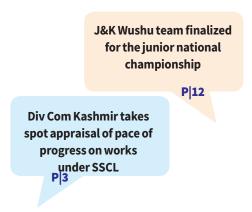
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LG rolls out PM's Food **Supplementation for Priority Households Scheme' for J&K**

HT News Network

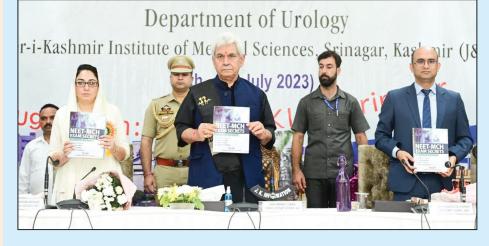
SRINAGAR, JUL 08: In order to strengthen food security for marginal sections of society, Lieutenant Governor Shri Manoj Sinha rolled out 'Prime Minister's Food Supplementation for Priority Households Scheme' for UT of Jammu Kashmir, today.

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 TURN ON PAGE 02



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

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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 TURN ON.....PAGE 02

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

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. TURN ON.....PAGE 02

Farmers **Hopeful Of Better** Paddy Yield On Good

HT News Network

JAMMU, JULY 8: The paddy cultiva-

tion 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 Mon-

soon winds and western disturbance

The farmers are hopeful for better

TURN ON PAGE 02

yield this year compared to the pre-

over the region.

vious years.

Monsoon Rains



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

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



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 TURN ON.....PAGE 02

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

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.

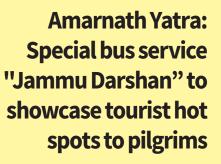
"There is a need to take appropriate mitigation measures. During the dry spells, a forest fire in the UT is a common scenario especially in the autumn season and in the TURN ON.....PAGE 02

HT News Network

SRINAGAR, JUL 08: The water level has crossed the "flood alert mark" in river [helum, 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-hourrainfall was recorded at multiple places in J&K in the month of July, which include Pahalgam and Banihal while Gulmarg, TURN ON.....PAGE 02



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-

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

CMYK

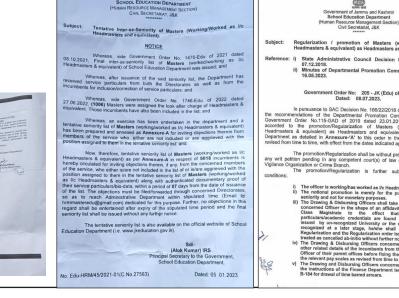
'Discrimination' in Issuing final **Seniority list of Headmasters**

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 TURN ON.....PAGE 02

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CONTINUE FROM FRONT PAGE.....

LG rolls out.....

is provided to 2.29 lakh households in UT, benefitting the poorest of the poor. Also, 5 kg food grains per person to Priority Households (PHH) beneficiaries are provided free of cost, he said

The Lt Governor said, currently, in PHH Category, there are 14.32 Lakh Ration Card holders with around 57.24 lakh beneficiaries in J&K. New scheme will augment the monthly food availability to PHH category on a subsidized rate while ensuring it does not exceed 35 kg per household.

He informed that the augmentation was discontinued last year after Open Market Sale Scheme (OMSS-D) run by Government of India was discontinued. It has now been revived at revised price. In order to remove financial burden of poor families and ensuring access to food and nutritional security, a new scheme has been launched, he said.

Under new scheme a PHH with one beneficiary will get an additional allocation of 5 kg and a PHH with beneficiaries ranging from 2-5 will get an additional 10 kg, each month while maintaining maximum allocation per household.

For the additional allocation, J&K Government will procure the rice from Government of India at Rs.34 per kg and it will be provided to the beneficiaries at Rs.25 per kg, thus ensuring subsidy of Rs.9 per kg. The new scheme will incur a financial implication of over Rs. 180 Crore a year.

The Lt Governor also said that as and when the Government of India restarts sale of wheat under OMSS (D), the UT administration will include wheat in the scheme.

Lt Governor.....

that have brought social and economic transformation in Indian society.

"Mahamana Pandit Madan Mohan Malaviya had scripted India's industrial revolution. Now, the country expects valuable contribution of alumni in critical areas of socio-economic development and in a rapidly changing global environment, we have to focus on developing indigenous capabilities," the Lt Governor said.

"Alumni have onerous responsibility of mentoring youth, building strong network to harness their existing potential to realize the dreams and ambitions of new India," the Lt Governor observed.

All the Alumni need to take a pledge to contribute to reforms, speeding up of infrastructure development and building of strong educational institutions to prepare today's young generation for tomorrow's challenges, he said.

At the Alumni Meet, the Lt Governor highlighted several milestones achieved in the health and medical education sector of I&K.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi ji, we are making sincere efforts to augment the health infrastructure and ensuring accesjurisdiction of Gulmarg is subject to the various Dos and Don'ts which shall be conveyed in the permission letter only," he added.

Jhelum crosses.....

Qazigund and Kokernag recorded the second highest 24 hour precipitation.

In Pahalgam, 73.3 mm rainfall was recorded in 24 hours, which is the highestever 24 hour precipitation in the month of July so far. The previous highest was 60.4 mm, which was recorded on July 16, 1983, an Independent Weather Forecaster, Faizan Arif Keng told the news agency-Kashmir News Observer (KNO).

Banihal also received record-breaking 24 hour precipitation with 103.0 mm, where the previous highest was 83.0 mm on July 25, 1995.

However, Qazigund has recorded second highest 24 hour rainfall today at 94.0 mm while Kokernag and Gulmarg also recorded second highest 24 hour precipitation at 76.3 mm and 42.4 mm respectively.

The rainfall that started on Friday evening has increased the water in the river Ihelum and other tributaries. The water was flowing above the flood alert mark at 10:00 PM.

At Sangam, the water till 10:00 PM has risen to 21.55 ft, which is nearly one ft above the flood alert mark and 4 ft below the flood declaration mark. In Pampore also, the water has increased to 4.86 ft, which is above the flood alert mark. The flood declaration mark in Sangam and Pampore is 25 ft and 5 ft respectively.

At Ram Munshi Bagh, the water was flowing below the alert mark as it has risen to 17.49 ft while the alert mark is 18 ft. At Asham, it was flowing near 11 ft, which is 3 ft below the flood alert mark.

The water level has however; receded in nallah Vishow at Khudwani as it was flowing below the flood declaration mark when the report was last filed. The water level in Rambiyara, Doodhganga and Sindh was flowing below the flood declaration mark

However, the Irrigation and Flood Control Department (I&FC) department has stated that the situation is being monitored and there was no need to panic.

Chief Engineer, I&FC, Naresh Kumar told KNO that so far no report of any untoward incident has been received amid the rise in water level in river Jhelum and other tributaries.

He added that the advisories have been issued in every district almost and the staff has been asked to remain on night patrolling.

Kumar further stated that the water is still flowing below the alarm level and there was no need to panic. "The position at present is much better than in the morning. The water level is receding at present as the rains have stopped now," he said.

"With full confidence I am telling the

while thunder, lightning and avoid venturing near fast flowing water bodies.

Meanwhile, the State Disaster Rapid Force (SDRF) is on high alert and has prepared Quick Response Team (QRT) teams and boats for immediate emergency action. We are fully prepared for any potential flood situation as the water level in the River Jhelum is expected to exceed the flood mark. We have boats, QRT teams, and other necessary equipment ready for action, said officials.

"Our QRT teams, supported by various machines and boats, are fully prepared to handle any kind of emergency. There is no need to worry as we are proactive and vigilant," they said.

Many urban.....

month of May and June. The forest cover in the state is about 20,230 sq.km., which is about 19.90% of the total geographical area of the erstwhile state (including Ladakh UT). Some of the districts in the UT which are highly prone to forest fire are Ramban, Kishtwar, Udampur, Reasi, Samba, Doda, Kathua, Srinagar, and Kupwara," the report states.

According to the Fire Statistical Data of Kashmir, from 2015 to 2021, a total of 19.407 fire incidents with 403 human casualties, injuries to 355 people, and damage to 18,362 structures/shops/ vehicles/electric transformers.

The review report states that urban fire is a common phenomenon, predominantly in the city of Srinagar, mentioning that one of the greatest urban fires of Srinagar was the first recorded fire incident that was during the 18 century AD a devastating fire that broke out in Mohalla Malchimar in Safakadal, which destroyed twenty adjacent Mohallas including 40,000 houses.

The report mentions that in 1993, a fire incident that happened in Lal Chowk, Srinagar, was also one of the worst urban fire incidents which killed 125 people. In total, around 59 houses, 190 small shops, 59 stores, 5 huge commercial buildings, 2 office buildings, 2 schools, and a shrine were burned down by the blaze.

According to the report, in June 2012, a 200-year-old shrine of Dastager Sahib in the old city was destroyed. In November 2012, 52 houses and cowsheds were burned down in Frislan, a Mohalla located on the periphery of the village Pahalgam.

In February 2013, 24 houses and several domestic animals died in Kishtwar district. In June 2013, a major fire broke out in the annex of the Civil Secretariat, the seat of the Jammu and Kashmir government. In May 2014, hotel Neelam in Jammu killed 4 people, and dozens were injured. In 2017, 38 persons lost their lives while property worth Rs 64.33 crores were destroyed in a total of 2938 fire incidents which involved 2596 structures across Kashmir.

Farmers Hopeful.....

employees are working in close coordination with the farmers to educate them about the newly introduced government schemes.

Thakur Dass said rains have brought relief as earlier there was a shortage of water, also affecting the wheat crop.

The agriculture department last week celebrated crop insurance week to launch a mass awareness campaign for maximum enrolment of the farmers under the scheme for Kharif-2023.

Director Agriculture, Jammu K K Sharma said the Pradhan Mantri Fasal Bima Yojna (PMFBY) will go a long way in mitigating the financial risk of the farmers suffering from the crop losses and aid in stabilizing their income. Highlighting the achievements under the scheme, Sharma said till date one lakh farmers in Jammu division have benefited from PMFBY with the disbursement of an amount to the tune of Rs 96 crore as settlement of claims to these beneficiaries.

The Director said 50,000 farmers have already enrolled under the scheme in Jammu division well before the cut-off date of July 15.

He urged farmers to enroll under the scheme to avail the benefits against weather-vagaries for the notified crops, including Paddy and Maize in the Kharif season and Wheat in the Rabi season with a minimal premium of two per cent (Kharif) and 1.5 per cent (Rabi season) as per the Scale of Finance. (Agencies)

Amarnath Yatra.....

The special endeavour has been a blessing for the yatris who are staying at Jammu and is also helping to promote the tourist spots of Jammu region amongst incoming yatris and tourists

Four buses of JKRTC carrying yatris from Yatri Niwas Bhagwati Nagar Jammu were taken to local destinations of Jammu city during the day long trip to Suchetgarh Border Retreat Ceremony, Bahu Fort-Bawe wali Mata Mandir-Jammu Gandola-Tirupati Balaji Temple Majeen-Amar Mahal Museum and other popular locations of Jammu District. Yatris from Andhra Pradesh, Delhi, Gujarat, Maharashtra enjoyed the day trip and expressed satisfaction with the efforts of the Tourism Department in promoting local destinations of Jammu region which is a great opportunity for the yatris to visit destinations of Jammu.

Speaking on the occasion, Director Tourism Jammu, Vivekanand Rai said that the bus service shall be a regular feature for the benefit of the yatris especially during the days when yatra is suspended and yatris are putting up at Jammu wherein they can enjoy the locales of Jammu city and its vicinity during day trips.

Joint Director Tourism Jammu Sunaina Sharma Mehta stated that bus at the eleventh hour.

Pertinent to mention here is that school education department had issued two tentative seniority lists during the months of January and February 2023 in order to seek no objections if any from the concerned employees.

The deligation of these agrieved employees who visited the offices of daily Headlines Today this evening alleged that the final Seniority list is beyond our understanding as more than 200 of these senior headmasters have been left out of this final list. "We had been enlisted in both the tentative lists released by school education department, however we have been deleted out from today's list" said one of the delegate during one on one conversation with this reporter.

We are producing the photocopies of all these order copies and lists, both tentative as well as the final one released today.

The deligation has appealed the LG Adminstration to look into this matter and resolve it. "This is utter discrimination with us as we fail to understand the reason for which we have been ignored in the final Seniority list." Appealed one of the pensioners from the deligation.

Heavy rains.....

Sita Ram pass), and Panthyal in the Jammu region due to roadblocks. Additionally, heavy rains caused damage to a section of the road leading to the T5 Panthyal tunnel.

Heavy rains have been lashing J&K since Friday. Banihal district, Jammu region, recorded the highest rainfall of 103.8 mm over the last 24 hours.

In Kashmir, the tourist resort of Pahalgam recorded the all-time highest 24-hour rainfall in July. Pahalgam recorded 73.3 mm of rainfall in the last 24 hours. In July 1983, the resort received 60.4 mm of rainfall. Qazigund in south Kashmir recorded the second-all-time highest 24-hour rainfall in July. It received 94.0 mm of rainfall in the last 24 hours.

The tourist resort of Gulmarg recorded the highest 24-hour rainfall in July since 2010. Gulmarg recorded 42.4 mm of rainfall.

The Meteorological Department has predicted widespread light to moderate rain or thunderstorms with isolated heavy falls over Jammu and Kashmir on Saturday.

It also predicted scattered to widespread light to moderate rain or thunderstorms for the next two days.

One Scooty-borne.....

referred to JVC Hospital Srinagar for advanced treatment.

The official identified the deceased as Danish Hussain Wani, son of Ghulam Hassan Wani, a resident of Singhpora Baramulla and the injured as Zahoor

sible, affordable and quality healthcare services to all, he added.

He also urged the BHU alumni for their active participation to strengthen the healthcare ecosystem of J&K UT.

On the occasion, the Lt Governor released souvenir of BHU Alumni meet, and publications on Medicos and NEET MCH Exam.

Dr Darakhshan Andrabi, Chairperson J&K Waqf Board; Sh Bhupinder Kumar, Secretary Health and Medical Education; Prof. Parvaiz Ahmad Koul, Director SKIMS; Head of Departments from BHU and GMC, former HoDs, alumni of BHU and their family members were present on the occasion.

Now face.....

Talking to the news agency-Kashmir News Observer (KNO), CEO Gulmarg Development Authority, Ghulam Jeelani Zargar, said it has been observed some local visitors and tourists are installing temporary tents on green meadows and hill stocks without proper permission, which is unlawful. "The act has resulted in the destruction of greens and accumulation of excess waste, which causes inconvenience to the tourists," he said.

"We had to face challenges in managing the environmental impact caused by unchecked camping. The delicate ecosystem of the valley is at risk due to the haphazard placement of tents and inadequate waste management", he said.

"Sometimes installation of tents in Gulmarg have created law and order problems and burning of fire and stoves inside the tents may sometimes prove fatal and is life-threatening," he said.

Zargar said that Gulmarg Development Authority has decided to implement a new regulation. Henceforth, tourists and visitors who desire to stay in tents overnight would be required to seek permission from the GDA. "The move would regulate camping activities, ensure environmental conservation, and provide a better experience for tourists besides, would have a check on any untoward incidents," he said.

The CEO GDA said action as warranted under rules shall be initiated against the violators, who fail to seek permission from the competent authority. "Permission for installation of temporary tents in the

people that they should not panic as the department is here to tackle the situation and monitor it very closely," Kumar said.

Earlier, in a day, Kumar issued a circular, in which the Flood Zonal Committees were directed to remain alert in their respective jurisdictions and monitor the situation closely.

"In view of forecast of heavy rains predicted by the Meteorological Department from 08-07-2023 to 09-07-2023 all the Flood Zonal Committees are directed to remain alert in their respective jurisdictions and monitor the situation closely," the circular reads.

It added that the committees will keep the flood fighting machinery in readiness for their immediate mobilization in the event of any flood like situation.

Moreover, the intermittent rainfall lashed Srinagar and adjacent areas also, submerging the roads as well as bringing the mercury down across J&K.

Director Meteorological department, Sonum Lotus told the news agency-Kashmir News Observer (KNO) that the intermittent light to moderate rain and shower would likely occur at most places of Jammu & Kashmir with possibility of heavy to very heavy showers at isolated places of the Union Territory.

He added that snowfall is also expected over higher reaches.

On July 09, he said there is a possibility of intermittent light to moderate rain and showers at many places of J&K with possibility of heavy showers at isolated places of Jammu region as well.

From July 10-14, Lotus said that as per the forecast, the weather conditions would improve from July 10 but light rain or thunderstorms at isolated places can't be ruled out.

He added that with the possibility of more rains, there is a risk of flash floods, landslides, mudslides at vulnerable spots and lower catchment areas.

Asking people to stay alert, Lotus said that the temporary disruption of surface transportation over Srinagar-Jammu NH, Mughal Road, Srinagar-Leh NH and other major hilly roads can also be witnessed during the period

Lotus advised people to stay indoors

The cultivation of paddy, especially the world-famous Basmati rice, serves as the sole source of income to a majority of farmers in R S Pura, Marh and parts of Samba and Kathua districts in Jammu region.

"Paddy and maize are main crops of the Jammu region which are dependent on rain water...We had good pre-monsoon rains. The Monsoon has also set on time which is good," Joint Director, Agriculture Department, A S Reen said.

He said the sowing of maize that is mostly cultivated in the rain-fed hilly areas was completed sometime back and the frequent rains over the past week are a blessing for the crop.

The rice cultivation in Jammu plains and some parts of hilly areas is in progress. "Watering of fields from canals and tube wells is insufficient and the rainfall is quite essential for the crop, especially Basmati Rice which needs a lot of water for irrigation."

The Basmati crop takes 160-170 days to reach the harvesting stage and needs a lot of water at crucial stages for a successful crop. Reen said the paddy production of Jammu is around four lakh quintals, while two lakh quintals of rice are procured through Food Corporation of India to meet the local demand.

Maize production is around four lakh quintals and the department facilitates the farmers to sell their surplus produce.

He said the production of paddy and maize can go up by 25 to 30 per cent, depending on various factors including best quality seed, proper fertilization and rain water.

"The department is playing its part to ensure availability of best quality seed and fertilizers to the farmers," he said, requesting the farmers to go for crop insurance to avoid losses in case of any calamity.

"Rains are beneficial for the growth of the paddy. The success of the crop depends on water availability during the next one month and if we had a good monsoon, we are hopeful of a good yield this time," Darshan Kumar, a farmer from Marh block in the outskirts of Jammu city told PTI.

He said the agriculture department

service shall be an opportunity to promote local destinations of Akhnoor, Jhiri, Suchetgarh, Purmandal, Mansar, Surinsar and Jammu local.

The bus service shall be a regular feature for the entire Yatra period and is a collaborative effort of Directorate of Tourism Jammu along with JKRTC and District Administration Jammu.

The Bus Service shall be available to the tourists on Jammu-Akhnoor-Jhiri circuit, Amar Mahal Museum-Bahu Fort-Jammu Gandola- Tirupati Balaji Temple Majeen-Aquaplex Crown Musical Fountain circuit, Jammu-Surinsar-Mansar-Manwal Temples, Jammu-Purmandal-Utterbehni Circuit.

Among those present on the occasion were Ambika Bali Assistant Director Tourism Jammu, Sultan Mirza DySP Security, officials of Directorate of Tourism Jammu and civil administration.

'Discrimination.....

department issued final Seniority list of headmasters and incharge headmasters most of whome have already attained superannuation. However some two hundred of the senior headmasters have alleged that they have been left out of the Seniority list

Ahmad Bhat, son of Ghulam Ahmad Bhat.

Confirming the death of one person and injuries to another, a police official told GNS that they are investigating the nature of the accident.

Four Women.....

Jammu, Kathua, Udhampur, Reasi, Rajouri, Poonch, Ramban, Doda and Kishtwar districts," the officer said, adding her arrest is a major success for the police as she had been evading arrest for a long time.

Saleema had changed her hideout from Balole Nallah in Bari Brahmana to Sidhra area of Jammu due to geared-up raids and intensified patrolling by police, he said.

The officer said a total of 58 heroin suppliers, including 12 women, have been arrested by the police in the past six months.

Two hardcore heroin suppliers have also been detained and lodged in jail under the stringent Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act Act, he said.

Under the PTI NDPS Act, a person can be put under preventive detention for a year without bail.





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,

JPDCL worker electrocuted to death in Rajouri, family alleges negligence

RAJOURI, JUL08: A need base worker of Jammu Power Distribution Corporation Limited (JPDCL) 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.







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 ecosensitive 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 Yatris. 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, REW, 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, IWMPetc. and these works form main component

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 Ist 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



"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 PDCL 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.

level meeting to review the arrangements being made for providing required facilities to Hajjis.

Director Airport, SSP Traffic, ADC Sgr, CEO Hajj Committee, Jt. Commissioner SMC, SE Customs, representatives of CISF and CRPF, Hajj Officer, besides representatives of Jal Shakti, KPDCL, 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 Hajis (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.

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.

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.







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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



ship scheme.

same feat.

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 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 of Prime Minister's Scholarstudents from Government Schools have qualified NEET this year and many more While speaking on the occasion, Director School have achieved top positions Education Kashmir emphain Class 10th and 12th class sized that the students examinations.

should follow these success During the felicitation stories and work hard as ceremony, students of GHSS Kothibagh, SP HSS and there is no short cut to success. He added that the **GHSS** Nawakadal presented beautiful cultural perforachievers should mentor others for achieving the mances enthralling the audience.

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

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



through a multi-pronged

strategy. He said that drug

addiction has social, medi-

He informed that the

Health Department has set

up a number of Drug de-

addiction centres in Kul-

gam, Tral and other places

He also informed that the

cal and legal aspects.

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.

of South Kashmir and also The CoF informed that various Rehabilitation Cen-UT of Jammu and Kashmir tres have been established has notified the Drug Deby the Police Department. addiction policy which is Forest Department in colbeing implemented

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 Deaddiction 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 interac-

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

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 daylong 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, Assis-

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

by District Employment and Counseling Centre (DE&CC) Baramulla in active collaboration with GDC Boys Baramulla.

job fair programme was organised

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 Pro-

around 42 candidates were given with recruiters. He also urged the 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 viders across the district.Later, unemployed youth of Baramulla

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.

> Showkat Ahmad Ganaie S/o Ab Maieed Ganaie

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

HT News Network





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



topic.

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- bugh 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

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

(DC) Bandipora, Dr Owais Ahmad on Friday visited rnath and nts for were is on ne DC

ingerding leanat the asion.

satis-



ments and said that they the same was witnessed have further improved the vester years and arrangements were already put in place, especially the drainage system was maintained properly.

and outdoor arrangements.

Dr. Owais hailed civil, police and military officers and officials for working beyond duty hours to ensure the smooth stay of vatries. 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.

Inion Territory of Jammu & Kashmir FICE OF THE DISTRICT SHEEP NDRY OFFICER KUPWARA-193222

Email: doshdkupwara@gmail.comTelefax: +911955252220

PUBLIC NOTICE

nsion for last date for submission of application forms for of sheep & goat units and shearing units under Integrated Sheep cheme and Retrieval Units and TSP (10+1) units

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

; all the terms and conditions of the advertisements shall remain

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

Sd/= **District Sheep Husbandry Officer KUPWARA**





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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 councilor, 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 Sanathan 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 faciltions enroute and at venues. ities viz toilets at different loca-

raised by the Sabha, the DDC Responding to the issues issued on the spot directions

which are going to be held to different religious places.

@headlinestodaynews

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-

with respect to different Yatras 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 yatris for keeping the yatra venues clean and make use of dustbins installed at different halt points. The DDC appealed to the yatris 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

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 nonavailability 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 power cuts.



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 $% \left(f_{1}, f_{2}, f_{3}, f_$ to unscheduled long hours

Fruit Plantation Drive at Maralian

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 civil administration. received great support from the PRIs and Public. highlighted the importance Among others present on of cleanliness and waste the occasion included ADC management for a healthy Bhaderwah Choudhary Dil and hygienic society. He urged residents to actively Mir, ASP Bhaderwah, ACD participate in the campaign

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 communitybased 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

and contribute towards the

In his address, the DC

Doda, BDO Bhaderwah, EO MC Bhaderwah, and other **Director Horticulture launches**

"Nasha Mukt Bharat Abhiyan" awareness campaign

HT News Network

DODA, JULY 08: To promote "Nasha Mukt 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 Mukt 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.

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 Marallian, 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.

HT News Network

REASI, JULY 08: District Development Commissioner, Reasi, Babila Rakwaltoday 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 Bock 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 APDP. The concerned officers

Chairman, District Legal

Services Authority (Pr. Distt.

& Sessions Judge Samba)

who sensitized the partici-

pants as to what exactly are

their duties and responsi-

bilities. He also stressed

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.

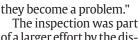
Accompanied by a team of experts, including CPO,



Mohammad Khurshid and said, "We are committed to SE Jal Shakti, Bharam Jyoti 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

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



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. address the same before

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) and Rekha Kapoor Nischal, Secretary, District Legal Services Authority Samba.

upon how the credibility of This interactive cum justice delivery can be induction training session enhanced and nurtured at was presided over by the 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.

CMYK





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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 - Commu**nity 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.

How to Be Happy When Everything Goes Wrong



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.

"Sometimes you just have

those days where everything

goes wrong. But sometimes,

and totally unexpectedly,

something can go right."

- Leila Sales

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 dwalling on problems can be

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 torise 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



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)

Lakshmibai National College of Physical Education, Gwalior (www.Inipe.gov.in)

Guru Nanak Dev University, Amritsar (www.gndu.ac.in) Bihar College of Physiotherapy and Occupational Therapy, Patna (www.bcpo.co.in)

Guru Jambeshwar 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

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EXCLUSIVE



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 butterflies 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 butterflies 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 vou 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.

"HAAAAAAAAA!" 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 siblings that here rose is like a tokencurncyand also said to the scarecrow and tiger that the token curcency is like rose. Now, listening this all Princess Noora said to her sister to give her jawellery 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 Alialso 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 ranout. 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 iust 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?" exalimedPrincess 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 adventageof obeying me, we got portion. If we will listen to you brother then we willnot get this portion. This is known as Do GOOD AND HAVE GOOD" Prince Ali nooded 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.

As the witch was killed and disappeared, Princess Noora stands up and said that her legis 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 Scare crow 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 offlowers 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

"There's nothing half so pleasant as coming home again."

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.

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Contributions of Telangana, its people very significant in history of India : PM

HT News Network

Hanamkonda, July 8 (UNI) Prime Minister Narendra Modi on Saturday remarked that even though Telangana is a relatively new state and has completed only 9 years of existence, the contributions of the state and its people have been very significant in the history of India.

Addressing the gathering after laying the foundation stone for several crucial infrastructure development projects in Telangana worth around Rs 6,100 crore in Warangal, he said "The capabilities of Telugu people have always enhanced the capabilities of India".

The development works include 176 km long National Highway Projects worth over Rs 5,550 crore and a Railway Manufacturing Unit in Kazipet to be developed at a cost of over Rs 500 crores.

The Prime Minister earlier had darshan and performed pooja at Bhadraka-



ing

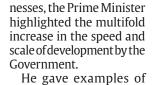
tivity in the last 9 years.

li Temple.

Modi highlighted the significant role of the citizens of Telangana in making India the 5th largest economy in the world and expressed confidence in the growth in opportunities as the world looks towards India as an investment destination. "There is a lot of anticipation for Viksit

Bharat", he added. "The new youthful India of today is brimming with energy", the Prime Minister said as he acknowledged

the advent of a golden period in the third decade of the 21st century and urged everyone to make full use of this period.



highways, expressways, economic corridors and industrial corridors which are creating a network and said the two-lane and fourlane highways are being converted to four and sixlane highways respectively.

Modi informed that the India should be left behind highway network of Telaninterms of fast-paced develgana has seen a two-fold opment, he also highlightrise from 2500 km to 5000 ed the emphasis on improvkm. He also mentioned that Telangana's the construction of 2500 km of national highways is infrastructure and connecunder different stages of development.

He congratulated the people of Telangana for the The PM also informed projects of today that are that the dozens of corridors worth more than 6,000 that are under construction crores.Modi stressed the as part of the Bharatmala need to find new ways to Project pass through Telangana and gave examples of achieve new goals as he pointed out that fast-paced Hyderabad - Indore Ecodevelopment in India is nomic Corridor, Chennai impossible with obsolete Surat Economic Corridor, infrastructure. Noting that Hvderabad - Panii Econompoor connectivity and ic Corridor and Hyderabad expensive logistic costs -Visakhapatnam Inter Corridor. hinder the progress of busi12 killed in Panchayat pollingrelated violence in Bengal

HT News Network

Kolkata, July 8 (UNI) An orgy of violence rocked West Bengal during the single phase three-tier Panchayat polling as 12 people owing allegiance to both the ruling Trinamool Congress and Opposition lost their lives in different parts of the state on Saturday.

While seven Trinamool Congress activists, including a candidate, were killed, two each belonging to the BJP and CPI(M) and one Congress fell prey to the violent incidents. The districts of Murshid-

abad, Malda and Cooch Behar bore the brunt of the violence, besides North and South 24 Parganas. Besides violent clashes

that injured scores of people, ballot boxes were destroyed in at least two polling booths. Meanwhile, till 11 AM

only 22.6 per cent of votes were cast, the lowest of all time in the

history of rural Bengal. Governor C V Ananda Bose expressed grave concern at the prevailing law and order situation during the Panchayat polling in the



state. Bose, who took a round of several areas where polling is in process, expressed dissatisfaction at the law and order situation in the state.

The Guv asked, " Who will protect the protectors of democracy. The Election Commission is seen nowhere, yet the Commissioner is tight lipped."

The Guv said he was told that killings and violence gage after July 11, the day poll results will be were being reported from different parts of the state. " Who is going to protect the ordinary people. The Election Commission is silent. I have asked him to reply me who is there to protect the people and the democracy, "Bose asserted. bent Pradhan of The Trinamool Congress Bidyanandpur Gram Panchayat BRUTALLY ATTACKED by @INCWest-Bengal workers in Uttar Dinajpur. The Central Forces are NOWHERE TO BE FOUND.'

"In Baroj Gram Panchayat, Bhagabanpur-II Block, BJP MLA Rabindranath Maity was seen capturing the booths with the help of the CRPF. Our supporters are being TORTURED & ASSAULTED by the BJP Goons. Meanwhile, THE CRPF PLAYS THE ROLE OF A MUTE SPECTATOR, " the party tweeted.

"Is this why @BJP4Bengal DEMANDED the deployment of Central Forces? To assist them in INFLICTING VIOLENCE upon the people of Bengal? " it asked.

@BJP4India, @CPIM_ WESTBENGAL and @INC-WestBengal must be enjoying their front row seats in this theatre of death and mass destruction. The tragic deaths of two of our party workers in Basanti and Katwa highlight the incompetence of Central Forces who have been nothing but mute spectators. Is this how you celebrate democracy? "

BJP is going to trounce BRS & Cong in ensuing Assembly election in Telangana: PM

HT News Network

Hanumkonda, July 8 (UNI) Prime Minister Narendra Modi on Saturday exuded confidence that the BJP will trounce the ruling BRS and Congress in the upcoming Assembly election in Telangana.

Addressing a public meeting after laying foundation stone for multiprojects worth Rs 6,100 crore at Warangal, Modi said the BJP showed a trailer in the 2021 Municipal election in Hyderabad and now, the party is going to wipe out BRS and Congress in the next election.

Though Telangana might be a new-born state, the contribution of its people in India's history has always been great', he said.

The projects and initiatives of the Centre are benefitng Telangana in various ways and across sectors, said

1984 Anti-Sikh Riots: Court To Take Call On **Chargesheet Against Jagdish Tytler On July 19**

HT News Network

New Delhi: A Delhi court will decide on July 19 whether to take cognisance of a charge sheet filed against Congress leader Jagdish Tytler in a case related to the alleged Pul Bangash killings during the 1984 anti-Sikh riots.

Additional Chief Metropolitan Magistrate (ACMM) Vidhi Gupta Anand reserved the order on July 7 after hearing arguments from prosecuting agency Central Bureau of Investigation (CBI) as well as the counsel appearing for the complainant.

The judge also directed the court staff to check whether the case records, received from another court which was earlier hearing the case, is complete in all respects Court Three people were killed and a gurdand file a report by July 19, the next date of hearing. The judge at the Rouse Avenue Courts noted that the records, filed by the staff of a Karkardooma court, were bulky and were contained in seven judicial files. The judge also directed the CBI to file the report from the Forensic Science Laboratory(FSL) regarding the forensic examination of voice samples of Tytler. The CBI had on May 20 filed a charge



sheet against Tytler in the case.

"Have To Be Satisfied All Religious Structures Are Treated Equally": Delhi High Court"Have To Be Satisfied All Religious Structures Are Treated Equally": Delhi High wara was torched in the Pul Bangash area here on November 1, 1984, a day after the then prime minister Indira Gandhi was assassinated.Inits charge sheet filed before a special court here, the CBI said Tytler "incited, instigated and provoked the mob assembled at Pul Bangash Gurdwara Azad Market" on November 1, 1984, that resulted in burning down of the gurdwara and killing of three Sikhs -- Thakur Singh, Badal Singh and Guru Charan Singh.

Maharashtra Speaker Issues Notices To 40 Shiv Sena MLAs, 14 Of Team Uddhav

alleged it was a failure on

the part of central forces

Ghosh said the majority of

the victims were their sup-

He described the Gover-

nor as a "BJP agent" and

alleged that Bose was cam-

paigning even today on the

be ready with bags and bag-

The party alleged, "

Those who advocated for

the principles of democ-

racy are the ones respon-

sible for its demise. Incum-

Ghosh said, "Bose must

TMC spokesman Kunal

tasked with security.

porters.

streets

announced.

HT News Network

Mumbai: Maharashtra Legislative Assembly Speaker Rahul Narwekar on Saturday said notices have been issued to 40 MLAs of Chief Minister Eknath Shindeled Shiv Sena and 14 of the Uddhav Thackeray faction, seeking their replies on disqualification petitions against them.

The development comes a day after Narwekar said he has received a copy of the Shiv Sena's constitution from the Election Commission of India, and hearing on the disqualification petitions against 16 Shiv Sena MLAs, including CM Shinde will start soon."Notice seeking replies on disqualification issued to 40 MLA of Eknath Shinde-Shiv Sena faction, 14 of Uddhav Thackeray faction." Narwekar told PTI. Earlier this week, the Shiv Sena (UBT) approached the Supreme Court seeking a direction to the Assembly Speaker to hear the disqualification petitions expeditious-



filed the disqualification petitions against Shinde and other 15 MLAs last year after they rebelled and joined hands with the BJP to form a new government in June 2022. On May 11, the top court ruled that

Modi.

Hitting out at BRS National President and Chief Minister K.Chandrashekar Rao, he said that dynasty politics of KCR and his family is drowned in scams.

The PM said the investigation agencies have been keeping a tap on KCR and his family's corruption practices in the state.

Rahul pays tributes to Ex-AP CM Rajasekhara Reddy on his 74th birth anniversary

HT News Network

New Delhi, July 8 (UNI) Congress leader Rahul Gandhi paid tributes to former Andhra Pradesh Chief Minister YSRajasekhara Reddy, popularly known as YSR, on his 74th birth anniversary on Saturday.

In a tweet, he said 'My tributes to senior Congress leader and former Chief Minister of Andhra Pradesh, YS Rajasekhara Reddy Ji, on his birth anniversary.

He was a visionary leader who devoted his life to the betterment of the people of Andhra Pradesh. He shall always be remembered,' Rahul said.

BJP declares war on Bengal people: Trinamool

HT News Network

Kolkata, July 8 (UNI) The ruling Trinamool Congress on Saturday charged the BJP with declaring a "war" on the people of Bengal.

" By withholding funds worth thousands of crores under MGNREGA and Awas Yojana, the 'bohiragoto' leaders of Delhi are punishing the rural poor for rejecting them in 2021, " the party tweeted.

'LoP@SuvenduWB's statement confirms what we've known all along: @BJP4India has declared a war on the people of Bengal, " it stated.

" Today, sensing BJP's inevitable defeat in the Panchayat elections, Mr. Adhikari committed anew to depriving the most vulnerable sections, " the party iterated.

" Time to stand against this vindictive politics, " it added.

The party also accused the BSF personnel of "threatening" the voters at Gitaldaha-II in Cooch Behar and trying to cause a "hindrance" in the Panchayat polling process.

MLA Sunil Prabhu had, in his capacity as chief whip of the undivided Shiv Sena, had

Eknath Shinde will continue to be the chief minister of Maharashtra. It cannot reinstate the Maha Vikas Aghadi (MVA) coalition government headed by Uddhav Thackeray as the Sena leader chose to resign without facing a floor test in the wake of Shinde's rebellion, the court said. The development comes a day after Narwekar said he has received a copy of the Shiv Sena's constitution from Election Commission.

Sachin Pilot's "Forgive And Forget" **Status Update On Ashok Gehlot**

HT News Network

New Delhi: Congress leader Sachin Pilot made it clear on Saturday that he has buried the hatchet with **Rajasthan Chief Minister** Ashok Gehlot on the advice of party president Mallikarjun Kharge, saying collective leadership was the "only way" forward going

as a directive."

into the assembly polls. and forth, then it is not a big In an exclusive interview issue because the party and with PTI just days after the the public are more imporcrucial Rajasthan polls tant than any individual. I strategy meeting of the also understand this and he party, Pilot said Kharge also understands it," the advised him to "forgive and former Rajasthan deputy forget" and move forward. chief minister said.

"It was as much an advice Asked about Gehlot calling him names in the past "Ashok Gehlot ji is older and his criticism of the than me, he has more expe-Gehlot government over rience. He has heavy inaction on issues such as responsibilities on his corruption in the previous shoulders. When I was the Vasundhara Raje govern-Rajasthan Congress presiment, Pilot said that in a dent, I tried to take everyone meeting with him, Congress along. I think that today he chief Kharge said that time is the Chief Minister that has gone by will not (Gehlot), so he is trying to come back and one has to look at the future.

take everyone along. "If there is a little back "He(Kharge)said forgive



and forget and look forward and that is applicable to everybody. I believe in that. we now have to move forward and meet new challenges. This country needs the Congress to do well. We need to seek blessings of the people of Rajasthan and in order to do that we have to work unitedly and move forward in a way that is acceptable to the people and to the party workers,"

> Pilot said. "So who said what, at which time, there is no point talking about it as it does not mean anything. I have always refrained from using any word or language that I feel is unpleasant or is

something that I would not want to hear about myself. In public life and politics, it is always good to maintain certain dignity of discourse," Pilot said.

"Next challenge for us is to win elections, neither individuals nor statements matter, those are bygones," he said.

His remarks come after Kharge, former party chief Rahul Gandhi, AICC incharge for Rajasthan Sukhjinder Randhawa, Rajasthan Pradesh Congress Committee president Govind Dotasra, he and several MLAs and ministers from the state attended a polls strategy meeting at the AICC headquarters here. Gehlot, who is recovering from injuries to his toes, attended the meeting via video conferencing.

Following the meeting, the Congress on Thursday asserted it can win the Rajasthan assembly elections provided there is unity and warned of strict action against.

Indian Railways reaching new heights in manufacturing sector : PM Modi

HT News Network

Warangal (Telangana), July 8 (UNI) Prime Minister Narendra Modi on Saturday said that Indian Railways is reaching new heights in the manufacturing sector with the production of thousands of modern coaches and locomotives over the years.

Addressing after laying foundation stone for construction of Railway Manufacturing Unit at Kazipet and also for several other important National Highway Projects in Telangana State at a function held here, Modi said that now Kazipet has also become a proud partner of the Make in India concept embarked upon by the Indian Railways.

The construction of the Railway Manufacturing Unit at Kazipet will generate new employment opportunities and will be beneficial for many families in the region, he said.The Manufacturing Unit is expected to produce around 200 wagons per month, the PM said.

He said the people of Telangana have played a key role in making India the 5th largest economy in the world. We are witnessing a golden period in the history of the Nation and we should utilize every opportunity towards the progress of the Nation. The Prime Minister also stated that in the past nine years, the Indian government has laid special emphasis on infrastructure development and improved connectivity in Telangana region.

Concluding the address, the Prime Minister said that this is the policy adapted by the Government of India known as 'Sabka Saath, Sabka Vikas' as he urged to take Telangana forward on this mantra of development.

Addressing the gathering, Union Minister for Highways Nitin Jairam Gadkari, stated the Government has accorded the highest priority to Infrastructure development.

As part of the Gati Shakti scheme, every stage of Infrastructure projects from planning to implementation.









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'

Yellen told Li that the United States is

Her four-day trip is her first as Treasury

But Washington is working to dial down

"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

US Treasury secy says Washington not

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

Washington would "in certain circum-

stances, need to pursue targeted actions

to protect its national security", that should

not derail ties. "We may disagree in these

Yellen underlined to Premier Li that while

to Washington's national security.

seeking 'winner-take-all' fight; Chinese

the temperature, and on Friday Yellen

underscored to Li that the United States

does not seek an economic showdown.

not seeking "winner-take-all" competition.

chief to China, with which the United States

is butting heads over trade curbs, human

rights and a litany of other disputes.

relationship.

of the People.

premier 'sees rainbow'

Srinagar, Sunday 09-July-2023

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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 secondhighest 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 Quaeda 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



Beijing sees boost in relations as

talks with Washington begin

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.

Turkey's Erdogan To Host Vladimir Putin In August

HT News Network

Turkey's President Tayyip Erdogan said

ence with Ukraine President Volodymyr Zelenskiy 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.Zelenskiy's visit followed stops in Bulgaria, the Czech Republic and 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 Zelenskiy.Both men said they had also discussed another key question for Erdogan's talks with Putin -- the ques-



skiy said had been the first thing on their agenda. "I hope we will get a result from this soon," Erdogan said.

Zelenskiy 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-Zelenskiy talks closely, adding that Putin has highly appreciated the Turkish president's efforts to mediate a resolution of the conflict in Ukraine.

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



as eliminating hunger. The trucks are amphibious and can carry about 1-2 tonnes of food each. They were first conceived during

Aerospace Centre (DLR), WFP will test them without drivers early next year, Kowatsch said. AI is used to combine data

gleaned from various sourc-

"Yesterday, the moment you arrived at hoping that she would set the tone. UN plans to use robots for

relationship too... after experiencing a round of winds and rains, we surely can see a rainbow." Analysts said Yellen's visit could allow

"I think it can apply to the US-China

HT - WORLD

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

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 confer-Slovakia, part of a tour of various NATO



tion of prisoner exchanges, which Zelen-

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

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 vehi-

cles in South Sudan but they currently require drivers. As part of the AHEAD (Autonomous Humanitarian Emergency Aid Devices) project with the German

es 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.

Los Angeles, July 8 (UNI) US private space company SpaceX launched 48 more Starlink satellites into orbit on Fridav.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 droneship 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.

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.



'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, Post by @zuck saying quote and comment on

other people's "threads", the similarities between Threads and Twitter are obvious.We've been here beforeIn 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-

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

Agrenade 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.







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HT - BUSINESS

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

Faroog 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 Pranhal, 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 Paĥloo 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

DPMU, JJM conduct

JJM at Shopian

HT News Network

handholding session on



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

@headlinestodaynews

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SRINAGAR, JULY 08: The Director Agriculture Kashmir Chowdhury Mohammed Igbal 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.

JKPC Gains Momentum as Mr Abid and Associates from Safapora (Ganderbal), Make Resounding Move for a Wave of Transformation: Ushering New Wave of Support

SURKHAB ZEHRA

July 8, 2023 – In a significant move that could shape the political landassociates from Safapora have officially joined the

Emphasizing Party's Unique Identity and Focus on Youth Development

scape of youth politics in Ganderbal, Mr Abid and his



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 associ-

with the mission of providing piped drinking water supply to all rural households by 2024.

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

On the occasion, it was informed that Jal Jeevan Mis-

sion is a Central Government sponsored programme

Memorial Govt. Degree College Shopian, here.

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.

Jammu and Kashmir People's Conference (JKPC). The

ceremony, which wit-**IKPC** Provincial President nessed the presence of Mr Khurshid Alam shed notable JKPC leaders light on the party's backincluding Provincial Presiground, emphasizing its dent Mr Khurshid Alam, unique identity in com-Youth JK People's Conferparison to other political ence President Mr Mudasir entities such as the JKNC. Karim, Srinagar District He discussed how the President Mr Nazirudin JKPC's approach is centred Baba, Srinagar District Vice around the aspirations and Presidents Mr Ashraf / Mr welfare of the people of Shahid Kachroo, Srinagar Jammu and Kashmir, prom-District Secretary Mr Reshi, ising a fresh perspective to and YJKPC General Secreaddress the region's chaltary Mr Azad Parwaz, Mr lenges and achieve sustain-Rayees highlighted the able development.In his party's distinctive ideology address, President of Youth and its unwavering com-JK People's Conference Mr mitment to youth develop-Mudasir Karim highlighted ment.During the event, the party's unwavering

HT News Network

Mehraj-ud-Din Shah.

IMI-5.0.

She also briefed about the

achievement in immuniza-

tion by the department and



focus on youth development. He emphasized the JKPC's commitment to empowering young minds, enabling their active participation in decision-making processes, and providingthemwithopportunities 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

ates 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

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 adminstration

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 adminstration.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 Commisioner 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 adminstration 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.

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. impact of COVID-19 on awareness through meetimmunization. It was informed that IMI-

DTF meeting on IMI 5.0 held at Ganderbal

GANDERBAL, JULY 08: 5.0 shall be held in three The District Task Force phases on 7th to 12th (DTF) meeting on Intensi-August-23, 11th to 16th Sepfied Mission Indradhanush tember 23 and 09th to 14th (IMI 5.0) was held here October 23 in the district. under the chairmanship of The ADC directed every Additional Deputy Comstakeholder to work in a missioner(ADC)Ganderbal, mission mode and participate actively in awareness

At the outset, the Deputy of beneficiaries i.e pregnant Chief Medical Officer woman and child and their briefed the chair and Memmobilization during the bers about the importance three phases of the proof Intensified Mission gramme. He also directed to make Indradhanush (IMI 5.0)

which is a big leap towards a WhatsApp group of all MR elimination and members and share all important messages and improving routine immunization through a powerrelevant documents on this point presentation and role group. of every stakeholder in the

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

ings 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 pos-

sible. 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 Wakura, CDPOs of Kangan and







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HT - HEALTH

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

uly 4 was the hottest day ever recorded worldwide. In recent weeks, parts of the United States like Death Val ley, CA, and several cities in as, 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 ReportsTrusted 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.



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.

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

Halsey said his team also has 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-



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 than men. 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 heat response to high temperatures "At 40 degrees, metabolic rate but still noteworthy on average, increased by 35% compared to 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 peratures," he stated. pronounced increase in heart rate Factors like socioeconomic

status and geographic location Additionally, women show a can also play a role, Ali said. reduction in the amount the heart

Exposure to extreme heat can cause illnesses like heat cramps, exhaustion, and heat stroke, ranging in severity from mild to lifethreatening, 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

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

NEWS Stress-Relieving Ways To Practice Self-Care Regularly



e 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 is 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.

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."

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.

muscle shortens when blood is

The health dangers of extreme

Dr. Naheed Ali, a physician-

writer at Healthcare Propulsion

in Miami Beach, FL, who also did

pumped out of the heart.

"Vulnerable populations, such

heatwaves," he said. According to Ali, common symptoms that people might experience due to extreme heat

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.

Whole Fat Diet May Help Avert Cardiovascular Disease: Study

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

whole fat diet is not increasing protective foods such as nuts (often avoided as too energy dense), fish and dairy, rather than restricting dairy (especially wholefat) to very low amounts. Our results show that up to two servings a day of dairy, mainly whole-fat, can be



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 sug-

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 gest that the priority should be the diet was linked with a 30 percent cipal investigator.

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 prin-

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

Then 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 biotinrich foods into your diet can contribute to the overall health of your skin, promoting a youthful and radiant complexion. From tablets to gummies and pow-

ders, the

market is

buzzing

with bio-

tin sup-

plements,

but the real

beauty lies in feed-

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 bio-

tin 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 radi-

2. Eggs

cals.

ing your

Bvitamins, 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.



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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. Mohammad 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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