

# LG rolls out PM's Food Supplementation for Priority Households Scheme' for J&K

■ HT News Network

**SRINAGAR, JUL 08:** In order to strengthen food security for marginal sections of society, Lieutenant Governor Shri Manoj Sinha rolled out 'Prime Minister's Food Supplementation for Priority Households Scheme' for UT of Jammu Kashmir, today.

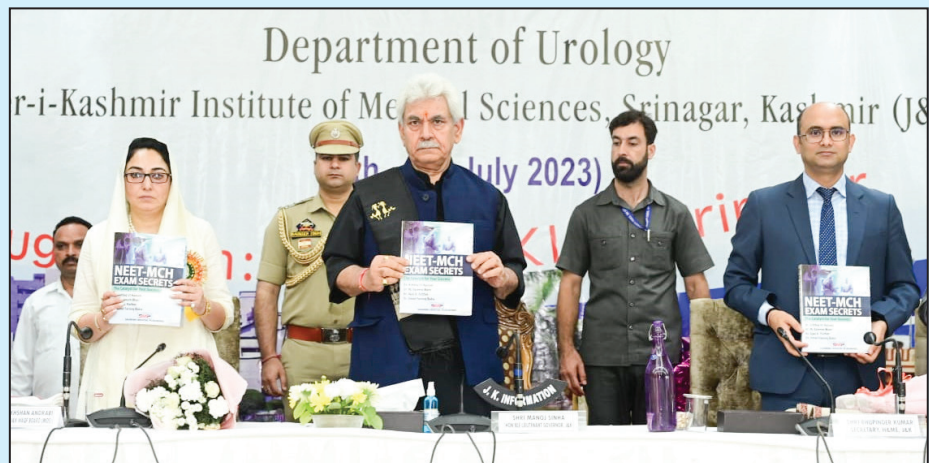
Interacting with media persons, the Lt Governor said the scheme would ensure accessibility, affordability and availability of adequate quantity of food to Priority Households.

Presently, under Antyodaya Anna Yojana, 35 kg food grains per household

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## Lt Governor addresses BHU Urology Alumni Meet at Srinagar



■ HT News Network

**SRINAGAR, JUL 08:** Lieutenant Governor Shri Manoj Sinha addressed the Banaras Hindu University-BHU Urology Alumni Meet, organized by the Department of Urology, SKIMS at Srinagar, today.

In his address on the occasion, the Lt

Governor lauded the significant contribution of BHU alumni to the knowledge economy and pioneering new areas of research for all round development of the country.

The Lt Governor paid tributes to Mahamana Pandit Madan Mohan Malaviya and remembered his lifelong campaigns

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## NEWS BRIEF

### Heavy rains block Jammu- Srinagar highway

**SRINAGAR, JUL 8:** Heavy rain has lashed Jammu and Kashmir since Friday evening, resulting in a rise in the water level in the Jhelum River and other tributaries, met office said on Saturday.

The heavy rains triggered landslides and mudslides, blocking the Jammu-Srinagar national highway and also suspending the ongoing Amarnath Yatra for the second consecutive day, officials said.

The Jammu-Srinagar National Highway was inaccessible at Mehar, Cafeteria Morh, T1, T2 (Keela Mord and

TURN ON.....PAGE 02

### One Scooty-borne person dies, another injured in Sumbal

Investigating nature of accident, says Police

**BANDIPORA, JUL 08:** A person lost his life and another was hospitalized with critical injuries in an unascertained nature of accident in Sumbal area of Bandipora, officials said.

An official told GNS that two persons riding on a scooty were found in an injured condition near Baharabad village this evening. "The duo was immediately evacuated from the site to CHC Sumbal where one among them succumbed to his injuries", the official said adding the injured was

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### Four Women Arrested For Drug Peddling In Samba

**JAMMU, JUL 8:** Four women were arrested on the charge of drug peddling in Jammu and Kashmir's Samba district on Saturday, a senior police officer said.

The alleged drug peddlers were travelling in a vehicle from Kathua to Samba when they were intercepted at Supwal along Jammu-Pathankot national highway and taken into custody, Senior Superintendent of Police (Samba) Benam Tosh said.

He identified the arrested accused as Saleema alias "Bachi" of Bari Brahmana, Gunna Bibi of Sidhra, Fullan Bibi and Salima Bibi of Vijaypur.

"Saleema was one of the most wanted drug peddlers active in Samba,

TURN ON.....PAGE 02

## Now face action for staying in tents in Gulmarg

Move aimed at ensuring eco-fragile environment of Gulmarg: CEO GDA

■ HT News Network

**GULMARG, JUL 08:** In a bid to ensure the eco-fragile environment of Gulmarg and to prevent any untoward incident, the tourists, as well as local visitors who had been installing temporary tents on hill stocks for night stay, are now bound to seek permission from the concerned authority, failing which would invite action.

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### Farmers Hopeful Of Better Paddy Yield On Good Monsoon Rains

■ HT News Network

**JAMMU, JULY 8:** The paddy cultivation has started gaining momentum over the past week across the Jammu division with farmers expressing



satisfaction over the good amount of rainfall under the influence of Monsoon winds and western disturbance over the region.

The farmers are hopeful for better yield this year compared to the previous years.

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### Many urban settlements in Srinagar, Jammu susceptible to fire accidents: NIDM report

■ HT News Network

**SRINAGAR, JUL 08:** National Institute of Disaster Management (NIDM) has called for appropriate mitigation measures to prevent fire incidents in Jammu and Kashmir.

In a report, the NIDM, according to the news agency—Kashmir News Observer (KNO), said all the densely populated urban areas, across the UT are highly vulnerable

to urban fire incidents, especially Gurez, Doda, Kishtwar, and other dilapidated areas, and that many urban settlements in Srinagar and Jammu are susceptible to fire accidents.

"There is a need to take appropriate mitigation measures. During the dry spells, a forest fire in the UT is a common scenario especially in the autumn season and in the

TURN ON.....PAGE 02

### Amarnath Yatra: Special bus service "Jammu Darshan" to showcase tourist hot spots to pilgrims

■ HT News Network

**JAMMU, JUL 8:** With a motive to promote tourist destinations across the country, Jammu Tourism on Saturday flagged off special "Jammu Darshan" bus service for the pilgrims from Shri Amarnath base camp here.

Organised under the supervision of Secretary to the Government, Tourism Depart-

## Jhelum crosses 'flood alert mark' at Sangam, Pampore as rains lash J&K parts for 2nd day



■ HT News Network

**SRINAGAR, JUL 08:** The water level has crossed the "flood alert mark" in river Jhelum, creating panic among the masses, who have witnessed devastating floods in 2014. The water level increases amidst the incessant and intermittent rainfall in Jammu and Kashmir parts for the

second consecutive day on Saturday while as the government has said that there was no need to panic as the situation is being monitored closely.

The record-break 24-hour rainfall was recorded at multiple places in J&K in the month of July, which include Pahalgam and Banihal while Gulmarg.

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ment J&K Dr. Syed Abid Rasheed Shah, the bus service titled "Jammu Darshan" for the benefit of Yatris staying at the Yatri Niwas Bhagwati Nagar Jammu was flagged off by Director Tourism Jammu Vivekanand Rai and Joint Director Tourism Jammu Sunaina Sharma Mehta from Yatri Niwas in presence of officials of JKRTC, District Administration Jammu and Tourism Department.

TURN ON.....PAGE 02

## 'Discrimination' in Issuing final Seniority list of Headmasters

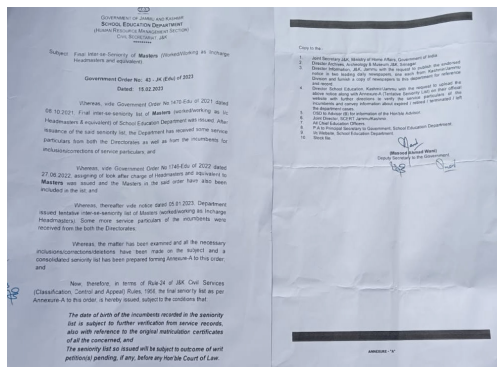
Aggrieved pensioners alleged Stepmotherly treatment, Appeal LG Manoj Sinha

■ Dr Abdul Qayyum  
■ HT Correspondent

**SRINAGAR, JUL 8:** With the approval from administrative council the school education

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HT Exclusive



<p>GOVERNMENT OF JAMMU AND KASHMIR SCHOOL EDUCATION DEPARTMENT (HUMAN RESOURCE MANAGEMENT SECTION) CIVIL SECRETARIAT, J&amp;K</p> <p>Subject: Tentative Inter-Seniority list of Masters (Working/Working as IC Headmasters and equivalent)</p> <p>NOTICE</p> <p>Whereas, vide Government Order No. 1470-EdU of 2021 dated 08.10.2021, Final inter-seniority list of Masters (working/working as IC Headmasters and equivalent) of School Education Department was issued; and</p> <p>Whereas, after issuance of the said seniority list, the Department has received service particulars from both the Directorates, as well as from the incumbents for inclusion/correction of service particulars; and</p> <p>Whereas, vide Government Order No. 1746-EdU of 2022 dated 27.06.2022, (1980) Masters were assigned the look after charge of Headmasters &amp; equivalent. Those incumbents have also been included in the list; and</p> <p>Whereas, an exercise has been undertaken in the department and a tentative seniority list of Masters (working/working as IC Headmasters &amp; equivalent) has been prepared and annexed as Annexure-A for inviting objections thereon from members of the service who either are not included or are aggrieved with the position assigned to them in the tentative seniority list; and</p> <p>Now, therefore, tentative seniority list of Masters (working/working as IC Headmasters &amp; equivalent) as per Annexure-A, in respect of 8918 incumbents is hereby circulated for inviting objections thereon, if any, from the concerned members of the service, who either are not included in the list or are aggrieved with the position assigned to them in the tentative seniority list of Masters (working/working as IC Headmasters &amp; equivalent) along with substantiated documentary proof of their service particulars/data, within a period of 07 days from the date of issuance of the list. The objections must be forwarded through concerned Directorates, so as to reach Administrative Department within stipulated time. (Email id: hrmanagement@gmail.com) dedicated for this purpose. Further, no objections in this regard shall be entertained after expiry of the stipulated time period and the final seniority list shall be issued without any further notice.</p> <p>The tentative seniority list is also available on the official website of School Education Department (i.e. www.jedukation.gov.in)</p> <p>Sd/- (Alok Kumar) IES Principal Secretary to the Government, School Education Department.</p> <p>No. EdU-HRM/45/2021-01(C No 27583) Dated: 05.01.2023</p>	<p>Government of Jammu and Kashmir School Education Department (Human Resource Management Section) Civil Secretariat, J&amp;K</p> <p>Subject: Regularization / promotion of Masters (working/working as IC Headmasters and equivalent) as Headmasters and equivalent.</p> <p>Reference: i) State Administrative Council Decision No. 1662/20218 dated 07.12.2018. ii) Ministry of Departmental Promotion Committee meeting held on 16.05.2022.</p> <p>Government Order No. 205 - JK (EdU) of 2023. Date: 08.07.2023.</p> <p>In pursuance to SAC Decision No. 1662/20218 dated 07.12.2018 and on the recommendations of the Departmental Promotion Committee constituted vide Government Order No. 115-GAD of 2019 dated 23.01.2019, sanction is hereby accorded to the promotion/Regularization of Masters (working/working as IC Headmasters &amp; equivalent) as Headmasters and equivalent in School Education Department as detailed in Annexure-A to this order in the relevant pay scale as revised from time to time, with effect from the dates indicated against each.</p> <p>The promotion/Regularization shall be without prejudice to the outcome of any writ petition pending in any competent court(s) of law or any case pending in Vigilance Organization or Crime Branch.</p> <p>The promotion/Regularization is further subject to the following conditions:</p> <p>i) The officer is working/have worked as IC Headmaster &amp; equivalent, the seniority and not for monetary purposes.</p> <p>ii) The Drawing &amp; Disbursing Officers shall take an undertaking from the concerned Officer in the shape of an affidavit duly attested by the 1<sup>st</sup> Class Magistrate to the effect that if higher service particulars/academic credentials are found false/forged/tempered or issued, by un-recognized University or the course is proved as an unrecognized at a later stage, he/she shall have no claim for the regularization and the regularization order issued in higher favour be treated as cancelled ab-initio without further notice.</p> <p>iii) The Drawing &amp; Disbursing Officers concerned shall obtain LPC and other related details of the incumbents from the Drawing &amp; Disbursing Office of their parent office before filing the pay of these Officers in the relevant pay scales as revised from time to time.</p> <p>iv) The Drawing &amp; Disbursing Officers concerned shall strictly adhere to the instructions of the Government Order issued vide No. A22(08)-B-184 for drawal of time barred arrears.</p>
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Shri Amarnathji Yatra 2023

# Robust Sanitation facilities in place to ensure eco-friendly pilgrimage: Dr. Singla

**ANANTNAG, JUL 08:** Secretary Revenue and Nodal officer, Shri Amarnathji Yatra 2023 (SANJY 23) for Pahalgam Axis, Dr Piyush Singla, today said that robust sanitation facilities are in place to ensure that SANJY 23 is an eco-friendly Pilgrimage.

The Secretary made these remarks on the culmination of his three day foot tour to Holy Cave. He said that the unprecedented resource influx towards sanitation by the Government has reaped rewards and littering and open defecation on the track are all talk of past.

Dr. Singla, who meticulously assessed the sanitation facilities along the track and in various camps en route, noted that toilet facilities have been strategically placed at regular intervals. He added that an ample number of dedicated personnel have been deployed to ensure proper maintenance.

The Secretary commended the efforts of sanitation workers,



whose hard work has resulted in litter free and open defecation free track.

During his foot tour, Dr. Singla interacted with pilgrims who gave numerous positive remarks regarding the high standards of sanitation maintained throughout the Yatra. The pilgrims expressed their satisfaction with the efforts made to preserve the fragile ecology of Pahalgam, which is recognized as an eco-sensitive zone.

The camp directors at various camps, including Chandanwari, Sheeshnag, Wavbal, and Panchtarni, provided detailed briefings to the Nodal Officer regarding the availability of manpower at their respective camps. They assured the Nodal Officer that a well-structured schedule has been implemented to ensure cleanliness and create a pleasant pilgrimage experience for the Yatri. They also briefed the Secretary about the waste disposal plan put in place for smooth conduct of Yatra.

## DC Srinagar reviews implementation of "Catch the Rain, Save the Water"-2023 initiative under Jal Shakti Abhiyan

**SRINAGAR, JUL 08:** To review and discuss the key action points for implementation of "Catch the Rain, Save the Water"-2023 initiative under Jal Shakti Abhiyan, a meeting was held under the Chairmanship of Deputy Commissioner Srinagar, Mohammad Aijaz Asad here today at Meeting Hall of the DC office Complex.

Among others, the meeting was attended by Chief Planning Officer, Programme Officer, ICDS, Assistant Commissioner Development, Chief Agriculture Officer, Chief Horticulture Officer, Deputy Education Officer, Executive Engineers from Irrigation & Flood Control, SMC, PHE, REV, besides, representatives from Department of Ecology Environment and Remote Sensing, KVIB, and other concerned.

At the outset, the Deputy Commissioner held discussions regarding the implementation of "Catch the Rain, Save the Water" initiative by the line Departments under Jal Shakti Abhiyan with the



central theme "Source Sustainability for Drinking Water" for year 2023 with the view to improve the effectiveness of consumption of water, reducing the loss of water, recharge of ground water by rain water harvesting methods and afforestation.

The DC also took a detailed review of the plans reflecting the provisions for Direct Recharge Structures (under JJM) and other indirect interventions like creation of Artificial Storages, Spring rejuvenation etc. which are being carried out under different schemes like MGNREGS, CAPEX, IWMP etc. and these works form main component of Jal Shakti Abhiyan.

On the occasion, the Deputy Commissioner set a timeline of July 11, 2023 for all line Departments to frame Scientific based Conservation Plan for Source Sustainability of Drinking Water covering both rural and urban areas in the District. He stressed on making extra efforts for efficient management of water conservation and rain water harvesting, besides fully tapping ground water sources and springs across the District.

The DC asked the Departments to rejuvenate all water sources and make dedicated efforts to conserve and preserve water to cater the requirements for the present and future generations.

The DC also asked the Officers to inspect water sources like springs and tube wells which are a source to various drinking water schemes and find the requisite interventions to be taken for their sustainability maintenance and preservation. He also stressed on installation of rooftop rainwater harvesting systems in all Educational Institutions and other establishments in perseverance of the drinking water.

With regard to generating awareness among masses, the DC stressed the Officers to launch a mass IEC activity campaign regarding "Catch the Rain, Save the Water" initiative to create awareness among the general public with visible impact on ground. He laid emphasis on community participation for the successful implementation of the initiative in the District.

The DC also asked the line Departments to work in close coordination and make dedicated efforts to conserve and preserve water resources. He asked them to motivate the general public to adopt roof water harvesting measures and replicate the same for water conservation.

Earlier, the DC was given Department wise briefs about Action Points taken by SMC, RDD, Education, Forest, Agriculture, Social Welfare, Jal Shakti, Ground Water, Horticulture and other Departments. During the meeting, the proposed role of each line Department in implementation of Catch the Rain initiative and IEC related strategy were also discussed.

Pertinent to mention that, the Jal Shakti Abhiyan, Catch the rain 2023 was launched by the Government of India on March 04, 2023 in all the Districts of the Country, covering both Rural and Urban area with the central theme "Source Sustainability for Drinking Water" to bring the necessary focus on sustainability of drinking water supply, specially ground water sources and springs.

## JPDCL worker electrocuted to death in Rajouri, family alleges negligence

**RAJOURI, JUL 08:** A need base worker of Jammu Power Distribution Corporation Limited (JPDC) died on Saturday after receiving an electric shock while repairing a transformer at Manyal Gali area of Thanamandi sub division in Rajouri district.

The death of the need-based worker sparked protests in the area with family members alleging the negligence of the department. The deceased has been identified as Jahangir Khan (35), son of Abdul Aziz of Azmatabad village of Thanamandi tehsil in Rajouri district.

Family members told the news agency—Kashmir News Observer (KNO) that their son was working as a need base worker in the department and was asked to repair a power transformer, power transmission lines at Manyal. They alleged that while the transformer, the electricity supply was restored due to which he suffered an electric shock, leading to his on spot death.

"Our son died only due to negligence of the Junior Engineer, other staff members, who took no concern towards a working official and restored power supply," they said. The protesters blocked Thanamandi road raising slogans against the department, demanding justice.

Sub Divisional Magistrate (SDM) Thanamandi Mohammad Shafiq Mir, Sub Divisional Police Officer Thanamandi Dr. Imtiaz Ahmed, Tehsildar Thanamandi Sayeed Sahil Ali and other officials reached the spot and met with protesters.

Later, the Managing Director (Rajouri) of JPDC and other officials of the power department also reached the spot. Police officers assured protesters that cognizance of the matter has already been taken and action will be initiated against the staff involved in restoration of electricity during the repairing work.

## Ensure all facilities for smooth facilitation of Hajj Pilgrims upon arrival at Airport: Div Com Kashmir to Officers

Convenes meeting of Officers. reviews all arrangements  
1st flight with Hajj pilgrims to arrive on 18th July. 2023

**SRINAGAR, JUL 08:** With the first batch of pilgrims scheduled to return from Saudi Arabia on July 18th, after performing Hajj, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a high level meeting to review the arrangements being made for providing required facilities to Hajjis.

Director Airport, SSP Traffic, ADC Sgr, CEO Hajj Committee, Jr. Commissioner SMC, SE Customs, representatives of CISF and CRPF, Hajj Officer, besides representatives of Jal Shakti, KPDC, Fire and Emergency, Security, Homeguards, SRTC etc. Deputy Commissioners of all districts of Kashmir, Jammu and Kargil attended the meeting through video conferencing.

At the outset, the Div Com directed the concerned officers to prepare facilitation of rousing welcome to the J&K bound Hajjis (Hajj Pilgrims) upon their return from Saudi Arabia after the culmination of annual pilgrimage, 2023. The meeting was informed that 12000 Pilgrims from Jammu & Kashmir and Ladakh performed Hajj this year. Return Hajj flights from Saudi Arabia to Srinagar will operate from July 18th to August 02, 2023.

A total of 38 flights shall fly Hajj pilgrims from Saudi Arabia to here, with two flights to operate on the first three days and afterwards three flights will operate till the return of



all pilgrims.

The meeting discussed threadbare various issues relating to arrival of Hajj Flights, reception, arrival timings, airlifting of luggage and Aab-e-Zam Zam, deployment of Home Guards volunteers, parking facilities, vehicle passes to attendants and transport arrangements for pilgrims.

The Div Com directed CEO Hajj Committee to ensure color coded passes for attendants of pilgrims entering the airport. He also directed the concerned Officers for setting up medical facilities, deployment of fire tenders with crew, regulation of traffic at airport, besides un-interrupted drinking water and power supply at Hajj House and proper sanitation in

and around Hajj House etc.

It was given out that only vehicles with passes shall be allowed to enter the Airport premises to receive pilgrims. Besides, Home-guards will be deployed at the Airport to facilitate Hajj pilgrims. The Div Com directed the S. E Customs to ensure deployment of enough manpower at the airport for mandatory screening.

He further directed the officials to ensure adequate arrangements for Hajj Pilgrims and facilitate their hassle-free arrival besides subsequent smooth journey to their respective destinations. The Div Com directed J&KRTC authorities to provide an adequate number of buses for transportation of the pilgrims.

## Work harder for speedy investigation of cases without compromising on evidence: SSP

**Jammu, Jul 8:** Senior Superintendent of Police, Economic Offences Wing, Crime Branch, Jammu, Shailender Singh on Saturday asked his subordinates to work harder for speedy investigation of cases without compromising on evidence.

Reviewing the performance on the Investigation front of Economic Offences Wing (Crime Branch Jammu) for the First two quarters of the current year from January to June here at a meeting,

Singh, assessed the performance besides taking measures for expediting the process of foolproof Investigation of cases and probe in Preliminary Verifications on merit.

The Investigating Officers were impressed upon to work harder for speedy investigation of cases without compromising on evidence and Probe in Preliminary verifications for the next two quarters of current year for achievement of the targets and



delivery of justice to the aggrieved, said an official spokesman.

The top cop laid thrust on making efforts for collection of sub-

stantial evidence through professional Investigation of cases in a well coordinated manner so as to ensure delivery of justice to

the aggrieved by this premier Investigating Agency of the UT of Jammu and Kashmir as part of the Criminal Justice system.

He said that the meeting was attended by all Investigating Officers, Prosecutors and other concerned staff of Economic Offences Wing of CB Jammu both through offline and online mode. Appropriate instructions were issued to the IO's after thorough interactions and deliberations on various issues.



## Alok Kumar felicitates NEET qualifiers, 10th/12th class toppers of Kashmir division

■ HT News Network

SRINAGAR, JULY 08: Principal Secretary, Education department, Alok Kumar today felicitated the NEET qualifiers as well as 10th and 12th class toppers of Kashmir Division in a function organised by Directorate of School Education Kashmir at Government Girls Higher Secondary Kothibagh here.

Special Secretary SED, Naseer Ahmed Wani; Project Director Samagra, Deep Raj Kanethia; Director School Education Kashmir, Tassaduq Hussain Mir, CEOs, Principals of Higher Secondary Schools, Teachers, Parents and large number of students were present on the occasion.

Speaking during the felicitation ceremony, the Principal Secretary highlighted that these achievers



should remain connected to their alma mater and keep passing on this legacy to other students. He advised the achievers to give back to the society what they have achieved and give due credits to the teachers and the parents for this success.

Alok Kumar, on the occasion, also advised the students to take full benefits

of Prime Minister's Scholarship scheme.

While speaking on the occasion, Director School Education Kashmir emphasized that the students should follow these success stories and work hard as there is no short cut to success. He added that the achievers should mentor others for achieving the same feat.

During the felicitation ceremony, the Principal Secretary distributed Computer Tabs among all the NEET qualifiers and 10th/12th class toppers for augmenting their learning and to match pace with the outer world of competitions. Certificates of merit and achievement were also distributed among them. Notably, 122 Computer Tabs were distributed among the students during the function.

Pertinently, hundreds of students from Government Schools have qualified NEET this year and many more have achieved top positions in Class 10th and 12th class examinations.

During the felicitation ceremony, students of GHSS Kothibagh, SP HSS and GHSS Nawakadal presented beautiful cultural performances enthralling the audience.

## Forest Deptt organises Drug De-addiction cum Environment awareness program in Kund Valley, Kulgam

■ Farooq Rather

KULGAM, JULY 08: A Drug De-addiction cum Environment awareness programme was today organized by the Jammu and Kashmir Forest Department in collaboration with PRIs, line departments, Security agencies etc. at Razloo area of Kund Valley, Kulgam.

Conservator of Forests (CoF) Kashmir, South Forest Circle, Irfan Ali Shah in his address to a mammoth gathering informed that the Forest Department has accelerated its efforts for both greening of degraded forest areas as well as providing and strengthening of livelihoods for both forest fringe inhabitants as well as local educated youth.

Appreciating the beauty of Kund valley, he called it



miniature paradise in the lap of Pir Panjal Mountains and directed to start the initiatives to bring Kund Valley on Ecotourism map of J&K given the fact that there are ample resources available in the Kund Valley like Forest, water and other resources.

The CoF informed that UT of Jammu and Kashmir has notified the Drug De-addiction policy which is being implemented

through a multi-pronged strategy. He said that drug addiction has social, medical and legal aspects.

He informed that the Health Department has set up a number of Drug de-addiction centres in Kulgam, Tral and other places of South Kashmir and also various Rehabilitation Centres have been established by the Police Department.

He also informed that the Forest Department in col-

laboration with different agencies has made forest areas in South Kashmir free from drug cultivation.

The CoF said that as per United Nations Drug Control Programme (UNDCP), there are about 70000 people addicted to drugs in J&K in the age group of 17 to 35 years. He said that drug addiction is on rise and a lot of money is being spent by each addict to procure drugs with the result they get involved in different crimes.

He also highlighted the efforts of the Government of UT of J&K for Drug De-addiction policy and its implementation.

The programme was also attended by the Greater Verinag (NGO) and their volunteers who organized a drug free rally which was flagged-off by the CoF, South Forest Circle.

## Delegation led by Mayor JMC calls on Lt Governor

■ HT News Network

SRINAGAR, JULY 08: A delegation led by Sh Rajinder Sharma, Mayor, Jammu Municipal Corporation called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The delegation comprising of Sh Baldev Singh Billawaria, Deputy Mayor JMC, Chairmen of JMC Committees and Councillors apprised the Lt Governor on various issues of public importance pertaining to extension of benefits under pension and other welfare schemes.

The Lt Governor assured the delegation of due consideration of the issues projected by them during the interaction.

## DLSA Bandipora organizes Awareness programme on NALSA

BANDIPORA, JULY 08: The District Legal Services Authority (DLSA) Bandipora in coordination with Tehsil Legal Services Committee, Sumbal and in collaboration with Labour Department Bandipora today organized an awareness programme on NALSA (Legal Services to the Workers in the unorganized sectors) Scheme, 2015, under the aegis of JK Legal Services Authority at Town Hall Municipal Committee Hajin. The programme was held under the supervision of Chairman District DLSA (PDJ) Bandipora, Amit Sharma and guidance of Secretary DLSA Bandipora, Nusrat Ali Hakak.

During the programme Assistant Labour Commissioner from Labour Department, Adv Irshad Ahmad Dar, Panel Lawyer of TLSC Sumbal delivered lectures on the topic.

## Director Employment J&K inaugurates Mega Job Fair-2023 at GDC Boys Baramulla

### Around 900 enthusiastic Youth participated in the Fair

■ HT News Network

BARAMULLA, JULY 08: In order to facilitate educated youth of the district with employment opportunities in different sectors, a day-long mega job fair was today inaugurated by Director Employment Jammu and Kashmir, Nissar Ahmad Wani at Government Degree College (GDC) Boys, here.

Principal GDC for Boys, Assistant Director Employment, Career Counseling Officer and EO of DE&CC Baramulla were present at the event. The day-long mega

job fair programme was organised by District Employment and Counseling Centre (DE&CC) Baramulla in active collaboration with GDC Boys Baramulla.

As many as 20 employers from different sectors including Hospitality, Banking, Finance, Insurance, Transport, IT, Education, construction etc participated in the event. The event also witnessed an overwhelming response from job seekers as around 900 plus youth across the district participated in the programme.

207 candidates were short-



listed till date for 500 vacancies offered by 20 Employers/Job Providers across the district. Later,

around 42 candidates were given offer letters on the spot. During the event, the job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also urged to get registered on the NCS employment portal for getting information about the job opportunities. Addressing the gathering, the Director highlighted the importance of the event and underlined that the event would serve as an excellent platform for introducing skilled unemployed youth of Baramulla

with recruiters. He also urged the youth to get registered with online portal jakemp.nic.in and informed them that the portal has also been integrated with NCS portal which has 1.92 lakh employers onboard. He also informed that more than 50 thousand unemployed youth from J&K have already registered at the platform. Elaborating further, the Director asserted that the platform aimed to bridge the gap between job seekers and employers, providing an opportunity for aspiring individuals to secure meaningful employment.

## PUBLIC NOTICE

I'm running tour and travel agency under the name of Travelling buzz Kashmir kashmir in this regard if anybody have any objection he may contact to the concerned Department within a period of 15 days after that no objection will be accepted.

Shoukat Ahmad Ganaie  
S/o Ab Majeed Ganaie  
R/o Hail Kreeri  
Phone no 7780968625

## DC Bandipora inspects Shadipora transit camp to review arrangements; interacts with yatries

■ HT News Network

BANDIPORA, JULY 08: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad on Friday visited Transit Camp for Amarnath pilgrims at Shadipora and reviewed arrangements for the pilgrims who were halted owing to rains on Friday morning.

On the occasion, The DC took stock of all the arrangements, including boarding and lodging, Langers, cleanliness, and drainage at the camp.

Speaking on the occasion, Dr. Owais expressed satisfaction over the arrange-



ments and said that they have further improved the arrangements for the comfortable stay of the yatries. He said they had already anticipated the rainfall as

the same was witnessed yester years and arrangements were already put in place, especially the drainage system was maintained properly.

He said all the necessary arrangements are put in place, including medical facilities and other indoor and outdoor arrangements.

Dr. Owais hailed civil, police and military officers and officials for working beyond duty hours to ensure the smooth stay of yatries. He interacted with the yatries stationed at transit camp and took direct feedback of the services and facilities available for them.

Yatries lauded the efforts and measures adopted by district administration and departments during the rainy period at the transit camp.

## Government of Jammu & Kashmir UT OFFICE OF THE EXECUTIVE ENGINEER FLOOD SPILL CHANNEL DIVISION NARBAL

Fax/Phone: 01951-260223

Email: [floodspillchannelnarbal@gmail.com](mailto:floodspillchannelnarbal@gmail.com)

### Notice inviting e-Tender

e- NIT No. 15 of 2023-24 Dated: 07/07/2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir, e-tenders (in Single Cover System) on percentile basis are invited from approved and eligible contractors for the following works to be received by the Executive Engineer Flood Spill Channel Division Narbal.

S.No	Name of Work	Est. Cost (₹. In Lacs)	Earnest Money	Cost of T/Dco. (₹.)	Time of completion	Class of Contractor	M.H Account
01	Re activation Restoration of Cross Drainage pipe outlet on left embankment of Flood Spill Channel at Sultanpora	₹. 6.29 Lacs	12580/-	600/-	20days	CEE & DEE	M&R
02	Construction of crate protection work on left side of Maninar Nallah DS Horticulture at Khag.	₹. 5.98 Lacs	11960/-	500/-	20days	CEE & DEE	M&R
03	Laying of crate protection work. Crate Wall on the Right side of Arkari Nallah near Land of Ghulam Hassan Hajam at Sadewani.	₹. 4.96 Lacs	9920/-	400/-	15days	DEE	M&R

Position of AAA = Accorded, Position of TS = Sanctioned, Position of funds: (100% Budgetary provision 2023-24)

The Bidding documents consisting of qualifying information, eligibility criteria, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of date given below:-

1.	Date of Issue of Tender Notice	07-07-2023
2.	Period of downloading of bidding documents	07-07-2023 from 1800 Hrs
3.	Bid submission Start Date	07 -07-2023 from 1800 Hrs
4.	Bid Submission End Date	19 -07-2023 upto 1600 Hrs
5.	Date & time of opening of Bids	20-07-2023 at 11.00 A.M in the Office of the Executive Engineer Flood Spill Channel Division Narbal.
6.	Submission of Performance Security (PS)	The bidder has to provide 3% of Adv. Cost as Performance Security within 7 days after opening of Financial Bid.

Note:-

1) :- The Bidders are advised to read all conditions laid down in the NIT carefully before uploaded softcopy any short fall if any found in the soft copy the tender shall be rejected

2) As per Circular issued by the Government of Jammu and Kashmir Civil Sectt. Finance department vide No.OM No.A/24(2017)-651 dtd. 07-06-2018 which reads as under :-

- Furnishing of Hard Copies of bids immediately after submission of E-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids.
- The Cost of tenders should be collected by uploading a copy of necessary Treasury Challan/Receipt (Debited to M.H.0701 -Rev. Misc) and Earnest Money in the shape of CDR/FDR in favour of Executive Engineer Flood Spill Channel Division Narbal failing which the tender will be rejected outrightly. The issuing date of CDR/FDR uploaded must be between issuing date to Bid Submission end date of NIT. CDR/FDR (Earnest money/Bid security) and relevant bid documents shall be obtained from the lowest bidder before the fixation of contract.
- The date and time of opening of Bids shall be notified on Web site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site in the office of Executive Engineer Flood Spill Channel Division Narbal.
- The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.

DIPK-4715/23  
Dated: 08/07/2023.

Sd  
Er. Zaffar Mustafa Khan  
Executive Engineer  
Flood Spill Channel Division  
Narbal.

## Union Territory of Jammu & Kashmir OFFICE OF THE DISTRICT SHEEP HUSBANDRY OFFICER KUPWARA-193222

Email: [doshdkupwara@gmail.com](mailto:doshdkupwara@gmail.com) Telefax: +911955252220

### PUBLIC NOTICE

**Subject:** Extension for last date for submission of application forms for establishment of sheep & goat units and shearing units under Integrated Sheep Development Scheme and Retrieval Units and TSP (10+1) units

In order to generate good response and as desired by Hon'ble Chairperson District Development Council Kupwara, the last date for submission of application forms invited by this office vide No. DSHOK/Tech/2023-24/836-50 Dated: 13-06-2023 and No. DSHOK/Tech/2023-24/892-910 Dated: 16 /06/2023 is hereby extended up to 15-07-2023

However, all the terms and conditions of the advertisements shall remain unchanged

DIPK-4742/23  
Dated: 08/07/2023

Sd/=   
District Sheep Husbandry Officer  
KUPWARA



# Annual Kailash Yatra scheduled from Sept 11

## DDC Doda discusses arrangements with line departments, religious organizations

■ HT News Network

BHADERWAH, JULY 08: District Development Commissioner (DDC) Doda, Vishesh Mahajan today convened a meeting here in Dak Bunglow Bhaderwah to discuss the arrangements for forthcoming Yatras in the district, particularly the annual Kailash Yatra.

BDC chairman, Omi Chand; DDC counselor, Yudhvir Singh; Senior Superintendent of Police, Abdul Qayoom; ADC Bhaderwah, Chowdhary Dil Mir; Chief Medical Officer, ACD, CAHO, ASP Bhaderwah, Tehsildar Bhaderwah, BDO Bhaderwah, XEN R&B Bhaderwah, DFO Bhaderwah, XEN BDA, OC 33-CRPF, EO MC Bhaderwah, Representatives of various other departments and president Sanatan Dharam Sabha Bhaderwah, Kailash Sewa

Sangh and other trustees were present in the meeting.

President Sanatan Dharam Sabha, Bhaderwah, informed the meeting about the schedule of forthcoming Kailash Yatra in the district and sought cooperation from District administration for smooth conduct of the historical Pilgrimage.

The Kailash Yatra, as informed by the president SDS, is scheduled to be held on 11th September to 12th September 2023.

The Sanatan Dharam Sabha called upon administration to make foolproof security arrangements for the pilgrims and ensure maintenance of roads, availability of drinking water, presence of medical staffs along the route of Yatra, accommodation of pilgrims, arrangements of buses, arrangements of firewood at yatra venues, arrangements of power through



Generators besides other facilities viz toilets at different locations enroute and at venues. Responding to the issues raised by the Sabha, the DDC issued on the spot directions

with respect to different Yatras which are going to be held to different religious places.

Regarding Security, SSP Doda was asked to deploy a sufficient number of police personnel along the Yatra routes to ensure the safety of pilgrims. He further directed the ASP Bhaderwah to ensure hassle free movement of vehicles carrying pilgrims.

The DFO Bhaderwah was asked to clear the inconveniences along the traditional route and make availability of firewood at kailash kund and at Hayan where Yatra will have a night halt.

The DDC stressed on making adequate provision of drinking water on the yatra route to meet the requirement of the huge rush of pilgrims expected this year. He further insisted upon the R&B department to clear the landslides on Bhaderwah Cham-

ba road for smooth and hassle free movement of vehicles during the days of Yatra.

It was decided that a medical team would be sent with the Yatra in addition to the staff being posted at different halts enroute and CMO Doda was directed to make arrangements in this regard.

The DDC further directed the officers to encourage the yatrists for keeping the yatra venues clean and make use of dustbins installed at different halt points. The DDC appealed to the yatrists not to carry toxic substances with them. The police will lay nakkas at different points to have a check on these items.

Tahsildar Bhaderwah and BDO Bhaderwah were nominated as nodal officers for the smooth conduct of yatras in the Bhaderwah Sub District.

## Counselling cum Awareness Workshop on PMSSS organised in PSPS GCW Gandhinagar

■ HT News Network

JAMMU, JULY 08: Padma Shri Padma Sachdev Government College for Women Gandhinagar Jammu organised a Counselling cum Awareness Workshop on Prime Minister's Special Scholarship Scheme for Jammu & Kashmir and Ladakh, 2023-24 for the aspiring students of Jammu region. Prof. Ajeet Angral, Consultant AICTE, SAGB was the expert speaker of the workshop. He emphasised that the Special Scholarship Scheme for Jammu & Kashmir and Ladakh was introduced to foster education in the region. In his presentation, he focused on the eligibility criteria and guidelines for applying for the scholarship scheme. Dr. Rajindera Baliram Kakde, Advisor (Approval), AICTE, New Delhi, in his address, deliberated on the purpose of this Counselling cum Awareness Workshop. He stressed that the workshop is aimed at creating a nurturing environment where students and stakeholders can explore opportunities, gain insights, and seek guidance from experts regarding the scholarship scheme. Prof. Minu Mahajan, Principal of the host College, appreciated the efforts of AICTE in organising this workshop. In her address, she reiterated that the objective of this workshop was to ensure that every student under the scheme receives comprehensive support. The event culminated with a question answer session which provided an inclusive platform to the students and the stakeholders to interact with the experts, put forth their queries, and share their experiences.

## MVD Doda organises "Nasha Mukht Bharat Abhiyan" awareness campaign

■ HT News Network

DODA, JULY 08: To promote "Nasha Mukht Bharat Abhiyan, Motor Vehicle Department Doda today organised an awareness campaign to educate travelers, locals, and especially drivers about the disastrous consequences of drug abuse. The awareness campaign was organised at TRC Pul Doda under the supervision of ARTO Rajesh Gupta. During the campaign, the ARTO advised the drivers and cleaners to stay away from drug abuse. He also highlighted the initiative launched by Deputy Commissioner Doda, which made drug testing kits available in the department. These kits can help identify drivers and cleaners who are addicted to drugs.

The ARTO asked the drivers to prioritize their health as it directly impacts passenger safety and security. Taking care of their well-being will contribute to a safer travel experience for everyone, he added. The launch of the "Nasha Mukht Bharat Abhiyan" awareness campaign by MVD Doda is a significant step towards combating drug abuse in the district. By raising awareness among drivers and the local community,

## Tahira Tabassum anguish over unscheduled curtailment of electricity, drinking water supply issues in Kandi Belt

■ M S Nazki

Surankote: Social Worker & Sarpanch Buffliaz B Tahira Tabassum has expressed his anguish over the inability of the authorities for ensuring electricity and drinking water supply in Kandi belt of Poonch district. Tabassum highlighted the concerns of the people after a deputation of people from Kandi area met him and raised issues being faced by them. Tabassum said that the Kandi belt is worst affected because of non-availability of drinking water supply that has compelled the people to buy drinking water. "The Jal Shakti Dept has not been able to frame a policy for the Kandi people to ensure drinking water supply. The people have no other source. Therefore, they hire water tankers to supply them with



purchased drinking water," he said. She said that "For decades, the kandi belt has always been neglected by the Jal Shakti Dept. The people should have been provided proper tap water supply and tanker services by the concerned department. However, the fate of people did not change for years." Meanwhile, She also demanded that the electricity should be supplied round the clock in Kandi areas where the people suffer due to unscheduled long hours power cuts.

## Director Horticulture launches Fruit Plantation Drive at Maralian

■ HT News Network

JAMMU, JULY 08: In a significant move to promote plantation of fruit plants in the field area of Jammu Division amid the Rainy Season, Director Horticulture Jammu, Ram Savak today launched a plantation drive by planting a sapling of Taiwan Guava for compact plantation over an area of 30 Kanal owned by a farmer at village Maralian, R.S Pura.

Chief Horticulture Officer Jammu, Ashwani Sharma, Horticulture Development Officer, Dheeraj Sharma and farmers of the area were present on the occasion.

The Director also interacted with the farmers and briefed them about the various Centrally and UT sponsored schemes of the department and urged them to come forward and associate with the horticulture department and avail the benefits of different components viz: Protected cultivation, Water harvesting tanks, Drip irrigation, Custom Hiring Centres, Vermicompost



units, Strawberry plantation, Tools / implements etc. for up-lift of their socio-economic status.

He said that keeping in view the suitable agro-climatic conditions, there is immense potential for horticulture crops in the area which must be tapped.

Apart from enhancing the income of the farmers, the plantation of fruit crops adds to the green cover, mitigates pollution and also conserves water.

## DDC Doda launches Door-to-Door Waste Collection Drive in Bhaderwah

■ HT News Network

DODA, JULY 08: In a significant move towards cleanliness and sanitation, the District Development Commissioner Doda, Vishesh Mahajan along with Senior Superintendent of Police, Abdul Qayoom, on Saturday launched a door-to-door waste collection drive in Bhaderwah, under the Swachh Bharat Mission (Grameen) and Mission ODF Plus 2023.

The aim of this campaign is to mobilize stakeholders towards safe disposal of waste and maintain a hygienic environment in the Bhaderwah Block.

To mark the launch of the campaign, the Deputy Commissioner flagged off two dedicated vehicles that will



collect waste directly from households. The initiative received great support from the PRIs and Public.

Among others present on the occasion included ADC Bhaderwah Chowdhary Dil Mir, ASP Bhaderwah, ACD Doda, BDO Bhaderwah, EO MC Bhaderwah, and other

concerned members of the civil administration.

In his address, the DC highlighted the importance of cleanliness and waste management for a healthy and hygienic society. He urged residents to actively participate in the campaign and contribute towards the

overall development and cleanliness of the region.

To ensure the success of the campaign, the campaign will be conducted in collaboration with government departments, local NGOs and community-based organizations.

Regular awareness programs and cleanliness drives will be organized to educate the community about the significance of waste management and its positive impact on public health.

By joining forces and working towards effective waste management, we can make Bhaderwah a shining example of cleanliness and sustainable development. Together, let us create a cleaner and healthier society for all, said DC.

## DDC Reasi reviews developmental achievements under District Capex Budget 2023-24

■ HT News Network

REASI, JULY 08: District Development Commissioner, Reasi, Babila Rakwal today chaired a meeting of officers here in Video Conference Hall of District Administrative Complex to review the developmental achievements and status of works under District Capex Budget 2023-24.

During the meeting, the District Development Commissioner took detailed sector wise review & progress under District Capex Budget including UT Capex, Area Development Fund, Aspirational Block Development Programme & Aspirational Panchayat Development Programme in education, RDD, PDD, PHE, Health and other sectors.



She also reviewed the estimation of proposed works, Administrative Approvals, number of works tendered, allotment of works, works initiated and completed and other related issues.

The meeting was informed that a total of 3036 works which includes 2599 new works and 437 ongoing works have been taken up under District Capex 2023-24 including ADF, ABDP and APPD.

The concerned officers

were asked to expedite the estimation and tendering process and complete the entire process by the end of this month. The DC also directed them to personally monitor the quality and progress of all ongoing works and make maximum use of the working season to complete all the works.

The meeting was attended by Additional District Development Commissioner, Reasi; Chief Planning Officer, Reasi; Chief Medical Officer, Reasi.

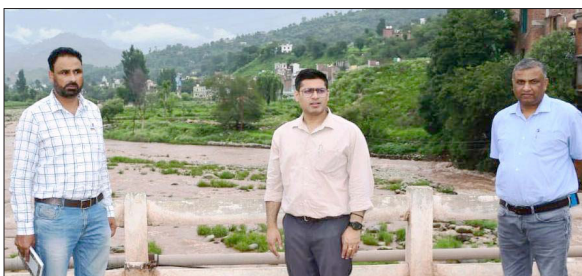
## Deputy Commissioner reviews Flood Control measures in Rajouri

■ HT News Network

RAJOURI, JULY 08: In a proactive move to ensure the safety and security of the people, Deputy Commissioner Vikas Kundal conducted an extensive inspection of the rivers and Nallahs in the region and assessed the flood control measures in view of the rainy season.

The inspection, which was aimed at reviewing the flood control measures at the vulnerable places, was conducted to get a detailed assessment of the situation.

Accompanied by a team of experts, including CPO,



Mohammad Khurshid and SE Jal Shakti, Bharam Jyoti Sharma, the DC thoroughly examined different water bodies in the area and the protective measures put in place to mitigate the impact of flash floods.

Speaking about the importance of the inspection, the DC Vikas Kundal

said, "We are committed to ensure the safety of the citizens, especially during the monsoon season when the risk of flooding is high. By conducting this inspection, we are taking proactive steps to identify any potential vulnerability in the flood control measures and address the same before

they become a problem."

The inspection was part of a larger effort by the district administration to strengthen the region's flood resilience and ensure that all necessary steps are taken to prevent any loss of life or property in the event of a flood. With the monsoon season in full swing, the administration is leaving no stone unturned to ensure that the people of Rajouri are safe and secure.

The inspection proved to be highly successful and the district administration is confident that the measures put in place will be effective in mitigating.

## DLSA Samba hosts Induction training session for new Legal Aid Lawyers

■ HT News Network

SAMBA, JULY 08: To provide an overview of the role of Legal Aid Lawyers and also the code of ethics which the Legal Aid Lawyers are required to adhere to, District Legal Services Authority Samba today organized a one day interactive cum Induction training session for newcomers in the rank of Legal Aid Lawyers and officers of Legal Aid Defense Counsel System, District Legal Services Authority Samba here in the Conference Hall, District Court Complex Samba.

The Induction training session was held on the



directions of Yesh Paul Kotwal, Chairman, District Legal Services Authority Samba (Pr. District & Sessions Judge Samba) who sensitized the participants as to what exactly are their duties and responsibilities. He also stressed upon how the credibility of justice delivery can be enhanced and nurtured at the grassroots level through

Chairman, District Legal Services Authority (Pr. Distt. & Sessions Judge Samba) who sensitized the participants as to what exactly are their duties and responsibilities. He also stressed upon how the credibility of justice delivery can be enhanced and nurtured at the grassroots level through

the Legal Aid Counsels.

He also discussed how the poor and disadvantaged sections of the society can be provided with the basic legal services through them. The objective of organizing this interactive cum Induction training session was to develop the professional skills of the legal aid lawyers and to enhance their knowledge and ability to discharge their duties as Legal Aid Lawyers and officers of the Legal Aid Defense Counsel System to the needy persons through the DLSA Samba. This interactive cum Induction training session was attended by Ms. Nisha Rani.



EDITORIAL

## Addressing Abrupt Rise in Crime Rate Across Kashmir : Urgent Accountability is need of the Hour

The region of Kashmir, known for its natural beauty and cultural richness, has been marred by a distressing rise in social crimes. The alarming increase in cases of harassment, rapes, molestation, domestic violence, and stabbing is a matter of grave concern that demands immediate attention. In this editorial, we explore the urgent need for accountability in addressing these heinous acts and discuss the role various stakeholders must play in combating this disturbing trend.

**Unveiling the Dark Reality -** The recent surge in social crimes in Kashmir has shattered the tranquility that the region once enjoyed. Women, in particular, have become targets of sexual harassment and violence, causing fear and anguish within communities. The rise in domestic violence incidents has further exposed the vulnerability of individuals within their own homes. Additionally, frequent incidents of stabbings reflect a growing culture of violence, undermining the principles of peace and harmony that Kashmir has long cherished.

**Seeking Accountability -** In the face of such distressing realities, it is imperative that accountability is established to ensure justice for the victims and prevent future occurrences of these crimes. Responsibility for addressing this issue lies with multiple stakeholders, each with a distinct role to play.

**Government Authorities -** The government of Kashmir must acknowledge the severity of the situation and take immediate steps to reinforce law enforcement agencies. Allocating adequate resources to enhance security and investigating capacities is crucial. Furthermore, creating specialized units to handle cases related to social crimes and establishing fast-track courts to expedite legal proceedings would demonstrate the government's commitment to tackling this issue.

**Education System -** In order to prevent social crimes, the education system must be revamped to prioritize teaching values such as respect, consent, and gender equality. Schools and colleges should incorporate comprehensive sex education programs that emphasize empathy, consent, and healthy relationships. By fostering awareness and understanding among the youth, we can lay the foundation for a more respectful and empathetic society.

**Community and Religious Leaders -** Community and religious leaders have a vital role in shaping public opinion and guiding their followers. By openly condemning social crimes and promoting values of respect and equality, they can influence societal norms and challenge regressive attitudes. Public awareness campaigns led by these influential figures can help debunk myths, dispel stereotypes, and foster a culture of empathy and understanding.

**Civil Society Organizations -** Local NGOs and civil society organizations have a crucial role in providing support to victims, raising awareness, and advocating for policy changes. These organizations can work in collaboration with the government to implement community-based interventions, create safe spaces, and offer counseling and rehabilitation services to survivors of social crimes.

The surge in social crimes in Kashmir is an alarming trend that demands urgent action and accountability. The government, education system, community leaders, and civil society organizations must come together to address this issue collectively. By strengthening law enforcement, imparting comprehensive education, challenging regressive attitudes, and supporting survivors, we can work towards a safer and more compassionate society in Kashmir. It is only through shared responsibility and collaborative efforts that we can bring an end to the prevailing culture of violence and ensure a brighter future for the people of Kashmir.



JASWINDER PAL



Life is full of ups and downs, and there are moments when everything seems to go wrong. Unexpected challenges, setbacks, and disappointments can leave us feeling overwhelmed and helpless. However, it is possible to find happiness even in the face of adversity. Cultivating resilience and adopting positive coping strategies can help us navigate through difficult times and maintain a sense of inner peace and happiness. In this article, we will explore some practical ways to stay happy when everything seems to be going wrong.

### Embrace Acceptance:

When faced with difficult circumstances, it's essential to acknowledge and accept the reality of the situation. Acceptance doesn't mean giving up or resigning to a negative fate but rather recognizing that some things are beyond our control. By accepting what has happened, we can shift our focus towards finding solutions and moving forward.

### Practice Self-Compassion:

During challenging times, it's crucial to be kind and understanding towards yourself. Treat yourself with the same compassion you would offer to a friend facing a difficult situation. Practice self-care by engaging in activities that bring you joy and relaxation. Nurture your physical, emotional, and mental well-being to build resilience and maintain a positive mindset.

### Find the Silver Linings:



Although it may seem challenging, try to find the silver linings in the midst of adversity. Every difficult situation carries lessons and opportunities for growth. Look for the positive aspects or potential benefits that may arise from the situation. Shifting your perspective to focus on the lessons learned and the potential for personal development can help maintain a sense of hope and happiness.

### Seek Support:

Remember that you are not alone. Reach out to friends, family, or support groups who can provide a listening ear and offer guidance. Sharing your feelings and concerns with others can help alleviate stress and provide fresh perspectives. Additionally, seeking professional help, such as therapy or counseling, can provide valuable tools to navigate through challenging times and develop effective coping mechanisms.

### Practice Mindfulness and Gratitude:

Cultivating mindfulness involves

being fully present in the moment, without judgment. It can help you develop a greater awareness of your emotions and thoughts, allowing you to respond to challenges with clarity and composure. Additionally, practicing gratitude by acknowledging the things you are thankful for, even amidst difficulties, can shift your focus towards positivity and foster a sense of happiness and contentment.

### Set Realistic Expectations:

Sometimes, when everything goes wrong, it can be helpful to reassess your expectations. Unrealistic or rigid expectations can lead to disappointment and unhappiness. Adjust your goals and expectations to match the circumstances, allowing room for flexibility and adaptability. Celebrate small victories along the way, and remember that progress is often made in incremental steps.

### Focus on Solutions:

While dwelling on problems can be

tempting, redirect your energy towards seeking solutions. Break down the challenges into manageable tasks and take action. By focusing on solutions, you regain a sense of control and empower yourself to overcome obstacles. Celebrate each small victory along the way, as each step forward brings you closer to a resolution.

### Conclusion:

Finding happiness in the face of adversity is a testament to our resilience as human beings. When everything seems to go wrong, it's crucial to embrace acceptance, practice self-compassion, and seek support from loved ones. By cultivating mindfulness, gratitude, and realistic expectations, we can shift our focus towards solutions and personal growth. Remember, happiness is not the absence of difficulties, but rather the ability to rise above them with a positive outlook and a resilient spirit.

The Author is a SS Master, VPO Waring Khera

# Sports Physiotherapist - How to become a Sports Physiotherapist



VIJAY GARG



Sports Physiotherapist is the professional who plays a very significant role in training sportspersons in various field and manages the sports injuries whenever required. Sports Physiotherapists have to treat a wide range of sports injuries so specialization is required in sports physical therapy.

With ever-increasing competition in sports and utter professionalism, there has been an increase in the injuries affecting a large number of sportspersons thereby making the role of a Sports Physiotherapist even more important in today's context.

### Sports Physiotherapist Eligibility Educational Qualification

The minimum qualification to become a Sports Physiotherapist is 12th passed or equivalent examination with Physics, Chemistry, Biology and English as main subjects.

### Sports Physiotherapist Required Skills

Sports Physiotherapists must be able to build a rapport with his clients' i.e Sportspersons and maintain communication with team management as well as other healthcare professionals, such as occupational therapists etc.

They should also be tolerant, patient, a team player and compassionate; be level-headed, practical and have good communication skills as they have to work for long hours and away from their home for long periods.

### How to become a Sports Physiotherapist?

To be a sports psychotherapist one has to undergo the following steps to become a Sports Physiotherapists:

#### Step 1

After completing +2 with Physics, Chemistry and Biology the aspiring Sports Physiotherapist need to take admission in Diploma in Physiotherapy or Bachelors of Physiotherapy/B.Sc (Physiotherapy) course. This course is of 3 or 4 years depending upon the institute. Admission to this course in some of the



reputed institute of India is provided on the basis of rank in Joint Entrance Exam conducted by the Rehabilitation Council of India. These exams are generally held in the month of May-June and consist of Objective type questions on the subject of English, Physics, Chemistry; Biology through a number of questions and pattern may vary from test to test. The results of these exams are generally out by June/July.

#### Step 2

After completing this three or four years of BPT Degree course and six months compulsory training one can opt. for some job is private or state-run sports associations or academies. Those who want to get into the research in the related field can go for higher education i.e Master in Physiotherapy etc.

### List of Institutes Providing Courses related to Physiotherapist.

**Institute of Physical Handicapped, New Delhi (www.iphnewdelhi.in)**

**Lakshmi Bai National College of Physical Education, Gwalior (www.lnipe.gov.in)**

**Guru Nanak Dev University, Amritsar (www.gndu.ac.in)**

**Bihar College of Physiotherapy and Occupational Therapy, Patna (www.bcpo.co.in)**

**Guru Jambheshwar University, Hisar (www.gjust.ac.in)**

**Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi (www.igipess.du.ac.in/)**

**Amar Jyoti Institute of Physiotherapy, New Delhi**

**Jamia Hamdard University, New Delhi**

**PGIMER, Chandigarh**

### Sports Physiotherapist Job Description

Sports Physiotherapist job description includes training sportspersons and managing various kind of sports injuries that come their way. They treat

cases such as fractures, dislocation, nerve injuries using various kind of treatments. That can be treating injured sportspersons through exercise therapy and other therapeutic agents, including heat radiation, electricity, sound, water and massage. Sports Physiotherapists also cure weak muscles, limitations of movement of shoulder and knee joints and other such disorders which may have been inflicted during exercise or play.

### Sports Physiotherapist Career Prospects

There is a lot of scope for those who are taking Sports physiotherapist as a career in the present scenario. As most sports associations and institutions employ physiotherapists for helping athletes and sportspersons. Many top-level sports persons appoint their own individual physiotherapists to advise and help them maintain optimum physical fitness. With increasing health consciousness there is also a great demand for sports physiotherapists in a health club or fitness centres who can help in terms of posture and exercise methods.

### Sports Physiotherapist Salary

Sports Physiotherapist can expect to get Rs.25,000 to Rs.30,000 per month to start with although depending upon the competence of the individual professionals. There is a lot of money in private sports clubs and it only gets better for candidates as they win the trust of their clients and the goodwill is spread by word of mouth to attract more clients. With a couple of years dedicated work and some experience along with a masters degree could lead a Sports Physiotherapist to earn as high as Rs.50,000 per month.

Vijay GarG Retired Principal Educational Columnist Malout Punjab



HT EXCLUSIVE



SANA BILAL SHAH

Going towards to the south city

Princess Sara sat on the batty and Princess Noora and Prince Ali sat on the bally butterfly. As they reached near the house. Princess Sara ordered the butterflylies to stop and go back to their real owner ( MICKEY MOUSE) and also say thanks and goodbye to Mr. Froggy.....and other animals she met. "OH! Did you also met them" Asked Princess Noora " Yes, then who can I found you" said Princess Sara. The butterflylies went and the siblings went to their forest house, Where they found the lion falling on the ground. " LION UNCLE" Shouted Princess Noora.

They all sat near the lion and asked what happened, The lion said that " Dear children I am going soon from this world and my all magic is also over. Sorry I can't complete your one wish. Now, listen the solution of this problem is that you have to kill the witch , she is in the south city at this time. Any of the animal can tell you the way without the one who lives at the forest floor. I wish I can tell you the way to your kingdom but I am compulsion as the Witch had spell on you, If power were in my hand and you had completed my task, I will send you back" " We have completed your task. Now what we will do of the crown?" Asked Princess Sara. " At last of your adventures you will know that who is able to wear the crown" Said the lion.

"But lion uncle" said Princess Noora " We don't want anything we... LION UNCLE". The had close his eyes forever. " Lion uncle" Shouted Princess Noora.

Princess Noora's Heart was broken, Princess Sara's tears rolled down from her chicks, Prince Ali was very upset.

The Lion's body was disappeared. Now, the siblings went to find any animal who will tell them about the south city. Princess Noora saw a deer and she asked him "OH! Cute deeryy can you tell us the way to the south city" "Noora" Asked Princess Sara

"What are you doing? Did not you listen to the lion? The one who lives at

the forest floor can not help." " OH!" Said Princess Noora. Then the sisters saw their brother talking with the monkey. The deer went his wat and the sisters went to their brother and asked that what he is doing? The monkey went up climbing on tress. Prince Ali said to his sisters I knew the way, come on with me. They walked and walked till they crossed the forest. Now, they reached to a new place. They were walking on the pink and yellow path. Suddenly, a bear came infront of them.

"HAAAAAAAAAAAA!" Shouted the siblings. " OHHHHHH!" Shouted the bear.

"Wait" Said Princess Noora " Why are you shouting. You are a bear and we are humans" " Actually" Said The bear " I am also a human" " What you are saying you are a bear" Said Prince Ali.

"No, I am a human" Said the bear " Actually, a witch had spelled on me. At first, I thought she is a, she is a women, an old women. But she cut down a flower, I only stopped her and she spelled on me. Today she is in the south city" " This is the witch we are searching for, Come one with us to the south city" Said Princess Sara.

The bear aggred with lots of questions in its mind, the siblings told him the whole story. Then, the bear in for the sibling that " the whole southcity are in hand of the witch and everyone here knows it. A traveller informed us. Well I am also a tavller and let me tell you that this is a unity land and everyplace is a wonderful place like the magical land" "We knew the land" Said Princess Noora. " OH" said the bear and continued "yeh and many other places like animal land, candy land etc. Well this all is known as wonder land"

Is every thing made of candy in the candy land" Asked the little Princess. " yeh.. Something like that" Replied the bear. And suddenly a scarecrow came in front of them, Now this was no wonder for the sibling that the scarecrow can

**"What are you doing? Did not you listen to the lion? The one who lives at the forest floor can not help." " OH!" Said Princess Noora. Then the sisters saw their brother talking with the monkey. The deer went his wat and the sisters went to their brother and asked that what he is doing? The monkey went up climbing on tress. Prince Ali said to his sisters I knew the way, come on with me**

talk the scarecrow said them his story that he worked in the field once a lady came she picked up a very sour apple. I thought she is a normal women and I stopped her to eat the sour one but she spelled on me, now I am very coward. The sibling knew the who was the witch they also said to the scarecrow to come with them. Now, in the way they met a tiger the said his own said story that he had two cubs and a wife, he was a minter of the court of lion, a witch spelled on

him and he had lost the place of minter and also her wife is very sick from several days and he also lost his one cub. Everyone was sad by listening his sad story. Prince kept his hand on the tiger's shoulder the tiger said " we need rose, we all are very hungry.

Princess Noora to the tiger " but why rose" " to buy food" replied the tiger " But you can use token curncey why rose" said the princess.

The bear said to the sibilings that here rose is like a token curncey and also said to the scarecrow and tiger that the token curncey is like rose. Now, listening this all Princess Noora said to her sister to give her jewellery set of rose from the bag. Princess Sara gave the little princess the set from the bag and Little princess gave it to the tiger and said " Go, buy food for your cub and wife. Then, come soon we have to kill the witch. So, that all will be fine". Prince Ali asked to Princess Noora " Are these roses alive but how in the bag without air, water and sunlight". Princess also did not know the answer. The bear replied " it is because the roses were in the wonderland". The tiger was confused and had many questions like " Who the witch will killed? What is happening? Why these all people area here?" The sibling answer all the questions of the tiger and told him the whole story. Now , the tiger's confusion was cleared and he brought food for his family and they started for the south city. Now, they reached to the peaceful land that was between the unity land and south city.

The bear told them that this is the peaceful land, the area between unity land and south city. Walking some distance they found somke everywhere, A man came running towards the little team consists of the siblings, animals, and scarecrow. They asked the man about the matter. The man replied that " A house caught fire no one knows how, go from here". Saying this the man run out. The team can not go back as they have to go

to the southcity. Walking in the smoke finally they reached to the house they stayed away from the house, and listened a sound "help! help! Any one please help me" " I think peaceful land had overed its peace" said Prince Ali in a funny way. " Shut up Brother" Said Princess Sara " We should help the person"

" Here we need sara and you are saying about helping anyone elce" Said prince Ali. Princess sara Asked " Who will be with me"? Every one rises hand then prince Ali also aggered. They went to the house and found a girl lying on the floor upstairs, princess sara said " Maybe, The sound was coming from the window of the room" Now they put the girl on the back of the bear and ran out. Princess Noora was waiting for them outside because her elder siblings did not allow her to come inside into the fire, Now they runed a distance away and reached to a safe small garden where they put the girl down the bear was very tired and fell down suddenly the girl converted into a fairy and said " I know for what purpose you have came here, I am a fairy I was just checking how kind people are... Don't Worry the fire in the house is overed but now I will give you a gift. " Gift, what gift?" exalimed Princess Noora .

" I will tell you what gift" said the fairy and gave them a portion from which they can easily kill the witch only the have to spark it on the witch this is power of the portion and then the fairy disappear. N ow the stared walking and Princess Sara said " See advantage of obeying me, we got portion. If we will listen to you brother then we will not get this portion. This is known as Do GOOD AND HAVE GOOD" Prince Ali noded his head and said " Yes you are right sara" Then the bear said " Well we have done a good job by reaceing the fairy" " Yeh." Aggered everyone. Talking and talking they reached to a big gate the gate was the entry of the south city.

Time To Go Back Home

As the witch was killed and disappeared, Princess Noora stands up and said that her leg is okay now. " By seeing the witch is killed" Said Prince Ali and the sibling laughed. Some moments later... The bear, Scarecrow and Tiger came and said that they were fighting and suddenly they saw that people hugging each other. " It is because we killed the witch " Said Princess Noora. They all laughed with joy and happiness. " So, why we are not normal like before" Questioned the Scarecrow because the sibling were not in their kingdom and the bear was not a human, The tiger did not got his cub back and the scarecrow was sure that he is coward not brave now. This question rises in every one's mind, but suddenly voice came from out that Queen Mahar is the best, Queen Mahar is the best. The team went out on the balcony to see, they saw that the people of the south city were shouting this. At This time, The bear also did not know who is the Queen Mahar. They asked to the people from the balcony that " Who is Queen Mahar" A old man with long breed replied " She is the Queen of the South city. We want her back. She was very kind to all. Rich or poor, Health or wealthy." " Now" Said the Bear.

" We have to find Queen Mahar. The witch had done something to her. I think so. But now were we will find her" Then Princess Noora Said " In the another room that was in that room" " What room with which room?" Asked Princess Sara. " Come with me" Said Princess Noora. She goes into the room where they killed the witch and then said to everyone that Queen should be in the another room attached with this room. They opened the door of the another room and find it as a library and also find a women laying in a yellow gown and a crown of flowers on her head. She was unconscious and tiered with rope. The team first gives her freedom by opening her rope and then the tiger brings water for her that was in the room and Princess Sara sparkle some drops of water on her face and she opened her eyes first she drank a glass of water the and thanked them to let her free.

The team told her their story and the Queen said her. She told that the witch control over her city and tiered her with rope. Now, the bear told



her that everyone is waiting for her. As soon as the Queen put her feet out side the library the dull room became cute pink and wide room with beautiful large pink bed and cupboards and many other thing like table, sofa, bed table, lamp etc. of pink colour.

Now, they went to the people of south city who were shouting with joy to see their real Queen. She thank the team and said to the people that the team is responsible for the freedom of the city we will make the statue of the team in our royal garden and everyone clapped for them. Soon the bear was converted to the human and

a roar of cub was hearted it was the tiger's cub. The tiger was very happy and licked his cub with happiness and joy and he said that he hope that he will also got his position of minter back and her wife will be fine soon or maybe she is fine and the scarecrow also said that he hoped now that he is brave. Now, they stared hugging each others because they know now they have to leave each other. Suddenly the siblings dissappered,

They reached to their own Kingdom. Just outside of their Palace's Gate. The soldiers of gate and people were kept staring them. Suddenly something started sparkling for the Princess Sara's Bag

and came out into the air. It was the lion's crown. It divided into three crown and came upon the head of the siblings. They remember what lion had said. They realized and had proud upon themselves that they are able to wear so expensive and beautiful crown. As they walked towards the gate it was opened for the siblings and they enter the gate the musicians started playing their musical instruments. The King and the Queen were shocked and also other courtiers and minister that why the musicians started playing their instruments. As the siblings kept their feet on the court at a time with hands in hand. All the courtiers and minster stands up from their chairs and bent their backs. King and Queen were surprised, Queen's eyes were full of tears, happiness and joy and also of the king. The tears were of happiness, Now, they understood why the musician play the instruments.

The King and Queen hugged their children and asked many questions and also the courtiers and minter asked and every one wants to that Where were they? What they ate? how are they alive? Who they come back? And also about the crown. Princess Noora said to everyone " Wait, Wait, we will tell you everything, the whole story about our efforts for coming here and also about our adventures. And we will also answer your all question.

But " What But, " How this crown" " First give us something to eat. We are famished... " " Said Princess Noora. Then she looked at her siblings and again said " I am famished... But I don't know about brother and sister... Give me something to eat, Then it's your choice that will you give them to something to eat or not" " We are also hungry and also tired .. What you mean by that's your choice" Said Princess Sara smiling and everyone laughed and was happy because the kingdom had it's beauty the siblings back.

On the other side the statue of the team was constricting and then, it completed in the south city. The bear folding it's hand and the Scarecrow with it's one leg in the air and hat upon the head but in it's hand. And a tiger roaring. Prince Ali with a large sword and both Princess wearing a gown and Princess Sara put her hand on Princess Noora's shoulder.







# Beijing sees boost in relations as talks with Washington begin

■ HT News Network

BEIJING: Chinese Premier Li Qiang told US Treasury Secretary Janet Yellen on Friday that Beijing "can see a rainbow" after a period of fraught ties, as the two sat down for talks aimed at stabilising their countries' relationship.

Yellen told Li that the United States is not seeking "winner-take-all" competition.

Her four-day trip is her first as Treasury chief to China, with which the United States is butting heads over trade curbs, human rights and a litany of other disputes.

But Washington is working to dial down the temperature, and on Friday Yellen underscored to Li that the United States does not seek an economic showdown.

"We seek healthy economic competition that is not winner-take-all but that, with a fair set of rules, can benefit both countries over time," she told Li at Beijing's Great Hall of the People.

US Treasury secy says Washington not seeking "winner-take-all" fight; Chinese premier 'sees rainbow'

The United States has said it is seeking to "de-risk" from China by limiting the world's second-largest economy's access to advanced technology deemed crucial to Washington's national security.

Yellen underlined to Premier Li that while Washington would "in certain circumstances, need to pursue targeted actions to protect its national security", that should not derail ties. "We may disagree in these



instances," she said.

"We should not allow any disagreement to lead to misunderstandings that needlessly worsen our bilateral economic and financial relationship."

Highlighting the challenges, just days before Yellen's visit, Beijing unveiled new export controls on metals key to semiconductor manufacturing on national security grounds, in the latest salvo in the chips war.

The Treasury secretary on Friday told American businesspeople Washington was "concerned" about the curbs. She stressed during her visit that Washington was not

seeking a "wholesale separation of our economies".

"A decoupling of the world's two largest economies would be destabilising for the global economy," Yellen told a meeting with representatives of US business at a session hosted by the American Chamber of Commerce in the capital.

'We can see a rainbow'

Despite tensions, Beijing has struck an optimistic tone about the visit.

Premier Li told Yellen that China could see the relationship recovering after a difficult period.

"Yesterday, the moment you arrived at

our airport and left the plane, we saw a rainbow," Li said.

"I think it can apply to the US-China relationship too... after experiencing a round of winds and rains, we surely can see a rainbow."

Analysts said Yellen's visit could allow for a warming of ties.

Chen Dingding, the president of the Guangzhou-based think tank Intellisia Institute, said the visit could have "positive implications" for US-China relations.

"A small step towards better Sino-US relations would be a big step for the world and the world economy," said Lyu Xiang, an expert on the topic at the Chinese Academy of Social Sciences.

"The impact of this would be very significant." On Saturday, Yellen is set to have a meeting and dinner with Chinese Vice Premier He Lifeng, a key official overseeing economic issues, said a Treasury official.

She will also have talks on sustainable finance and with women economists.

'We're talking'

The United States does not expect specific policy breakthroughs this trip but hopes for frank and productive conversations that can pave the way for future talks, a Treasury official previously told reporters. "Especially if they're things that we may disagree about, it's even more important that we're talking," they said.

Michael Hart, president of the American Chamber of Commerce in China — who met with Yellen on Friday — said: "We're hoping that she would set the tone.

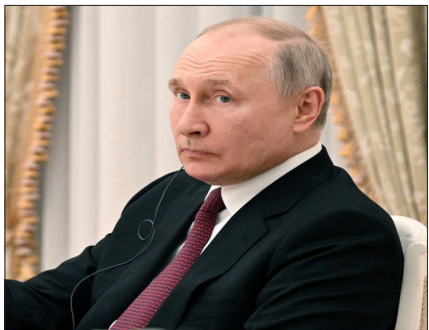
## Turkey's Erdogan To Host Vladimir Putin In August

■ HT News Network

Turkey's President Tayyip Erdogan said on Saturday that he was pressing Russia to extend a Black Sea grain deal by at least three months and announced a visit by President Vladimir Putin in August.

He was speaking at a joint news conference with Ukraine President Volodymyr Zelenskyy after the two parties met to discuss the fate of an arrangement, brokered last year by Turkey and the United Nations, to allow for the safe export of grain from Ukrainian ports via the Black Sea despite the war. Zelenskyy's visit followed stops in Bulgaria, the Czech Republic and Slovakia, part of a tour of various NATO capitals aimed at encouraging them to take concrete steps at a summit next week towards granting Kyiv membership of the alliance, which Erdogan said Ukraine deserved. Erdogan said work was underway on extending the Black Sea grain deal beyond its expiration date of July 17 and for longer periods beyond that. The deal would be one of the most important issues on the agenda for his meeting with Putin in Turkey next month, he said.

"Our hope is that it will be extended at least once every three months, not every two months. We will make an effort in this regard and try to increase the duration of it to two years," he said at the news conference with Zelenskyy. Both men said they had also discussed another key question for Erdogan's talks with Putin -- the ques-



tion of prisoner exchanges, which Zelenskyy said had been the first thing on their agenda. "I hope we will get a result from this soon," Erdogan said.

Zelenskyy said he would wait for a result to comment but made clear the discussion had gone into specifics on returning all captives including children deported to Russia and other groups.

"We are working on the return of our captives, political prisoners, Crimean Tatars," he said, referring to members of Ukraine's Muslim community in the peninsula annexed by Russia in 2014. "Our partners have all the lists. We are really working on this."

Erdogan said the issue could also come up in his contacts with Putin before his visit. "If we make some phone calls before that, we will discuss it on the call as well," he said. The Kremlin said on Friday it would watch the Erdogan-Zelenskyy talks closely, adding that Putin has highly appreciated the Turkish president's efforts to mediate a resolution of the conflict in Ukraine.

## UN plans to use robots for food aid deliveries

■ HT News Network

GENEVA: AI-powered robotic vehicles could deliver food parcels to conflict and disaster zones by as early as next year in a move aimed to spare the lives of humanitarian workers, a World Food Programme (WFP) official said.

Attacks against aid workers have intensified in recent years amid the highest number of violent conflicts since World War II, according to the United Nations. WFP, the UN's food aid agency, alone lost three workers earlier this year in Sudan's conflict.

"Sometimes it's too dangerous to send in a driver or WFP staff. So using that technology could actually be a step change," said Bernhard Kowatsch, who heads the WFP's innovation department.

Kowatsch was speaking on the sidelines of a conference organised by the International Telecommunication Union in Geneva to make the case for AI to help reach UN global goals, such



as eliminating hunger.

The trucks are amphibious and can carry about 1-2 tonnes of food each. They were first conceived during the battle for Syria's Aleppo, between 2012 and 2016, when humanitarian workers struggled to get aid to besieged parts of the city, Kowatsch said.

Air drops were expensive and required large spaces not readily available in that part of Syria, he said.

The UN agency is already using about 50 of the vehicles in South Sudan but they currently require drivers. As part of the AHEAD (Autonomous Humanitarian Emergency Aid Devices) project with the German

Aerospace Centre (DLR), WFP will test them without drivers early next year, Kowatsch said.

AI is used to combine data gleaned from various sources including satellite and sensors, allowing remote drivers to steer the vehicles. South Sudan, where some 7.7 million people face severe food insecurity and flooding hampers access, is set to be the first place for the roll-out, Kowatsch said. Air drops were expensive and required large spaces not readily available in that part of Syria, he said.

The UN agency is already using about 50 of the vehicles in South Sudan but they currently require drivers.

## Why Meta's Threads App Is The Biggest Threat Twitter Has Faced

■ HT News Network

The launch of social media app Threads as a competitor to Twitter is a game-changer.

Meta, which also owns Facebook and Instagram, launched the new platform yesterday, ahead of schedule. Threads was welcomed almost immediately — especially by hordes of Twitter users that have watched in dismay as their beloved platform crumbles in the hands of Elon Musk.

In less than 24 hours, Threads attracted some 30 million users. And with Meta already having more than two billion Instagram users who can directly link their accounts to it, Threads' user base will grow fast.

Post by @zuck saying



"Wow, 30 million sign ups as of this morning. Feels like the beginning of something special, but we've got a lot of work ahead to build out the app."

Mark Zuckerberg posted on Threads to celebrate its 30 million new users. Threads

With its simple black and white feed, and features that let you reply, love, quote and comment on

other people's "threads", the similarities between Threads and Twitter are obvious. We've been here before in October of last year, Twitter users looked on helplessly as Elon Musk became CEO. Mastodon was the first "escape plan". But many found its decentralised servers difficult and confusing to use, with each one having very different content rules and commu-

nities.

Many Twitter fans created "back up" Mastodon accounts in case Twitter crashed, and waited to see what Musk would do next. The wait wasn't long. Platform instability and outages became common as Musk started laying off Twitter staff (he has now fired about 80% of Twitter's original workforce).

Shortly after, Musk horrified users and made headlines by upending Twitter's verification system and forcing "blue tick" holders to pay for the privilege of authentication. This opened the door for account impersonations and the sharing of misinformation at scale. Some large corporate brands left the platform, taking their advertising dollars with them.

## Grenade attack, gun battle leaves 2 Iran police dead: media

■ HT News Network

A grenade attack and gun battle in Iran's southeast near Pakistan left four assailants and two Iranian policemen dead on Saturday, local media said.

It was the latest violence in Sistan-Baluchistan province, where unrest has involved drug smuggling gangs, rebels from the Baluchi minority and Sunni Muslim extremist groups. There was no immediate indication of who carried out the attack.

"Four unidentified armed individuals attacked and entered police station Number 16 of Zahedan", the provincial capital, according to state broadcaster IRIB. It quoted the province's deputy head of security Alireza Marhamati. The attackers used grenades to blast open the gates of the police station, and an exchange of fire occurred, said Marhamati. Two policemen were killed in the ensuing clash, according to Tasnim news agency, which quoted Sistan-Baluchistan Police Chief Doustali Jalilian.

All four "terrorists" involved in the attack were killed, according to Iran's official news agency IRNA, which quoted a branch of the Iranian Revolutionary Guard Corps which commands southeast Iran.

In May, five Iranian border guards were killed during clashes with an armed group in Saravan, southeast of Zahedan, in one of the province's deadliest attacks in months.

## Netherlands likely to hold Parliamentary Elections

■ HT News Network

Amsterdam, July 8 (UNI) New parliamentary elections could be held in the Netherlands in mid-November, the Dutch Electoral Council said.

On Friday, media reported that Dutch Prime Minister Mark Rutte said he was submitting his government's resignation to the king after the ruling coalition broke apart following its failure to agree on measures to limit the influx of asylum-seekers into the country.

The Netherlands Broadcasting Corporation (NOS) reported later on Friday that the Dutch Electoral Council said that parliamentary elections were likely to be held in the country in mid-November.

The Dutch king, Willem-Alexander, has decided to cut short his family holiday in Greece to speak personally with Rutte, RTL Nieuws reported on Friday.

The king is expected to hold talks with Rutte on Saturday at the Huis ten Bosch royal palace in The Hague.

Rutte said at a Friday press conference that he was going to present his resignation to the king on behalf of the entire government.

## Indian most wanted militant Ikramul arrested in B'desh

■ HT News Network

Dhaka, July 8 (UNI) Ikramul Haque alias Milan, who was arrested on charges of militancy, was the second-highest leader of Al Qaeda in the Indian Subcontinent (AQIS), claimed Bangladesh police.

The law enforcers claim that Ikramul was involved with militant activities in India. He had the passport of India and his wife had the Aadhaar Card of that country.

An informed source said Ikramul was arrested on a tip-off that he is close with Osman Gani alias Abu Imran, the top leader of Ansar Al Islam in Bangladesh. After interrogation, Counter Terrorism and Transnational Crime (CTTC) of Dhaka Metropolitan Police learnt that Ikramul was the chief of Dawah unit of Al Qaeda in India. The law enforcers of India had been searching for him as a 'most wanted' person. He goes by the names of Abu Talha and Mawlana Sabet.

CTTC said Ikramul and his wife Faria Afreen were arrested from the city's Madartek area on 30 May and now in jail.

The duo were remanded several times. Ikramul later gave a confessional statement before the court.

Ikramul's family, however, claimed the couple was picked up from Mymensingh on 30 April. Their child was with them at that time.

Rejecting the claim, CTTC officials said Ikramul and his wife were arrested in a drive on 30 May. The couple's baby is in jail with the mother.

## SpaceX launches 48 more Starlink internet satellites into space

■ HT News Network

Los Angeles, July 8 (UNI) US private space company SpaceX launched 48 more Starlink satellites into orbit on Friday. A Falcon 9 rocket lifted off at 12:29 p.m. Pacific Time from the Space Launch Complex at Vandenberg Space Force Base in California.

Soon after the launch, Falcon 9's first stage landed on the Of Course I Still Love You dronship stationed in the Pacific Ocean.

Starlink will deliver high-speed broadband internet to locations where access has been unreliable, expensive, or completely unavailable, according to SpaceX.

## 6 killed in nursing home fire in Italy

■ HT News Network

Rome, July 8 (UNI) A fire broke out at a nursing home for the elderly in Milan, Italy on Friday, killing at least six and injuring some 80 people, local media reported.

The blaze occurred at the facility in via dei Cinquecento in southern Milan at around 1:20 a.m. local time (2320 GMT Thursday), and was extinguished later.

Five women and a man died due to flames and smoke inhalation, according to the ANSA news agency.

Firefighters have been working to evacuate the structure. The cause of the fire is still under investigation. The care facility, equipped with 210 beds, is owned by the municipality of Milan and managed by a cooperative.

## At least 3 dead, 10 missing in building collapse in northern Brazil

■ HT News Network

Brasilia, July 8 (UNI) At least three people were killed Friday and 10 were missing, including children, after the collapse of a building in the Brazilian city of Recife, capital of the state of Pernambuco, the Civil Defense and Fire Department reported.

As of early Friday afternoon, a man, a woman and an adolescent were found dead in the rubble, while two people were rescued alive, a 65-year-old woman and a 15-year-old.

According to the Fire Department report, the incident occurred at about 6:00 a.m. local time, when one of the building's blocks collapsed completely, while another partially fell.



# DC visits several areas of Kulgam Takes firsthand appraisal of situation arisen due to rains

■ **Farooq Rather**

KULGAM, JULY 08: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi Ud Din Bhat today visited several areas of the district to take firsthand appraisal of the situation arisen due to rains in these flood prone areas.

During the visit, the DC toured Pranhali, Aadigatnoo, Chambagund, Laisoo, Gudder, Khudwani and Qaimoh areas of Kulgam and took a detailed stock of current status of

water level of rivers, availability of sand bags, machinery and other arrangements available in the district.

On the occasion, Dr Bilal interacted with the people and listened to their issues.

The DC also instructed the officers to stay at their respective headquarters and not to leave the station.

It was informed that in view of incessant rains, District Administration Kulgam has established Control Rooms at Tehsil and District level and following numbers can be contacted



in case of any exigency or for essentialities. Tehsildar D.H Pora 9906802789, Tehsildar Kulgam 9906113873, Tehsildar Devsar 9906919599, Tehsildar Qaimoh 9596117043, Tehsildar Yaripora 9797280108, Tehsildar Pahloo 7006265899, Tehsildar Frisal 9796100121, DC office control centre, 7006562910/9906436508, CMO Kulgam 7006770072, BMO Kulgam 9906685127, BMO DHpora 9797019686, BMO Qazigund 7006760992, BMO Qaimoh

9906688993, BMO Yaripora 7006063913, AE Mechanical Department 9697336240/9419045905/78 89791961. It was also shared that several families were also shifted to safer places. During his visit, the DC was accompanied by ACR Mir Imtiyaz Ul Aziz, ACD Mohammad Imran Khan, Tehsiladar and other officers. It was also shared that several families were also shifted to safer places. During his visit, the DC was accompanied by ACR Mir Imtiyaz Ul Aziz, ACD Mohammad Imran Khan, Tehsiladar.

# Mayor of Srinagar addresses ‘U20 Mayoral Summit’ at Ahmedabad

■ **HT News Network**

AHMEDABAD, JULY 08: The Mayor of Srinagar, Junaid Azim Mattu today said that Srinagar city has the distinction of being designated as a part of UNESCO Creative Cities Network (UCCN) in the field of Crafts and Folk Arts, the only second city in India in this category after Jaipur.

The Mayor of Srinagar said this while addressing U20 Mayoral Summit at Ahmedabad, Gujarat.

During his address, Mattu said, local culture plays an important role in not only how a city functions but how a city grows and redefines itself from time to time. Srinagar being the oldest and heritage city



in the country has championed in surviving of traditional economy and local culture which is a great achievement in itself, he added.

Sharing his insights at the U20 Mayoral Summit's Thematic Session on 'Championing Local Culture and Economy', Mattu said, championing of local culture and economy of a city is not only important from the perspective of identity as people of the city but is also important in the perspective of sustainable job creation and economic development of the city.

Mayor of Srinagar emphasized, there is a drastic need and the time has come to liberalise our laws to meet the growing urban challenges. It is worth mentioning here that Junaid Azim Mattu has the privilege of participating in the U20 Urban Mayoral Summit held in Ahmedabad. Known for his visionary leadership and unwavering dedication to his city, Mattu

actively engaged in the summit to contribute his valuable insights and expertise on pressing urban challenges. Throughout the summit, Mattu actively participated in discussions and exchanges of ideas with fellow mayors from around the world. He shared his extensive knowledge and experiences in urban development, governance, and sustainable practices, among other crucial topics that impact cities globally.

Mattu's presence at the U20 Urban Mayoral Summit not only showcased his exceptional leadership but also highlighted his city's commitment to addressing urban issues on an international platform. By actively participating in such esteemed gatherings, he ensured that the voice of his city was heard and its interests.

## Agriculture Deptt Kashmir to promote Organic Vegetable cultivation in Kashmir

■ **HT News Network**

SRINAGAR, JULY 08: The Director Agriculture Kashmir Chowdhury Mohammed Iqbal today visited Narkara Budgam and took stock of the Agriculture scenario.

Speaking to the farmers, the Director said that the polyhouses provided to the farmers by the department have changed into success stories. He said the scenario has changed and the results of different initiatives by the department are indeed encouraging and satisfactory.

He said more and more farmers of these areas are taking Vegetable Cultivation on a commercial basis and this trend is quite encouraging. He expressed satisfaction over the production of good quality and quantity of tomato in the area. The crop would fetch maximum returns to the concerned farmers, he added.

Chaudhry said that in coming days as the projects under holistic Agriculture development programme will be implemented especially in the vegetable sector there will be a huge change. He further reiterated that organic Vegetable cultivation shall be encouraged and 115 organic vegetable clusters shall be established under PKVY scheme and the department is expecting a revolution in the organic vegetable sector of the UT of Jammu and Kashmir.

Director Agriculture also visited the farms of some progressive farmers of the area and held interaction with them and took feedback from them regarding various interventions by the department.

## Chairperson DDC Udhampur conducts extensive tour of home pyt Neeli Nallah

■ **HT News Network**

UDHAMPUR, JULY 08: Chairman District Development Council, Udhampur Lal Chand today conducted an extensive tour of his home Panchayat, Neeli Nallah along with a team of Revenue Department comprising Assistant Commissioner Revenue, Rafiq Ahmed Jaral, Tehsildar, Udhampur, Amit Verma, Naib-Tehsildar, Puran Chand Sharma and other locals of Panchayat Neeli Nallah and nearby area.

During the visit, the DDC Chairperson along with officials of revenue Department demarcated the road from the Neeli Nallah Bridge to the Degree College. The road is a crucial link from the main road Neeli-Nallah to Degree College and it will help in improving transport and logistics facilities for the timely completion of Construction of Degree College Building.

Later, the DDC Chairperson inspected the pace of work on the Degree College Neeli Nallah building. He instructed the PWD department to maintain the quality and finish the work within the allotted time.

The DDC chairperson Udhampur also inspected other developmental works being carried out in the Panchayat including works of Area Development Plan, PMGSY work and other PWD projects and checked the pace and quality of work.

## Day 2nd: Chief Justice Inaugrates legal aid clinics at Tangdhar, Teetwal, interacts with bar, students, civil administration

■ **HT News Network**

Kupwara, July 8: The Chief Justice of the High Court of Jammu and Kashmir and Ladakh, Justice N Kotiswar Singh on Saturday inaugurated Legal Aid Clinics at Tangdhar and Teetwal and interacted with bar members, students and civil administration. Prof (Dr) Vijay lakshmi Barara, Principal Secretary to Hon'ble Chief Justice Mr M K Sharma, District and Sessions Judge Kupwara (Chairperson, DLSA Kupwara) Shazia Tabasum; Deputy Commissioner Kupwara, Ayushi Sudan; Principal Government Degree College Kupwara, Prof. Haroon Rashid, SSP Kupwara, Yougal Manhas; Civil Judge/Munsiff, Tangdhar Court, Faizan I Nazar; DDC Memeber Karnah, Adv. Najma Hamid, ADC Kupwara, Gh. Nabi Bhat; BDC Teetwal, Nishada Parveen, SDM Tangdhar, Dr. Gulzar Ahmad Rather; DIO Kupwara, Mudasser Sikander; Senior Prosecuting officer Karnah, Khalid Mushtaq; President Bar association, Qazi Mehboob Illahi, Members of Bar association Karnah and local PRIs and officers of Tehsil administration were present at the inauguration functions of legal aid clinics held at Government Degree College Tangdhar and Teetwal. In his presidential address, Justice N Kotiswar Singh invoked the Preamble of the Constitution which calls for securing justice for all citizens.

## DPMU, JJM conduct handholding session on JJM at Shopian

■ **HT News Network**

SHOPIAN, JULY 08: The District Project Management Unit (DPMU), Shopian, Consultancy partners of Mission Directorate, JJM and Jal Shakti Department today organised a hand holding/ awareness programme on Jal Jeevan Mission (JJM) at Auditorium Hall of Imtiyaz Memorial Govt. Degree College Shopian, here.

On the occasion, it was informed that Jal Jeevan Mission is a Central Government sponsored programme with the mission of providing piped drinking water supply to all rural households by 2024.

Additional Deputy Commissioner (ADC), Yar Ali Khan presided over the programme as the chief guest.

On the occasion, the ADC highlighted the importance of Pani Samitis and laid emphasis on encouraging the local communities to take over the rural water supply system for operation and maintenance.

He also laid emphasis on officers to strictly adhere to the laid guidelines and maintain the highest level of transparency and accountability in the implementation process.

He exhorted the officers to put in coordinated efforts to achieve the desired results and meet the timelines targeted for the completion of tasks at all levels.

Meanwhile, it was given out that infrastructure is being developed to ensure portable tap water connection to every household in the district.

Chief Chemist, Kashmir, Jan Masood while speaking on the occasion said that it is the responsibility of all the people to save the water bodies and make judicious use of water. Other speakers raised awareness on a wide variety of JJM Components.

## JKPC Gains Momentum as Mr Abid and Associates from Safapora (Ganderbal) , Make Resounding Move for a Wave of Transformation: Ushering New Wave of Support Emphasizing Party's Unique Identity and Focus on Youth Development

■ **SURKHAB ZEHRRA**

July 8, 2023 – In a significant move that could shape the political landscape of youth politics in Ganderbal, Mr Abid and his associates from Safapora have officially joined the Jammu and Kashmir People's Conference (JKPC). The ceremony, which witnessed the presence of notable JKPC leaders including Provincial President Mr Khurshid Alam, Youth JK People's Conference President Mr Mudasir Karim, Srinagar District President Mr Nazirudin Baba, Srinagar District Vice Presidents Mr Ashraf / Mr Shahid Kachroo, Srinagar District Secretary Mr Reshi, and YJKPC General Secretary Mr Azad Parwaz, Mr Rayees highlighted the party's distinctive ideology and its unwavering commitment to youth development. During the event,



JKPC Provincial President Mr Khurshid Alam shed light on the party's background, emphasizing its unique identity in comparison to other political entities such as the JKNC. He discussed how the JKPC's approach is centred around the aspirations and welfare of the people of Jammu and Kashmir, promising a fresh perspective to address the region's challenges and achieve sustainable development. In his address, President of Youth JK People's Conference Mr Mudasir Karim highlighted the party's unwavering

focus on youth development. He emphasized the JKPC's commitment to empowering young minds, enabling their active participation in decision-making processes, and providing them with opportunities for growth and development. Mr Karim expressed his confidence that Mr Abid's entry into the JKPC would further strengthen the party's youth engagement initiatives, ushering in a new era of progress and inclusivity. Youth JKPC General Secretary Mr Azad Parwaz underscored the importance of grassroots

leaders in shaping the future of Jammu and Kashmir. He expressed his optimism about Mr Abid's addition to the JKPC's leadership, which would bring fresh perspectives and expertise to the table. The inclusion of Mr Abid and his associates from Safapora in the JKPC signifies a significant shift in the Ganderbal's political landscape. With leaders like JKPC Provincial President Mr Khurshid Alam and Youth JK People's Conference President Mr Mudasir Karim at the helm, the party is poised to carve a distinctive path that addresses the aspirations of the people and fosters the development of the youth. As Jammu and Kashmir enter a new phase, the JKPC's ideology and commitment to progress hold the promise of transforming lives and shaping a brighter future for the region.

## DC reviews progress of Jal Jeevan Mission schemes in Rajouri

■ **HT News Network**

RAJOURI, JULY 08: To bolster the Jal Jeevan Mission schemes, Deputy Commissioner, Vikas Kundal today chaired a meeting to assess the progress of the projects.

Stressing the significance of providing clean drinking water to the rural communities, the DC called for the ensuring quality work, timely completion of projects, and diligent supervision to ensure the successful execution of the JJM schemes.

With 293 JJM schemes approved, the work on 201 schemes is in progress, the laying of pipe networks has been making headway, with 1006 kilometers already laid



against the target of 13520 kilometers, the meeting was informed.

To expedite the completion of the remaining schemes, the DC urged officers to adopt a results-driven approach and adhere strictly to timelines.

The meeting was a testament to Rajouri's unwavering commitment towards implementing the Jal Jeevan Mission effectively, ensuring that rural areas have access to safe and adequate

drinking water. With focused efforts and dedicated work, the mission is well on its way to realization, promising a healthier and happier life for the region's populace.

He underscored the need for a holistic approach towards water management, emphasizing that it is not just a matter of providing access to clean drinking water but also about preserving and sustainably utilizing this vital resource.

## DTF meeting on IMI 5.0 held at Ganderbal

■ **HT News Network**

GANDERBAL, JULY 08: The District Task Force (DTF) meeting on Intensified Mission Indradhanush (IMI 5.0) was held here under the chairmanship of Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah.

At the outset, the Deputy Chief Medical Officer briefed the chair and Members about the importance of Intensified Mission Indradhanush (IMI 5.0) which is a big leap towards MR elimination and improving routine immunization through a power-point presentation and role of every stakeholder in the IMI-5.0.

She also briefed about the achievement in immunization by the department and

impact of COVID-19 on immunization.

It was informed that IMI-5.0 shall be held in three phases on 7th to 12th August-23, 11th to 16th September 23 and 09th to 14th October 23 in the district.

The ADC directed every stakeholder to work in a mission mode and participate actively in awareness of beneficiaries. Pregnant woman and child and their mobilization during the three phases of the programme.

He also directed to make a WhatsApp group of all members and share all important messages and relevant documents on this group.

Regarding information and communication activities, it has been directed to involve electronic and print media and generate public

awareness through meetings and group discussions.

He further directed to start headcount surveys in all the blocks and to focus especially on all the low coverage immunization areas block wise and identify left out and drop out beneficiaries as soon as possible.

The block medical officers were directed to start training of all the concerned staff and share the training calendar, prepare IMI-5.0 Micro plan and make all necessary arrangements to make IMI-5.0 a successful campaign.

The meeting was attended by Chief Education Officer Ganderbal, District Programme officer Ganderbal, Deputy Chief Medical Officer, Block Medical Officer Kangan, Lar and Waku- ra, CDPOs of Kangan and



# As Earth Hits New Heat Records, How Hot is Too Hot for Humans?

July 4 was the hottest day ever recorded worldwide. In recent weeks, parts of the United States like Death Valley, CA, and several cities in Texas, had temperatures above 104 degrees Fahrenheit.

As humans face increasing temperatures due to climate change, scientists have explored what temperature limit humans can safely tolerate.

Now, researchers from the University of Roehampton in London say they may have honed in on a temperature range where the body starts to function less optimally.

According to Prof. Lewis Halsey and his research team, the upper critical temperature (UCT) is likely to be between 40°C and 50°C (104°F and 122°F).

According to the researchers, this is significant because understanding the temperatures that cause our metabolic rate to increase and how this temperature varies for different individuals can have large implications for workers, athletes, travelers, and medical practitioners.

Halsey presented the findings at the SEB Centenary Conference in Edinburgh, Scotland, in early July.

Ongoing work reveals human temperature limits

The temperature rise due to climate change is already having devastating effects on the Earth including diminished ice sheets and glaciers, altered geographic ranges for animals and plants, and shifted seasons.

Halsey said the findings that he will be presenting are a continuation of work previously published in the journal *Physiological Reports* Trusted Source.

Dr. Daniel Atkinson, GPClinical Lead at Treated, who was not a part of the research, said the original study suggests that increased temperatures lead to an increase in metabolic rate.

Metabolic rate, per Atkinson, is the amount of energy your body uses to maintain its normal functions.

"At 40 degrees, metabolic rate increased by 35% compared to baseline ('normal') and by a further 13% at 50 degrees (so 48% compared to normal)," he stated.

"So the hotter the conditions, the harder your body has to work to keep your regular functions working."



Atkinson further said that it's similar to how a sauna works.

"People sit in saunas to 'sweat off' calories," he explained, "but it's not just sweating that causes calorie expenditure.

Halsey said his team also has new data related to the specifics of how heart function changes in the heat, as well as sex differences between males and females. One particular difference, he

as the elderly, children, pregnant women, individuals with chronic illnesses, and those with limited access to cooling resources, are often more susceptible to the negative impacts of high tem-

may include:

- profuse sweating
- dehydration
- dizziness
- nausea
- headache
- fatigue
- muscle cramps
- rapid heartbeat
- confusion

Ali noted that heatstroke is the most severe form of heat-related illness. This condition can lead to a high body temperature greater than 103°F, an altered mental state, hot and dry skin, and a lack of sweating. It can also potentially cause death.

How to protect yourself from extreme heat

Atkinson and Ali said that some ways to protect yourself from extreme heat include the following:

Stay hydrated by drinking plenty of water. Additionally, Ali suggested that you'll want to avoid caffeine and alcohol since they can be dehydrating.

Wear lighter-colored clothes that are loose-fitting and lightweight. This allows for sweat to evaporate and cool your body, according to Ali.

Try to stay indoors when it's hot. Atkinson noted that between 11 a.m. to 3 p.m. is generally the hottest time of the day.

Keep your home or workplace well-ventilated. Use air conditioners or fans to keep cool, advised Ali.

Close your curtains to block out sunlight. You'll especially want to do this for windows that face the sun, said Atkinson.

Avoid intense exercise on hotter days. According to the Academy of Nutrition and Dietetics, this can quickly raise your core temperature, putting you at even greater risk for heat exhaustion or heat stroke.

Be aware of local weather forecasts and heat advisories. The National Weather Service provides heat alerts when extreme weather events are anticipated.

Ali further noted that it's important to keep an eye on those who are particularly vulnerable, such as older people and those with chronic illnesses, to make sure they are able to keep cool.

"If necessary, [seek] medical attention for severe symptoms or [seek] shelter in designated cooling centers during heatwaves," he concluded.

Research indicates that the upper temperature limit for humans is probably between 40°C, or 104°F, and 50°C, or 122°F. Extreme heat makes your body work harder to function and could lead to heat-related illness and even death. Sensitive groups, such as older people and those with chronic illness, are at greater risk. It is important to take steps to keep cool when temperatures are high.

"Higher temperatures make your body work harder to keep your organs functioning, and this uses more calories."

Halsey said that his presentation will delve into what has been learned since the 2021 study.

"We are finding a smaller mean increase in metabolic rate in response to high temperatures but still noteworthy on average, and in particular in some participants," he said.

He added, "We are yet to find an association between a characteristic and whether metabolic rate (MR) went up much or not, e.g. not sex specific or age specific."

said, is that women have a more pronounced increase in heart rate than men.

Additionally, women show a reduction in the amount the heart muscle shortens when blood is pumped out of the heart.

The health dangers of extreme heat

Dr. Naheed Ali, a physician-writer at Healthcare Propulsion in Miami Beach, FL, who also did not take part in the study, said extreme heat can affect different people differently due to various reasons, including age, their overall health, and their individual susceptibility.

"Vulnerable populations, such

peratures," he stated.

Factors like socioeconomic status and geographic location can also play a role, Ali said.

Exposure to extreme heat can cause illnesses like heat cramps, exhaustion, and heat stroke, ranging in severity from mild to life-threatening, he added.

Additionally, they can make existing heart and respiratory conditions worse.

"In extreme cases, extreme heat events can result in excess mortality, particularly during heatwaves," he said.

According to Ali, common symptoms that people might experience due to extreme heat

## Whole Fat Diet May Help Avert Cardiovascular Disease: Study

A whole fat diet is not unhealthy and may help avert cardiovascular disease (CVD) and premature death, according to a global study conducted in 80 countries, challenging the recommendation to limit



high-fat dairy foods. The study, published in the *European Heart Journal* Global study, showed that fruit, vegetables, dairy (mainly whole-fat), nuts, legumes and fish were linked with a lower risk of CVD and premature death in all world regions. The addition of unprocessed red meat or whole grains had little impact on health outcomes. "Low-fat foods have taken centre stage with the public, food industry and policymakers, with nutrition labels focused on reducing fat and saturated fat," said Dr Andrew Mente of the Population Health Research Institute, McMaster University in Canada. "Our findings suggest that the priority should be

increasing protective foods such as nuts (often avoided as too energy dense), fish and dairy, rather than restricting dairy (especially whole-fat) to very low amounts. Our results show that up to two servings a day of dairy, mainly whole-fat, can be

included in a healthy diet. This is in keeping with modern nutrition science showing that dairy, particularly whole-fat, may protect against high blood pressure and metabolic syndrome," Mente said. About 147,642 people from the general population in 21 countries were tested on "healthy and longevity" diet including 2-3 servings of fruit per day, 2-3 servings of vegetables per day, 3-4 servings of legumes per week, 7 servings of nuts per week, 2-3 servings of fish per week, and 14 servings of dairy products (mainly whole fat but not including butter or whipped cream) per week. The results showed the diet was linked with a 30 per cent

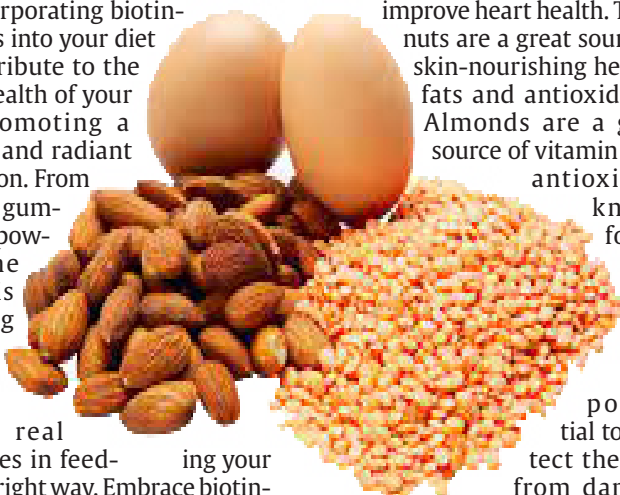
lower risk of death, 18 per cent lower likelihood of CVD, 14 per cent lower risk of myocardial infarction and 19 per cent lower risk of stroke. Associations between the healthy diet score and outcomes were confirmed in five independent studies including a total of 96,955 patients with CVD in 70 countries.

**The study reveals that fruit, vegetables, dairy (mainly whole-fat), nuts, legumes and fish were linked with a lower risk of CVD and premature death in all world regions.**

"The associations were strongest in areas with the poorest quality diet, including South Asia, China and Africa, where calorie intake was low and dominated by refined carbohydrates. This suggests that a large proportion of deaths and CVD in adults around the world may be due to undernutrition, that is, low intakes of energy and protective foods, rather than overnutrition. This challenges current beliefs," said Professor Salim Yusuf, senior author and principal investigator.

## From eggs to almonds: Discover the power of biotin-rich foods for healthy skin

When it comes to achieving healthy and radiant skin, nourishing your body with the right nutrients is essential. One such vital nutrient for skin health is biotin, a B-complex vitamin known for its role in maintaining vibrant and glowing skin. It has gained considerable attention as a vitamin known for its positive effects on skin and hair. Incorporating biotin-rich foods into your diet can contribute to the overall health of your skin, promoting a youthful and radiant complexion. From tablets to gummies and powders, the market is buzzing with biotin supplements, but the real beauty lies in feeding your body the right way. Embrace biotin-rich foods for a natural and radiant transformation that starts from within. "The essential ingredient biotin, often known as vitamin B7, is crucial for keeping healthy skin. It helps develop new skin cells and facilitates the metabolism of fatty acids. Consuming meals high in biotin will help you get a clean, bright complexion," says Dr Geetika Mittal, Skin Expert, and Cosmetologist. She



further shared with HT Lifestyle four foods high in biotin that help promote healthy skin.

### 1. Almonds

Almonds are an excellent snack and a fantastic source of biotin. Almonds also contain omega-3 fatty acids and monounsaturated fats, which reduce inflammation and improve heart health. These nuts are a great source of skin-nourishing healthy fats and antioxidants. Almonds are a good source of vitamin E, an antioxidant known for its

potential to protect the skin from damage caused by free radicals.

### 2. Eggs

B vitamins, protein, iron, and phosphorus are abundant in eggs. Biotin is especially plentiful in the yolk. Due to the yolk's high concentration of several B vitamins, cooked whole eggs are a good source of biotin. Regular egg consumption brightens

skin, giving it a youthful and radiant appearance.

### 3. Sweet potatoes

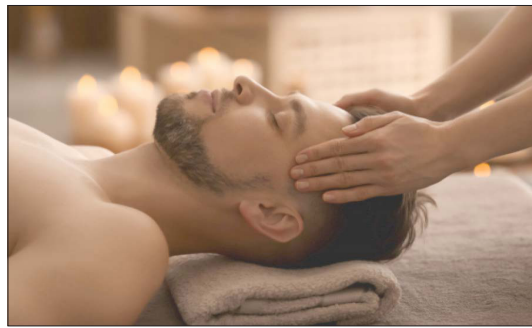
Sweet potatoes are nutrient-rich root vegetables containing biotin. They also have beta-carotene and vitamin A, which are vital for keeping healthy skin. Sweet potatoes are a good option for bright skin since vitamin A encourages cell turnover and aids in the restoration of damaged skin.

### 4. Salmon

Omega-3 fatty acids, abundant in salmon and other fatty fish, are highly regarded for their ability to alleviate inflammation. Additionally, cooked salmon is a good source of biotin, supplying five mcg per 3-ounce serving. Salmon is good for healthy skin because it also includes healthy fats. Omega-3 fatty acids aid in reducing inflammation and maintaining skin hydration. Having salmon can aid with skin texture improvement. "These foods, high in biotin, may help you have healthier and brighter skin. However, it's crucial to remember that for good skin health, a balanced diet, regular exercise, enough hydration, and a skincare regimen are all necessary. To cater to your unique needs, speak with a healthcare provider or nutritionist for individualized nutritional guidance," concludes Dr Geetika Mittal.

### NEWS

## 5 Stress-Relieving Ways To Practice Self-Care Regularly



We forget to take care of our personal needs while being burdened by the multiple stressors of life like: caregiving responsibilities, financial responsibilities, work stress etc. The biggest setback that we face in terms of creating a balance in these aspects of our life which could make the stress levels surmountable for all of us.

### 1. Taking a break

Relaxing in a tub of warm bubbles or a massage can help you feel like you're escaping a stressful reality and taking a mental and emotional vacation. This triggers the relaxation response and allows you to come back to the reality of your life feeling refreshed and relaxed. The physiological effects play a significant role in promoting mental wellness. During a massage session, the body releases endorphins, which are natural painkillers and mood enhancers. These endorphins induce feelings of pleasure, reduce pain, and create an overall sense of well-being.

### 2. Engage your senses

A good way to relax and find a sense of inner peace is to engage your senses. Consider taking a hot bath, light a scented candle, listen to soothing sounds, or drink some herbal tea.

### 3. Time alone

Different people have different personalities with their own traits and individual differences; varying mental and emotional capacities. So, time alone can actually be helpful in recharging and provides us a chance for self-reflection. Helpful in increasing our emotional and mental resilience to help tackle stress better.

### 4. Assert yourself

You might want to do it all, but you can't, at least not without paying a price. Learning to say no can help you manage your to-do list and your stress.

Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs may usually come in second or one may feel compromised too, which can lead to stress, anger, resentment. And that's not a very calm and peaceful reaction.

### 5. Get musical and be creative

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. If music isn't one of your interests, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.



# J&K Wushu team finalized for the junior national championship

**SRINAGAR, JUL 08:** The three-day selection trial for finalizing the Junior J&K Wushu team for the 22nd National Wushu championship concluded today at Sheri Kashmir Indoor Sports Complex Srinagar here today.

The team shall participate in the national championship being held in Patna from 6th to 11th August, next month. More than 300 players drawn from sixteen districts participated in the trials.

The selection committee headed by national coach and Dronacharya awardee Kuldeep Handoo also included Maqsood Rather, Kamal Kishore, and Ajaz Hassan. The final team was shortlisted based on the performances during the sparring. Moham-mad Iqbal, Manager Sheri Kashmir Indoor Sports Complex Srinagar was the observer on the occasion.

The J&K team is hopeful of putting on an exceptional show in the championship. Pertinently in the last outing, the J&K Wushu team emerged as 2nd runner-up, and Ayera Chisti, one of the team members was selected to represent the national team in the 7th Junior World Wushu championship in Indonesia. Ayera had done justice to her selection by bagging a bronze medal in the championship.

As per the handout of the Wushu Association of India, the medalist of the championship will be shortlisted for the NCOE centers for the preparation of the Indian Junior Wushu team for the forthcoming Youth Olympic, World, Asian, and Youth Asian Games.

The Secretary Youth Services and Sports department, Sarmad Hafeez while sending his congratulatory message to the players said that your selection not only reflects your individual capabilities but also highlights the collective strength of our sports and each of you has shown unwavering commitment and perseverance in your



training, and it is through your determination that you have reached this commendable milestone.

As a team, we stand behind you in full support and believe in your abilities to excel during this championship, he added.

The Secretary Sports Council, Nuzhat Gull while extending the warmest congratulations to selected players said that this achievement is a testament to the hard work, dedication, and exceptional skills of each one of them and to represent the J&K team in the championship is a great honor and a wonderful opportunity to showcase the talent.

The General Secretary of the Wushu Association of J&K, Bhavneet was also monitoring the selection trials. The office

bearer congratulated all the selected players besides wishing for the best performance of the team in the event.

The President of the Wushu Association of J&K, Vijay Saraf also congratulated the team on the 22nd Junior National Wushu championship and hoped the J&K team will clinch the title this time around.

The chief coach, Kuldeep Handoo expressed his gratitude to the Secretary Sports Council, Nuzhat Gull for extending full support for the smooth conduct of the selection trials.

Handoo said that without any hesitation, I must confess that for the first time, our selection trial would match the similar action done at the international level.



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