. The media could not be loaded, either because the server or network failed or because the format is not supported.

Furthermore, these plaques can rupture and form clots that obstruct the blood flow, which can lead to myocardial infarctions (heart attacks), when the blood doesn't reach the heart, or ischaemic strokes, when it doesn't reach the brain.

The study, published in the journal Clinical Nutrition, looked at 200 people aged between 50 and 70. The



volunteers taking part in the study were analysed with regard to two parameters: the concentration of carotenes in the blood and, by means of ultrasound imaging, the presence of atherosclerotic plaques in the carotid artery.

"The study concludes that the greater the concentration of carotenes in the blood, the lesser the atherosclerotic burden, particularly in women," said Gemma Chiva Blanch, associate professor and researcher at the Faculty of Health Sciences of the Universitat Oberta de Catalunya (UOC).

"So, we can confirm that a diet rich in fruit and vegetables and thus in

carotenes lowers the risk of suffering from cardiovascular diseases," Chiva Blanch said. These findings suggest that the prolonged elevation of the stress hormone during the postpartum period plays a crucial role in the observed alterations in the neuronal pathway and social behaviour," said Minae Niwa from UAB's Department of Psychiatry and Behavioral Neurobiology. "Our study has revealed significant findings that demonstrate the involvement of the anterior insula-prelimbic pathway in adolescent stress-induced postpartum alterations related to the recognition of the novelty of other mice, which is a key aspect of social behaviour," she said.

Morgan, Knight and Goswami included in MCC World Cricket Committee

NEW DELHI: Jhulan Goswami, Heather Knight and Eoin Morgan have become the latest members of the MCC's world cricket committee ahead of the body's meeting at Lord's on Monday and Tuesday. Alastair Cook, though, has stepped down from the committee "to concentrate on the final years of his glittering playing career", leaving the committee with 14 members.

"We are thrilled to welcome Jhulan, Heather and Eoin to the World Cricket committee. These are three players who have excelled at the very top of the international game and their knowledge of how the elite level of cricket works will be an advantage to the committee," Mike Gatting, the committee's chair, said in a statement.

Mike Gatting (chair), Jamie Cox, Suzie Bates, Clare Connor, Kumar Dharmasena, Sourav Ganguly, Jhulan Goswami, Heather Knight, Justin Langer, Eoin Morgan, Ramiz Raja, Kumar Sangakkara, Graeme Smith, Ricky Skerritt

"It is also important that we are growing the female representation on the committee with the growth that women's cricket has enjoyed in recent years. Jhulan and



Heather join Clare Connor and Suzie Bates who can all offer first-hand insight into the women's game."

The committee, funded entirely by the MCC, conduct research, particularly into technological advances and the biomechanical elements of the game.

Knight and Morgan have both led their teams to ODI World Cup glory, and Lord's

home of the MCC and the world cricket committee, was the venue of their triumphs: Knight led England women to the title in 2017 and Morgan did the same with the England men's team in 2019. Goswami, India's captain at various points in her two-decade-long international career, retired at Lord's last year as the highest wicket-taker in women's ODIs.

'Why did I play at those?' - Labuschagne looks for Broad answers

Australia's No. 3 was happy to acknowledge Broad won the early round

LONDON: Marnus Labuschagne believes the slowness of the Edgbaston pitch played a part in him being drawn into twice edging Stuart Broad during the first Ashes Test but while he is looking at some technical adjustments it isn't something he will dwell on for long.

Labuschagne nicked deliveries outside off stump in both innings - the first against the outswinger Broad said he developed especially for him and Steven Smith - with Australia's batting coach Michael Di Venuto saying he had never seen that happen before.

Labuschagne netted extensively at Lord's over the weekend in preparation for the second Test which starts on Wednesday, at the venue where his Test career took off in 2019, with the Sunday session watched by Ricky Ponting, the pair sharing the occasional word.

While he did not want to divulge everything he had learnt from his twin dismissals, Labuschagne put some of it down to the conditions although did suggest Broad may have out-thought him in the first



innings. "When you get out first ball you just throw it in the bag. Potentially I thought that they were going to come straight and then he got a nice ball that swung in the right area," he said. "With a lack of bounce at Edgbaston, it sucks you in to thinking you can hit the ball a bit more and I just made a few poor decisions [against balls] that were really wide. They'd be eighth or ninth stump, some of those deliveries."

"They were very uncharacter-

istic dismissals to how I've usually played, that's why I was pretty frustrated with myself to get out that way and asked myself the question, 'why did I play at those deliveries?'

"I've come up with my own summation of what that is. Now it's if there's anything I can do tactically or technically to make sure it doesn't happen again. It's a rarity that I'd play at those balls so it's not something I'm going to overthink, but I hold myself to a

much higher standard than those dismissals."

Labuschagne was happy to acknowledge the skill of Broad for having the better of him in the first Test. The only previous occasion he had been dismissed by him was the bizarre occasion when he walked across his stumps in Hobart and ended up flat in the crease.

"He's 2 and 0 now so he's done his homework," Labuschagne said. "That first [and only] ball I got in the first innings was a very nice ball. I haven't faced Stuart Broad where he's really been able to swing it away. He usually angles in, and that one definitely swung."

"First ball, most of the time you just play and miss at that then you go 'okay', you can make the adjustments out there. I said this about [R] Ashwin, guys who take the time to do the homework, understand the game, and work out how they're going to get certain guys out, I've got so much respect for them so if they're putting the time and effort in and it pays off, that's a credit to them."



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