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Govt To Provide Free-Dish, Improve All India Radio's Reach In Border Villages On Indo-China Border: Anurag Thakur

■ HT News Network

LEH, JULY 13: Union Information and Broadcasting, Minister Anurag Thakur has announced that the Ministry will ensure supply of free Doordarshan DTH connections in far-flung areas in villages at Indo-China border.

He has also said that better mobile connectivity to residents of these remote villages will be ensured soon and the Government is committed to ensure better all-round connectivity to these areas.

The minister said this during an interaction he had with the villagers at Karzok Village of Ladakh some 211 kilometres from Leh.

To achieve the goal of reaching out to the people living in far-flung and border areas through the platform of DD "FreeDish", the government has proposed to



distribute 1.5 lakh free FreeDish connections in villages in border areas, an official spokesman said

Asserting that the Government is

committed to development of border villages, Thakur assured the local villagers that their demands of better digital connectivity and road connectiv-

ity, enhancing tourism infrastructure, sports infrastructure and improved Jal Jeewan Mission will also be implemented on priority basis.

As part of the Government's vibrant village programme, the Union Minister embarked on a comprehensive three-day tour to Leh-Ladakh, during which he stayed in Karzok village, held meeting with UT and District officials to review Central/State Government Schemes and distribution of Sports equipment at Karzok, interacted with the ITBP jawans at Karzok platoon post located about 15000 feet above sea level on Indo-China Border.

Aiming to assess the reach of various projects and schemes of the Government and also gain first hand understanding of the challenges faced by the residents in remote border village on Indo-China

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"Terrorists Using Dark Net To Spread Radical Material": Amit Shah At G20

■ HT News Network

GURUGRAM (HARYANA) JUL 13: Union Home Minister Amit Shah on Thursday raised concern at the two-day G-20 Conference here regarding terrorists using the dark net to hide their



identity and spread radical material, and find solutions by understanding pattern of these activities.

The minister also warned of cyber-attack threat which he said is hovering over all the major economies of the world and "many countries of the world have become victims of it".

To create a "robust and efficient operational system", Shah said, "Terrorists are using the dark net to hide their identity and spread radical material, and we have to understand the pattern of these activities running on the dark net and

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NEWS BRIEF

BJP opens social media office in Srinagar

SRINAGAR, JUL 13: Bharatiya Janata Party on Thursday opened a social media office in Srinagar to empower media platforms in Kashmir valley.

BJP J&K General Secretary Ashok Koul inaugurated the party's social media office in Srinagar in presence of several party activists.

Koul said that social media has played a pivotal role in the return of normalcy to Jammu and Kashmir and stressing that media role as a fourth pillar was key to success.

He said social media has been

TURN ON.....PAGE 02

Ace Shuttler Saina Nehwal Pays Obeisance At Amarnath Cave Shrine

SRINAGAR, JUL 13: Ace shuttler Saina Nehwal undertook the Amarnath Yatra to pay obeisance at the holy cave shrine housing the naturally-formed ice-lingam of lord Shiva in south Kashmir Himalayas, officials said on Thursday.

The badminton player is currently staying at the picturesque tourist resort of Sonamarg, in central Kashmir's Ganderbal district, which falls on the way to the Baltal base camp of the yatra, they said.

Nehwal, along with her mother Usha Nehwal, undertook the pilgrimage on Wednesday, the officials said.

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Amarnath Devotees Throng Booking Counters As Tatkal Registration Resumes

JAMMU, JUL 13: A day after Tatkal registration for the Amarnath Yatra resumed here after suspension for three days, hundreds of people thronged the on-the-spot booking counters.

The Tatkal registration was resumed on Wednesday after the pilgrimage was suspended from Saturday to Monday due to inclement weather and the closure of the Jammu-Srinagar National Highway for repairs in the Ramban section.

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CRPF Personnel Deployed In Large Numbers To Secure Amarnath Yatra: DIG Avasthy



■ HT News Network

PULWAMA, JUL 13: CRPF personnel have been deployed in large numbers to secure the ongoing Amarnath Yatra as the paramilitary force is equipped with the latest gadgets to augment the security grid in Kashmir, a senior officer of the force said.

"We are deployed for your service

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Singapore Trekking Team Explores Panikhar To Warwan Trek

■ HT News Network

KISHTWAR, JULY 13: A team of fifteen trekkers from Singapore, who embarked on a challenging odyssey on July 6, 2023 to explore Panikhar to Warwan Trek in District Kishtwar, has accomplished the expedition.

The trek, spanning a distance of 90 (ninety) kilometers, showcased the team's determination and resilience in the face of unforeseen circumstances.

The first three days of the trek witnessed exceptional progress, with the

team covering a commendable distance of 65 kilometers. However, inclement weather on July 8th and 9th forced the suspension of the trek. Heavy snowfall prompted the team to return to Srinagar, where they regrouped and prepared for an alternative route.

Undeterred by the setbacks, the team resumed their trek from Warwan, Jammu side, venturing an additional 25 kilometers. Their unwavering spirits and perseverance led them to successfully complete the ninety kilometers trek on

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J&K HC Sets Aside 13-Year-Old Judgment In Corruption Case, Sentences Accused To 6 Months In Jail

■ HT News Network

JAMMU, JUL 13: The law finally caught up with a former government official facing corruption charges after 26 years with the Jammu and Kashmir High Court setting aside his 2010 acquittal by a trial court.

Justice MA Chowdhary convicted the accused, sentenced him to six months in jail and slapped a fine of Rs 20,000 on him, agreeing with Senior Additional Advocate General Monika Kohli.

The high court was hearing the acquittal appeal filed by the appellant — the Union Territory administration — against the January 29, 2010,



impugned judgment passed by Special Judge Anti-Corruption – Jammu by virtue of which

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NIA carried another round of raids in south Kashmir in militant conspiracy case

■ HT News Network

SRINAGAR, JUL 13: The National Investigation Agency (NIA) on Thursday conducted another round of raids at the premises of hybrid militants and Overground Workers (OGWs) of the outfits and affiliates of Pakistan-backed banned militants organizations, officials said.

The raids were conducted as part of its ongoing investigations in Jammu and

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10 drug smugglers arrested, 6 booked under PIT-NDPS Act in Kashmir

■ HT News Network

SRINAGAR, JUL 13: Police booked six notorious drug smugglers under Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances (PIT-NDPS) Act, while four more were arrested along with contraband substances in Kashmir on Thursday.

The 6 notorious drug smugglers of Jammu Kashmir's Baramulla district were identified as Mohammad Altaf Rather, Mohammad Ramazan Mir,



Abdul Qayoom Ganai, Abdul Qayoom Khan, Bilal Ahmad Ganai and Adil Ahmad Budha have been booked under PIT-NDPS Act after obtaining

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CS takes firsthand appraisal of arrangements for ongoing yatra at Panjtarni via Baltal Axis

■ HT News Network

GANDERBAL, JUL 13: Chief Secretary, Dr Arun Kumar Mehta today undertook an extensive visit of Baltal axis via Panjtarni till Holy Cave. He chaired a meeting of officers and made first hand appraisal of arrangements for yatries for ongoing Shri Amarnathji Yatra (SANJY), 2023.

The meeting was attended by Nodal Officer SANJY (Baltal Axis), Raghav Langar, Deputy Commissioner Ganderbal, Shy-



ambir; Deputy Commissioner Anatnag, Syed Hamid; SSP

Ganderbal, Nikhil Borkar; Camp Director Baltal, ADC

Ganderbal; CMO, SDM Kangan besides senior officers from various security agencies.

Chief Secretary took a brief about the arrangements from the officers put in place for yatries including sanitation measures, lodging, drinking water, tents and langar facility, health, security and other arrangements.

He urged the officers to work with synergy and make strenuous efforts to extend essential services and basic

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DGP reviews progress of CCTV Surveillance Project

■ HT News Network

SRINAGAR, JUL 13: The Director General of Police, J&K, Dilbag Singh reviewed the progress and status of the J&K wide CCTV Surveillance Project in a meeting held at Police Headquarters here today.

The meeting was attended by ADGP Armed J&K, Shri SJM Gillani, ADGP Hqrs. PHQ J&K, Shri M K Sinha, IGP Hqrs. PHQ J&K, Shri B S Tuti, DIG CKR Shri Sujit Kumar, DIG NKR Shri Vivek Gupta, AIG (P&T) PHQ, Shri Gurinderpal Singh, SSP PCR Kashmir Shri Showkat Hussain Shah, DySP IT PHQ Shri Junaid Hakeem, DySP (P&T) PHQ Shri Sourab Prashar and Shri Irfan Ahmed, Project Manager, IT Deptt. J&K at Police Headquarters Srinagar.

Members of the Task Force viz. DIG DKR Range Dr Sunil Gupta, DIG UR Range Shri Mohd. Suleman Choudhary, DIG JSK Range Shri Shakti Pathak, DIG RP Range Dr. Mohammad Haseeb Mughal, DIG SKR Shri Rayees Mohammad Bhat, DIG Traffic Range Jammu Shri Shridhar Patil, SSP PCR Jammu Ms Sargun Shukla and Shri Sanjay Gaden, IT Consultant for J&K Govt. besides representatives of firms attended the meeting through video conferencing.

During the meeting, the DGP reviewed

CONTINUE FROM FRONT PAGE.....

Govt To Provide.....

border, the Minister held close interaction with the local villagers and also administrative officials.

Accompanied by a team of officials and local representatives, Minister Thakur interacted with local villagers in Kharnak and Samad among others and listened to their concerns and aspirations. At Kharnak, he inaugurated the PMGSY road connecting the highway of Dadh Khar-nak.

The Minister discussed issues related to solar power, drinking water, housing for 32 households, cycling track, artificial lake, and tourism subsidy. Besides, border security, development of roads, mobile towers, wildlife issues, inclusion in the Vibrant Village Program, settlement of nomads at one area.

Thakur unveiled plans for future initiatives that would further enhance the development of Changthang and surrounding villages. These initiatives include upgrading infrastructure for better connectivity, and promoting eco-tourism to leverage the region's natural beauty. The Minister assured the villagers that the government would provide all necessary support and resources to implement these plans effectively.

The concerted effort of Modi Government would lead to increased tourism development in Changthang, the Minister added.

At Chumur, he interacted with the Jawans and also spoke to the villagers about their issues primarily around road connectivity, telecom, JJM, among others.

Additionally, while interacting with the jawans of the 37th ITBP Post, Thakur spoke about the reforms undertaken by the Government to provide all facilities for the forces posted at the border such as improved combat wear, armament, Make in India initiative and pensions, etc.

The visit to vibrant village Changthang signifies a significant step towards empowering rural communities, uplifting their living standards, and fostering sustainable development in the region. With dedicated efforts and a collaborative approach, the government aims to create vibrant and self-reliant villages that will contribute to the nation's progress and prosperity, the spokesman said. (Agencies)

"Terrorists Using.....

find solutions for the same."

The Home Minister also specified the need to think coherently to crack down on the use of various virtual assets.

Speaking at the G20 Conference on Crime and Security in the age of the Non-Fungible Token (NFT), Artificial Intelligence (AI) and Metaverse", Shah further said "The Metaverse, once a science fiction idea, has now stepped into the real world."

He said the metaverse may create new opportunities for terrorist organizations primarily for propaganda, recruitment, and training.

"This will make it easier for terrorist organizations to select and target vulnerable people and prepare material according to their vulnerabilities."

"The metaverse also creates opportunities for true imitation of a user's identity, known as "deep-fakes". Using better biometric information about individuals, criminals will be able to impersonate users and steal their identities," Shah further said.

The minister also pointed out that incidents ranging from ransomware attacks, the sale of critical personal data, online harassment, and child abuse to fake news and misinformation campaigns with 'toolkits' are being carried out by cybercriminals.

At the same time, Shah said, there is also a growing tendency to strategically target critical information and financial systems.

"Such activities are a matter of national concern, as their activities have a direct impact on national security, law and order, and the economy. If such crimes and criminals have to be stopped, then we have to think and also act by rising above the conventional geographic boundaries," said Shah.

"The targets in digital warfare are not our physical resources, but our ability to act online. Disruption of the online network even for 10 minutes can be fatal."

Noting that all the governments of the world are promoting digital means in governance and public welfare today, Shah said it is necessary in this direction that citizens have faith in digital platforms.

Insecurity in the digital space also raises questions about the "legitimacy and sovereignty" of the nation-state, Shah said while advising "Our internet vision should neither be one of excessive freedom threatening the very existence of our nations nor one of isolationist structures such as digital firewalls."

Stating on cyber-attack threat hovering over all the major economies of the world, Shah cited World Bank estimate that "cyber-attacks could have caused losses of around \$5.2 trillion to the world during the years 2019-2023."

He also said the use of cryptocurrency by malicious threat actors further complicates its detection and prevention.

"The government of India under the leadership of Prime Minister Modi has worked towards outlining a uniform cyber strategy, real-time reporting of cyber-crimes, capacity building of LEAs, designing analytical tools and setting up a national network of forensic laboratories, ensuring cyber hygiene, and spreading cyber awareness to every citizen. The Crime and Criminal Tracking Network and System (CCTNS) has been implemented in all the police stations of the country," Shah said.

He also said the Government of India has established the Indian Cyber-Crime Coordination Center (14C) to ensure a comprehensive response against cyber-crime.

CRPF Personnel.....

24/7, 365 days (a year), whether there is yatra or not. There is an increase in the (number of) forces in view of the yatra, and more focus is given," Deputy Inspector General of CRPF Alok Avasthy said.

Avasthy said the CRPF was using with modern gadgets and weapons to maintain a hawk-like vigil on its area of operation in south Kashmir.

"We are using the most modern technology which is available in the world. I will not reveal the details here, but, yes, we are using that," he added.

Asked if there was a specific threat to the ongoing pilgrimage to the holy cave shrine of Amarnath, the officer said the CRPF was focussed on ensuring round the year peace.

"There is no specific threat, but, yatra or no yatra, our priority is the security of the people, and our jawans do not rest. They work 24/7. They are on duty 365 days. I assure you that we are at your service," Avasthy said.

Asked about special drills along the highway, he said there is an increase in the traffic and the CRPF personnel are also engaged in traffic control to ensure smooth movement of the yatra convoy.

Avasthy lauded the local population's support to the pilgrimage.

"We have full cooperation of the local people. There are no problems, local population provides water to yatriss, bless them," he added. (Agencies)

Singapore.....

July 12, 2023, at the picturesque Sukhni Last Village of the Jammu region.

During their journey, the Singapore team had the opportunity to interact with local adventurers, specifically the Srinagar-based Adventure Tour Operator, MS Peaks and Hikes Adventurous. This expedition, organized in collaboration with the local support team from "Warwan Valley Eco Resorts," aimed to promote tourism in the Drass, Kargil, and Warwan regions, establishing a thriving hub for international trekkers.

The team expressed their satisfaction with the warm reception and hospitality they experienced in Drass and Warwan.

The locals' welcoming nature and gracious greetings left a lasting impression on the foreign trekkers, fostering a sense of camaraderie and cultural exchange.

"We firmly believe that the Panikhar to Warwan trek has the potential to become a sought-after international trekking route," remarked a representative from the Singapore team.

"With its breathtaking landscapes and the unwavering support of local communities and tour operators, this region holds immense promise for adventure enthusiasts from around the world."

The successful completion of the Panikhar to Warwan trek by the Singapore team signifies the beginning of an exciting journey towards establishing the region as a premier destination for adventure tourism.

The efforts of the team and the collaborative initiatives between foreign trekkers, local tour operators, and support teams lay the foundation for a vibrant future in the realm of trekking and exploration.

J&K HC Sets.....

the respondent had been acquitted in a corruption case registered in 1998.

Yaar Mohammad, a resident of Surankote in Poonch district, had moved a written complaint on October 24, 1997, alleging that Abdul Aziz Mirza, the then tehsil supply officer, swindled Rs 22,000 from him by promising a job in the Food and Supplies Department.

The accused, who was charge-sheeted on August 26, 2000, was acquitted by the trial court, mainly on the ground that the complainant was a "bribe giver" and, as

such, no credence could be given to his statement in the absence of any supportive corroborative evidence.

The trial court also rejected the main prosecution witnesses, saying both of them being from the "same brotherhood" as the complainant were not competent witnesses to credibly believe them.

"...the appeal of the appellant-state is allowed and the impugned judgment passed by the trial court is set aside. As a result, the respondent/accused is convicted for the commission of offences punishable under Section 5(2) of the PC (Prevention of Corruption) Act and Section 161 of the RPC (Ranbir Penal Code)," Justice Chowdhary said in his 16-page order on Tuesday.

The order said since the accused was alleged to have committed the offence in 1997, now, at this stage of the case, while the appeal is being decided in 2023, it is recorded that for this inordinate delay in its disposal by the trial court in 2010 and by the high court now, a lenient view has to be taken while imposing the sentence of punishment.

"Though the offences of which the respondent has been convicted are punishable with a minimum punishment of one year imprisonment and fine, but for special reasons to be recorded, punishment of imprisonment can be further lowered to six months," Justice Chowdhary said.

"...the respondent/convict is sentenced to an imprisonment of six months and fine of Rs 20,000 for the commission of offences punishable under P C Act and RPC each. In default of payment of fine, he shall undergo further simple imprisonment of one month," the order read. (Agencies)

NIA carried.....

Kashmir in a militant conspiracy case.

NIA said raids were conducted today at five locations in the three districts of Shopian, Awantipora and Pulwama in south Kashmir.

The NIA also raided the premises of sympathisers and cadres of the newly floated outfits, namely The Resistance Front (TRF), United Liberation Front Jammu & Kashmir (ULFJ&K), Mujahideen Gazwat-ul-Hind (MGH), Jammu & Kashmir Freedom Fighters (JKFF), Kashmir Tigers, PAAF and others. These outfits are affiliated to various banned Pak-backed organisations like Lashkar-e-Toiba (LeT), Jaish-e-Mohammed (JeM), Hizb-ul-Mujahideen (HM), Al-Badr and Al-Qaeda, the NIA said

"Several digital devices containing large volumes of incriminating data were recovered by NIA during today's searches, which have once again put the spotlight on OGWs as an important part of the terror ecosystem in the Valley, which is being dismantled on a continuous basis. Also known as hybrid terrorists, they provide support to militants and terrorists based in Pakistan," the NIA spokesperson said.

They said some of these newly-floated outfits, The Resistance Front (TRF), a shadow organisation of Lashkar-e-Taiba, have been found issuing threats of carrying out attacks in J&K over the social media.

The NIA had registered a suo moto case on June 21, 2022 to investigate the involvement of the cadres and OGWs of the various outfits in spreading activities relating to terror, violence and subversion in J&K. These cadres and workers have been involved in the collection and distribution of sticky bombs/magnetic bombs, IEDs, funds, narcotic substances and arms/ammunitions.

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

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

10 drug.....

formal detention orders from the competent authority and subsequently lodged in Central Jail Kot-Balwal Jammu.

Police said many cases were registered against these drug Smugglers and they were involved in promoting drug abuse by supplying drugs to local youth of Khaitangan, Kalantra, Trikanjan, Boniyar & other areas of Baramulla.

One more drug smuggler identified as Ajay Kumar resident of Kishanpuri Khadta Jammu was arrested when his vehicle was intercepted at a checkpoint established at Kalsari Pattan.

During the search of the vehicle, 14.2 Kgs of Poppy Straw like contraband substance was recovered.

Vehicle used in the commission of crime has also been seized.

Meanwhile, a police party intercepted a suspicious person who tried to flee from the spot but was apprehended tactfully at Tangmarg.

During the search, 30 grams of Charas-like contraband substance was recovered from his possession.

He has been identified as Umar Ahmad Lone son of Ab Ahad Lone resident of Waniloo Hajibal.

Police in Handwara at a checkpoint established intercepted 2 suspicious persons who tried to flee from the spot after noticing the police party but were apprehended tactfully.

The duo have been identified as Amir Yousuf Dar and Junaid Ahmad Dar, both residents of Waskora.

During the search, 95 gm of Charas like substance was recovered from their possession.

All the drug peddlers have been arrested and cases under relevant sections registered in concerned police stations.

DGP reviews.....

the advancements in the installation of CCTV cameras with senior officers and System Integrator of the project viz. M/S TCIL. Various aspects such as the civil and electrical works, the status of installation of hardware, network connectivity and storage were discussed in detail.

The DGP directed the System Integrator associated firms to take all measures to expedite the installation and commissioning of the project. He also directed that the System Integrator should immediately place all pending purchase orders in order to make the project operational fully. He said that second phase of the project is already being implemented for which he emphasized on the System Integrator to ensure that the first phase of the project should get completed urgently.

Earlier, in the meeting Chairperson of the Task Force, ADGP Armed J&K Shri S.J.M Gillani and ADGP Headquarters PHQ Shri M. K. Sinha apprised the DGP about the present status of the project. The officers also underlined certain issues which needed to be resolved for the completion of the project on time.

CS takes.....

amenities at every destination to the pilgrims so that this religious pilgrimage is made memorable and life time experience for devotees.

While reviewing the sanitation measures, Chief Secretary directed ACD Ganderbal to ensure that sanitation teams are sensitized regularly, especially those deputed on track, so that the annual Amarnathji Yatra is transformed into a zero-waste pilgrimage by promoting cleanliness and waste management.

While taking the feedback regarding arrangements and status of ongoing yatra, Chief Secretary appreciated all the stake holders for their commendable work since the commencement of Yatra and asked them further improve the facilities so that devotees may not suffer due to paucity of any facility.

BJP opens.....

amplifying truthful narratives in Naya Kashmir.

"The establishment of the new Social Media Office marks a significant milestone in the BJP's efforts to empower social media platforms to shape narratives based on truth and dispel misinformation" Koul said

He said this initiative is expected to strengthen the bond between the party and the people of Jammu and Kashmir.

Ace Shuttler.....

After paying obeisance at the holy cave shrine, Nehwal said she felt blessed and was bestowed with positivity, strength and peace of mind.

"We had very good darshan of the Amarnath ji. People mostly discuss these things that they want to have darshan of Amarnath ji, but, I feel blessed that I had the darshan along with my mother," she said in a video released by the Jammu and Kashmir's Department of Information and Public Relations.

Nehwal expressed gratitude to the J-K administration, the Shri Amarnathji Shrine Board (SASB) and the security forces.

"You feel good and your mind is at peace. It was a very good experience, a comfortable one," the former world number one said.

Her mother said everyone should undertake the yatra and have 'darshan' at the cave shrine.

Amarnath Devotees.....

Braving the hot and humid weather conditions, devotees including women are patiently waiting in long queues to get a registration token.

"We have been waiting in long queues since morning for the registration. We will first get a token and then have to get a health check-up done, only after which we can proceed with the registration process," Kapil Dev Pandey, a Maharashtra resident who came here for the pilgrimage, said.

Pandey, however, pointed out that there should be more counters to attend to the huge number of people.

Over 1,500 unregistered pilgrims, including women, who have arrived in Jammu city, have been registered so far for the Yatra to the 3,880-metre-high cave shrine in south Kashmir Himalayas.

Five counters have been set up for Tatkal registration of the devotees. While three counters have been put up at Vaishnavi Dham, Mahajan Sabha, and Panchayat Ghar for registration of the general public, two have been set up at Geeta Bhawan and Ram Mandir for the registration of 'sadhus', the officials said. Dharminder Bhargava, a pilgrim from Madhya Pradesh, standing in the queue for three hours, said he arrived here a week ago and has been waiting for the Amarnath Yatra registration to resume.

"We visited the Mata Vaishnodevi cave shrine during the suspension of Yatra last week. There should have been more counters so that registrations could have been conducted faster," Bhargava said.

Pilgrims waiting in the queues said the shelter and drinking water facilities at the registration spots were inadequate.

While 1.40 lakh pilgrims have paid obeisance at the Icelingam of Lord Shiva at Amarnath so far this year, over 53,000 devotees in 11 batches have left for the shrine from the Jammu base camp.

The Yatra remained suspended for three days from Saturday to Monday and was resumed on Tuesday from Jammu. In view of the suspension, around 8,000 pilgrims were stranded in Jammu, particularly the Bhagwatnagar base camp.

The 62-day annual pilgrimage to the Amarnath cave shrine began on July 1 and is scheduled to conclude on August 31. (Agencies)

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Chief Justice visits Central Jail Srinagar, assesses quality of legal aid services for prisoners

SRINAGAR, JUL 13: Chief Justice, High Court of Jammu & Kashmir and Ladakh and Patron-in-chief, J&K Legal Services Authority, Justice N. Kotiswar Singh today visited the Central Jail here to assess the conditions of the prisoners and the quality of legal aid services being provided to them.

The Chief Justice was accompanied by his Principal Secretary, M K Sharma and Member Secretary J & K Legal Services Authority, Amit Gupta.

On arrival at Central Jail, the Chief Justice was received by the Director General Prisons, J & K, Deepak Kumar and Chairman DLSA Srinagar Jawad Ahmed. Superintendent of Central Jail Srinagar, Daljit Singh; SP North Zone Srinagar, Raja Zuhair and other officers of Central Jail Srinagar were also present on the occasion.

The Chief Justice, upon his arrival, was also accorded ceremonial guard of honour by contingent of CRPF deployed at the Central Jail.

During the visit, the Chief Justice had round of all the bars and interacted extensively with the inmates and patiently listened to their grievances and concerns. The Chief Justice assured the



inmates that their genuine grievances shall be redressed and also issued on spot instructions to the concerned to ensure that the grievances projected by the jail inmates are addressed at the earliest.

During the visit, the Chief Justice engaged in constructive discussions with prison officials, legal aid volunteers, and inmates

of Central Jail Srinagar. During interaction all the jail inmates admitted that they are being represented in the respective courts either by the counsel engaged by them or by counsel provided by the respective District Legal Services Authorities, where ever their cases are pending.

To gauge the effectiveness of VC facility available in the Central

Jail, the Chief Justice directed the jail authorities to connect the District Court Srinagar and interact with the System Assistant and expressed satisfaction about the quality of Video Conference Facility.

Chief Justice also emphasized the significance of safeguarding the fundamental rights of prisoners, ensuring their access to jus-

tice, and offering them adequate legal support.

The Chief Justice also inspected Legal Aid Clinic within the Central Jail Srinagar and acknowledged that the same plays a pivotal role in providing legal assistance to the inmates. The Chief Justice expressed his satisfaction with the functioning of the clinic and lauded the efforts of the dedicated legal para legal volunteers for tirelessly striving to uphold the rights of the prisoners.

The Chief Justice also inspected the Medical Facility unit, Recreational Facility, Tailoring unit, Gymnasium, Carpentry Unit, Vet Canteen, Mulaqaat Centre, Calling Booth and other facilities available at the Central Jail.

DG Prisons, on the occasion assured the Chief Justice that for the decongestion of the Central Jail, Srinagar, appropriate steps will be taken at the earliest, besides assuring the construction of additional washrooms for the jail inmates.

Pertinently, the primary purpose of the visit was to take stock of the conditions and facilities available to the inmates, besides evaluate the effectiveness of Legal aid Clinic established in the Central Jail Srinagar.

IAS probationers of 2021 Batch AGMUT Cadre call on Div Com Kashmir

SRINAGAR, JUL 13: A group of 14 Indian Administrative Service (IAS) probationary officers of 2021 batch in AGMUT Cadre today called on Divisional Commissioner Kashmir, Vijay Kumar Bidhuri at his office, here.

While holding interaction with the probationers,



Div Com shared his experience of working in different capacities in several states and UTs. He advised them to exhibit a positive attitude in the management of administrative affairs and implementation of rule of law. Div Com also emphasized upon them to perform their responsibilities honestly and with dedication, and wished them best for their future endeavours to serve the public and nation.

Meanwhile, IAS probationers shared their experience of having the opportunity to work in revenue, finance and rural development sectors and having public interaction. They also expressed gratitude for making their visit comfortable in Kashmir.

DC Srinagar reviews progress on Mission Amrit Sarovar

SRINAGAR, JUL 13: In order to review the progress in the implementation of Mission Amrit Sarovar, aimed at developing and rejuvenating water bodies, a meeting of Rural Development Department was held under the chairmanship of Deputy Commissioner Srinagar, Mohammad Aijaz Asad here at Meeting Hall of the DC Office Complex.

Chief Planning Officer, Srinagar, Superintending Engineer, Hydraulic Circle Srinagar, DFO, Urban Forestry, DFO Social Forestry, Assistant Commissioner Development, District Soil Conservation Officer, Executive Engineer I&FC, Executive Engineer REW, District Floriculture Officer, District Lead Manager and other concerned Officers.

On the occasion, the Deputy Commissioner reviewed the progress made so far in implementation of Mission Amrit Sarovar by the concerned Departments in the District in rejuvenating springs/ponds for their development as envisaged under the Mission.

At the outset, the DC sought an action plan from all the line Departments in order to fill the gaps to fully achieve the target as per set indicators under Mission.

The DC was apprised that about 77 springs/ponds have been rejuvenated/ developed so far by RDD, I&FC, SMC, Soil Conservation and Forest Departments in the District and 03 new Amrit Sarovars are being taken up this year.

The DC stressed the concerned officers to lay focused attention on identifying the Gaps to fill them at the earliest.

The DC also asked them to strengthen catchment treatment measures, besides ensuring timely uploading of data.

While reviewing the progress on implementation of Swachh Bharat Mission Grameen 2.0, the DC asked the concerned to finish the legacy waste process from all Panchayats of District within 2 weeks.

During the meeting, the DC also reviewed activities taken under District Capex, IEC campaign and upgradation of Amrit Sarovars rejuvenated under Corporate Social Responsibility.

Underscoring the importance of conservation and protection of water resources, the DC said Water is one of the most important natural resources and is an invaluable gift from nature to the entire human race.

CS conducts late night city tour to assess progress of Smart City projects

SRINAGAR, JUL 13: Chief Secretary, Dr Arun Kumar Mehta Wednesday went on a late evening visit of the Srinagar city to take stock of the double shift of works under progress under Srinagar Smart City Limited. On the occasion he was accompanied by Principal Secretary, Housing and Urban Development Department; Divisional Commissioner, Kashmir and CEO, Smart City Srinagar.

The tour commenced from the under-construction traditional Souq market and craft center, followed by visits to civil lines area of Batmaloo, Ghanta Ghar and sports arena at MA Road here. The Chief Secretary was informed that the Souq Market project aims at revitalizing the traditional craft-making by integrating modern infrastructure and amenities while preserving its cultural and architectural heritage. He said that the ongoing works should ensure that the design aligns with the vision of creating a vibrant and attractive marketplace.

Dr Mehta also assessed the measures taken towards incorporation of smart elements into the city infrastructure such as intelligent lighting systems, waste management facilities, and digital connectivity to enhance the overall shopping experience and promote sustainable practices in the city.

He also visited Batmaloo, where he inspected works on various aspects of urban development. He reviewed the progress of initiatives aimed at improving urban mobility, such as the development of intelligent transportation systems and pedestrian-friendly infrastructure including smart public transportation systems, viz. GPS-enabled buses, digital ticketing services, and real-time passenger information systems.

Additionally, the Chief Secretary assessed the construction of cycling tracks and the integration of smart traffic management solutions to alleviate congestion and enhance the overall transportation network in the area.

The Chief Secretary visited the historical landmark of Ghanta Ghar. Here they inspected the ongoing restoration and preservation efforts as part of the Smart City project. He noted that the traditional architecture and heritage of the area should be incorporated with modern amenities besides smart solutions.

He also assessed the progress of heritage conservation projects, including the renovation of old buildings and the beautification of public spaces surrounding this historical monument of Ghanta Ghar. The current efforts aims at preserving the historical significance of the area, attract tourism, and create a visually appealing environment for residents and visitors in and around the city centre.

It was given out that the government's commitment to transform Srinagar into a smart and sustainable city was evident, and the officers discussed strategies to overcome obstacles and ensure the successful completion of the projects on time while preserving the cultural heritage.

Advisor Bhatnagar visits SDH Pahalgam, reviews its functioning, healthcare facilities

Also inspects ongoing works at new 50 bedded hospital

PAHALGAM, JUL 13: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today visited Sub-District hospital (SDH) Pahalgam and reviewed functioning as well as facilities being provided to the public there.

Accompanied by a team of officials from the Health Department and officers of other line departments, Advisor Bhatnagar assessed the existing facilities at the hospital and took firsthand appraisal of all the healthcare facilities being provided to the public.

During the visit, Advisor Bhatnagar took a detailed tour of the hospital and inspected all its sections. He meticulously examined the infrastructure, medical equipment, and patient care services in the hospital and engaged in constructive deliberations with doctors, nurses, and other medical professionals for improving the healthcare system in the hospital.

The Advisor also interacted with patients and attendants during the visit, and took on spot review of all the facilities being provided to them.

While interacting with the doctors and para Medical staff, the Advisor emphasized on providing comprehensive healthcare services to the people as well as the visitors owing the importance of Pahalgam as a favourable tourist destination. He also stressed on availability of qual-



ity medicines and other health care equipments in view of the ongoing Shri Amarnathji Yatra.

The Advisor on the occasion commended that doctors and staff for their relentless efforts to provide quality healthcare services to the people here. He also noted the suggestions and requirements of the doctors and para medical staff there and gave on spot directions for the same.

Meanwhile, Advisor Bhatnagar also inspected ongoing construction works at new 50 bedded hospital.

The purpose of the visit was to assess the progress of the construction works and ensure adherence to the stipulated timelines and quality

standards. The Advisor closely inspected the ongoing construction activities and directed the executing agency to leave no stone unturned in completing the project within the stipulated timeframe.

While interacting with the officers of executing agency on the occasion, Advisor Bhatnagar emphasized on the government's commitment to ensuring accessible and high-quality healthcare services for all citizens of J&K. He reiterated that the new 50-bedded hospital would significantly enhance healthcare facilities in Pahalgam and adjoining areas by providing state-of-the-art infrastructure and comprehensive medical services to the locals as well as visitors.

National conference on apple to be held in Shopian Aiming at finding ways to redress problems faced by industry

SRINAGAR, JUL 13: For the very first time, a national-level conference on apples is being held in south Kashmir's Shopian district to find out ways for redressal of the problems faced by the fruit industry. The conference is being organised by the Apple Farmers' Federation of India (AFFI) in collaboration with Jammu and Kashmir Kisaan Tehreek.

Organizers told the news agency—Kashmir News Observer (KNO) that the conference is

scheduled to be held on July 15 and 16 in which hundreds of delegates from J&K, Himachal Pradesh and Uttarakhand are expected to participate. They said the main focus and slogan of the conference will be "Save Apple Farmers, Save Apple Economy".

"The apple farmers across India have been facing different challenges and problems but such problems have increased in the last few years. Last year, apples were sold at very cheap rates due to the

import of apples from Iran thereby affecting lakhs of families. Now, the government has reduced 20 percent of import tax on Washington apples which has exacerbated the situation," they said.

The organizers said the input costs are on the rise with each passing year but the output is on the decline which has been worrying for the people associated with the fruit.

The conference is being held to discuss all these issues and find

out the solution so that the farmers won't have to suffer anymore, they said. President All India Kisan Sabha (AIKS) Ashok Dhawale and senior CPI(M) leader Mohammad Yousuf Tarigami will be among the key speakers.

The organizers said the Shopian district has been chosen for the conference as this is one of the leading apple-producing districts in the whole of India.

According to official horticulture records, a staggering 26,000

hectares of land are dedicated to apple cultivation in this region. The fertile lands of Shopian nurture a diverse range of apple varieties, including the Red Delicious, Golden, American, White Dotted Red, and Gala, among others.

Shopian witnessed a remarkable apple production of 3.6 lakh metric tonnes (MTs) in the previous year – 2022. However, the current year's forecast predicts a tentative production of 3 million metric tones—(KNO)

4

DC Ramban reviews preparedness for Intensified Mission Indhradhanush (IMI) 5.0

■ HT News Network

RAMBAN, JULY 13: Deputy Commissioner, Ramban, Musarat Islam today chaired District Task Force meeting to review preparedness for implementation of Intensified Mission Indhradhanush (IMI) 5.0, besides discussing different aspects related to execution of the road map formulated by the Government for Measles, Rubella elimination in the district.

The meeting was attended by POICDS, Jhangir Hashmi; CMO, Dr Kamal Zadoo; CEO, Devanand; Medical Superintendent DH, Dr Viender; Dy.CMO, Dr. Gurmeet Kour; District Immunization Officer, Dr Bashir Ahmed; WHO, SMO Jammu division, Dr Azmat Khan, BMOs

and other officers of concerned departments.

The District Task Force has scheduled to conduct three rounds of Intensified Mission Indhradhanush (IMI) 5.0 and each round of IMI 2023 will be spread over 6 working days i.e., including Routine Immunization (RI) days. RI session plan will not be disturbed, and additional sessions should be planned in high risk areas not covered by RI.

The meeting was informed that the 1st round of IMI will be organized from August 7 to August 12, 2nd round from September 11 to September 16 and 3rd round from October 9 to Oct14 in the district.

Keeping in view that Ramban is in high risk priority districts – 2023, the Deputy Commis-



sioner directed the Health Department to take all possible measures and lay focused attention on the Measles, Rubella Elimination in the district. He

further directed to start the process of vaccination at the grassroots level, targeting children in the age group of 0-5 years.

The Deputy Commissioner directed the officers to launch an intensified IEC campaign to create mass awareness, especially among the parents about

Intensified Mission Indhradhanush (IMI) 5.0.

The DC also asked the District Task Force to ensure participation of people including PRLs, Lambardars, Chowkidars and other stakeholders under Jan Bhagidari to achieve desired targets under the Intensified Mission. The Deputy Commissioner directed the CEO to submit a school wise list of children falling in the targeted age category to vaccinate them as per protocol. Besides suggesting various measures to implement Intensified Mission Indhradhanush (IMI) 5.0, the PO ICDS assured that ICDS will extend full cooperation to the Health Department in the process.

Earlier, WHO SMO gave a detailed PowerPoint presentation about strategic objectives

of the programme and road map formulated for the implementation of Intensified Mission Indhradhanush (IMI) 5.0. The DC also asked the District Task Force to ensure participation of people including PRLs, Lambardars, Chowkidars and other stakeholders under Jan Bhagidari to achieve desired targets under the Intensified Mission.

The Deputy Commissioner directed the CEO to submit a school wise list of children falling in the targeted age category to vaccinate them as per protocol.

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HDFC Bank Becomes First To Link Digital Rupee With UPI QR Code

■ HT News Network

Mumbai, July 13, KNT: HDFC Bank today announced the launch of UPI QR code interoperable with India's sovereign digital currency, Central Bank Digital Currency (CBDC). With this, HDFC Bank becomes one of the first banks in the country to complete the integration process. The interoperable UPI QR code allows HDFC Bank merchants who have been onboarded on the bank's CBDC platform, to accept payments from their customers in the form of Digital Rupee currency, boosting usage of CBDC in day-to-day transactions.

CBDC or Digital Rupee is a tokenised digital version of the Indian Rupee, issued by the RBI as a Central Bank Digital Currency. An interoperable QR code enables basic QR payment acceptance terminal to support Scan & Pay feature from various factors & payment options. It provides freedom to accept payments using the same QR from various form factors. The initiative is an extension to the CBDC pilot launched by the Reserve Bank of India (RBI), last year. CBDC or Digital Rupee is a tokenised digital version of the Indian Rupee, issued by the RBI as a Central Bank Digital Currency. An interoperable QR code enables basic QR payment acceptance terminal to support Scan & Pay feature from various factors & payment options. It provides freedom to accept payments using the same QR from various form factors.

Parag Rao, Country Head – Payments, Consumer Finance, Technology & Digital Banking, HDFC Bank said, "CBDC is a forward-looking initiative and its QR interoperability with the already accepted and widely popular UPI is going to prove greatly beneficial to its usage."

At present, HDFC Bank facilitates payments in Digital Rupee across Mumbai, Delhi, Chandigarh, Bhubaneswar, Bengaluru, Ahmedabad, Guwahati, Gangtok, Hyderabad, Indore, Bhopal, Lucknow, Patna, Kochi, Goa, Shimla, Jaipur, Chennai, Kolkata, Ranchi, Pune, Nagpur, Varanasi, Vishakhapatnam, Pondicherry, and Vijayawada. [KNT]

7-Day National Workshop on Communication Skills and Personality Development Concludes in GDC Kishtwar

■ HT News Network

KISHTWAR, JULY 13: The week-long National Workshop on Communication Skills and Personality Development organized by the Career Counseling and Guidance Cell of Government Degree College Kishtwar in collaboration with the Indian Army, concluded successfully. The valedictory ceremony witnessed the presence of Col. Ameya Chiplunkar from 17 RR as the chief guest and Dr. Kuldeep Kumar Sharma, Principal of GDC Bhardwah as the guest of honor. The program was chaired by Prof. Faisal Mushtaq, Coordinator of the Career Counseling and Guidance Cell, under the overall supervision of the College Principal Prof. (Dr.) Jyoti Parihar.

During the workshop, distinguished guest speakers including Dr. (Prof.) Jagriti Upadhyaya from Sardar Patel University of Jodhpur, Maj. Rohit Kumar Jha,

Orientation Program on '10-Bag Less Days' concludes at JKSCERT Jammu

■ HT News Network

JAMMU, JULY 13: A three day Orientation Programme on 'Activities for bag-less days and details of fun courses for joyful and experiential learning' organized from July 11 to July 13, 2023, concluded today at JKSCERT Jammu. The 10 bagless days is a fun based course envisioned in NEP 2020 to be implemented in schools in order to bridge the gap between the knowledge acquired in classroom and application of the same in day to day life following the practice based curriculum framed by NCERT for bagless days. This programme was organized by the Department of Art and Vocational Education, Academic Unit – I, JKSCERT Jammu under the mentorship of Prof. (Dr.)

Parikshat Singh Manhas, Director SCERT JK and guidance and supervision of H.R. Pakhroo, Joint Director, SCERT J&K Jammu.

The programme was inaugurated in the presence of N.P. Singh, Associate Professor, Kishore Kumar, Associate Prof., Romi Kumar, Associate Prof., JKSCERT Jammu. Welcome address was given by Romi Kumar, Associate Prof., Head of the Department of Art and Vocational Education, SCERT Jammu. Addressing the gathering, Kishore Kumar, Associate Prof., stressed upon the dire need to integrate vocational education into school curriculum and expressed that this programme will be helpful in developing aptitude and abilities of participants to implement this fun based course.

DC Kathua visits flood affected areas to assess damages, assures robust measures to prevent such incidents

■ HT News Network

of the flood-affected areas of the district and took stock of the damages.

The DC, accompanied by DDC Marheen, Karan Attri, visited Shabbe Chack, Tang Dev Pura, Kandwal, Salalpur, Kote Punnu and other flood affected areas to assess the situation and to get first-hand appraisal of the situation. The Executive Engineer Irrigation & Flood Control, officers of Revenue, Mining and Police departments were also present.

During the inspection in the flood-prone areas, the DC directed Flood Control authorities to formulate a temporary plan for restoration of embankments to safeguard the habitations falling near Ujh and Bhagnallas. He stressed upon the concerned departments to stay vigilant in case of any eventuality.

The DC assured the affected people that the district administration, in collaboration



with Irrigation and Flood Control Department, would devise robust and appropriate Flood Control measures to safeguard the lives and properties of the inhabitants residing in catchment areas of the rivers/nallahs.

DC Rajouri reviews performance of Rural Development Department

■ HT News Network

RAJOURI, JULY 14: Deputy Commissioner Rajouri, Vikas Kundal, today reviewed the performance of the Rural Development Department under different developmental schemes.

The meeting focused on the achievements recorded under District Capex Budget, SSY, ABDP, status of construction of bunkers, Aadhaar seeding under MGNREGA etc.

Taking stock of the progress made under various schemes, the DC was informed that out of 3715 works proposed under the District Capex Budget, tenders for 2713 works have been floated.



Similarly, under the aspirational Panchayat Development Program, tenders for 17 out of 41 works have been floated, and for the aspirational Block Development Program, tenders for 5 out of 23 works have been floated. The Deputy Commissioner also reviewed the progress made under the SSY and UT Capex schemes under which out of 285 and 246 works, tenders for 104 and 216 works have been issued, respectively.

The Deputy Commissioner urged the officials to tender all works at the earliest. Regarding the status of construction of bunkers, the Deputy Commissioner was informed that 1563 out of 1892 bunkers have been completed. In addition, the generation of person days under MGNREGA and Aadhaar seeding was also reviewed. The Deputy Commissioner stressed the need for expediting the progress of ongoing projects and

initiatives to ensure that they are completed within the stipulated deadlines. He emphasized the importance of ensuring that all projects are implemented effectively to achieve the desired outcomes.

The progress under various schemes and initiatives was thoroughly reviewed, and the Deputy Commissioner laid special emphasis on expediting their completion within the stipulated time.

Div Com reviews progress on Land Acquisition cases of BSF

■ HT News Network

JAMMU, JULY 13: Divisional Commissioner Jammu, Ramesh Kumar today chaired a meeting of Deputy Commissioners to assess the status of different land acquisition cases of BSF in Jammu Division.

During the meeting, progress on acquisition of land for 135 ft. wide strip border fencing, acquisition of land for BOPs, submission of proposal for notification of Small farm fields firing ranges, acquisition/transfer of land for BSF 161 Bn. key location Plan (KPL).

The Divisional Commissioner keenly examined each land acquisition case and sought updates from the Deputy Commissioners (DCs) present at the meeting. The DCs apprised him of the progress made in each case.

To expedite the process and ensure efficient management, the Divisional Commissioner issued instructions to the DCs. He asked them to personally monitor and



follow up the pending cases, while emphasizing the need for swift resolutions. The DCs were directed to provide an updated list of cases along with their current status.

The Divisional Commissioner instructed the BSF officers to appoint nodal officers to foster coordination between the district administrations and the BSF. "Nodal officers would serve as points of contact, facilitating prompt communication and expediting progress on each case" he added.

While reviewing disbursement of compensation to land owners, the Div Com instructed DCs to expedite the process and ensure 100 percent disbursement.

DDC Kupwara visits Machil; chairs review meeting

Directs officers to achieve targets before end of working season

■ Dr Abdul Qayoom

KUPWARA, JULY 13: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today chaired a review meeting of District and Sectoral officers at the Meeting Hall of Tehsil Headquarters Machil.

Meeting was attended by SSP Kupwara, Yougal Manhas; PO ICDS, Hakeem Tanveer; ACD Kupwara, Hilal Mir; all other District and Sectoral officers.

PRLs and locals of the Machil were also present in the meeting.

Chairman BDC Machil,

GH. Rasool Khan, after expressing gratitude to Distt Dev. Commissioner for her focus on Border areas and her early visit to Machil, raised important developmental issues faced by the people. He opined that early review of District Dev. Commissioner will help kick-start all developmental projects, which is a crucial factor due to the short working season in the area.

Addressing the review meeting, DDC directed officers to achieve targets within the given timeline with due consideration to the working season.



Replying to the demands of old age pension and other social welfare schemes, the DDC directed social welfare officers to conduct a Special camp in Machil jointly with banks to resolve the issues of Aadhaar and bank account mis-match. She urged residents of Machil to participate in these special camps.

While reviewing the progress of installation of mobile towers in Machil, DDC gave a time frame of one month to Airtel company to install 4 towers in different areas of Machil so that people, especially students do not face problems.

BSNL authorities apprised DDC that BSNL is installing 5 towers in different areas of Machil to enhance mobile network connectivity.

While reviewing the health infrastructure at Machil, DDC directed CMO Kupwara to equip and up-skill existing staff so that basic life saving services are handled by existing doctors and para-medical staff.

CMO Kupwara was directed to identify the gaps and send a proposal so that on an internal adjustment basis some staff is deployed in Machil.

Labour Department organises awareness programme for JKBOCWBB workers

■ HT News Network

RAMBAN, JULY 13: To inform the workers about various welfare schemes of Jammu and Kashmir Building and Other Construction Workers Welfare Board (JKBOCWBB), the Department of Labour and Employment Ramban organised a day long awareness programme, here today.

The event aimed to educate participants about the registration process and welfare schemes provided by the Board.

Assistant Labour Commissioner, JKBOCWBB, Roopali Gandotra, was the chief guest on the occasion, while Labour Inspector Roop Sharma besides other staff members and a large number of workers were also present at the event.

The chief guest enlightened the participants about the welfare schemes of JKBOCWBB, both existing and those planned to be implemented in the next financial year.

EDITORIAL

The Significance of Hygiene in Humans and the Reverence of Friday in Islamic Values

Maintaining proper hygiene is a fundamental aspect of human life that promotes physical well-being and prevents the spread of diseases. In Islamic values, Friday holds a special place as the holy day of communal prayer, emphasizing the importance of cleanliness and purification as an integral part of religious observance.

Hygiene is the practice of maintaining cleanliness and preserving health, encompassing personal cleanliness, sanitation, and overall environmental cleanliness. By adhering to hygienic practices, individuals can prevent the transmission of harmful pathogens, reduce the risk of diseases, and promote overall well-being.

Regular handwashing, proper sanitation, and maintaining personal spaces curb the spread of infections. Islam places great importance on cleanliness and hygiene. The Quran and Hadith (teachings of Prophet Muhammad upon him) provide clear guidance on cleanliness in both physical and spiritual realms. Muslims are encouraged to keep themselves and their surroundings clean as a means of purifying their bodies and souls. Ritual ablution (Wudu) before prayer and ritual bath (Ghusl) further emphasize the importance of cleanliness in Islamic teachings.

Friday holds a significant place in Islamic values as the day of congregational prayer, known as Jumu'ah. Muslims gather in mosques to offer communal prayers, listen to sermons, and seek spiritual rejuvenation. The choice of Friday as the holy day is rooted in Islamic tradition, as it was the day on which Prophet Adam (peace be upon him) was created, the day of his entry into Paradise, and the day of judgment. It is a day of remembrance, worship, and reflection.

The observance of Friday prayers serves as a reminder for Muslims to uphold personal hygiene and cleanliness. Before attending the Jumu'ah prayer, Muslims are encouraged to perform ritual ablution (Wudu), which includes washing the face, hands, and feet. This practice promotes physical cleanliness, purifies the body, and symbolizes spiritual cleansing.

Furthermore, the gathering for Friday prayers fosters a sense of communal responsibility towards maintaining cleanliness in mosques and their surroundings. Muslims are encouraged to keep the mosques clean, remove any impurities, and ensure a pleasant environment for prayer. This practice promotes community engagement and serves as a reminder of the broader significance of cleanliness in all aspects of life.

Maintaining proper hygiene is a universal concept that transcends cultural and religious boundaries. In the context of Islamic values, Friday serves as a reminder of the significance of hygiene and cleanliness in both the physical and spiritual realms. By upholding these values, individuals can foster a healthier and more harmonious society.

The Golden Rule: Treat Others the Way You Wish to Be Treated



JASWINDER PAL



In a world that often seems divided and chaotic, there is a simple yet profound principle that has endured throughout time: "Treat others the way you wish to be treated." This age-old maxim, known as the Golden Rule, encapsulates a fundamental aspect of human interaction and morality. Its essence lies in cultivating empathy, compassion, and respect for others, serving as a guiding principle for building harmonious relationships and fostering a more compassionate society. In this article, we will delve into the significance of the Golden Rule and explore how practicing it can positively impact our lives and the world around us.

Understanding the Golden Rule

The Golden Rule can be traced back to ancient times and is found in various forms across different cultures and religions. In Christianity, it is phrased as, "Do unto others as you would have them do unto you." Similar sentiments are echoed in other faiths, such as Islam, Buddhism, Hinduism, and Judaism. This universality highlights its timeless relevance and the universal human desire for fairness and kindness.

Essentially, the Golden Rule encourages us to consider the feelings, needs, and well-being of others just as we would for ourselves. It calls for empathy, placing ourselves in another person's shoes and treating them with the same dignity and respect we would expect for ourselves.

Building Empathy and Compassion

Practicing the Golden Rule fosters empathy and compassion within us. When we consciously strive to understand the perspectives and emotions of others, we create a foundation for meaningful connections. Empathy enables us to break down barriers and bridge the gaps that often divide us, fostering a sense of shared humanity. It allows us to respond to others with kindness, support, and understanding, even in challenging situations.

Promoting Respect and Dignity

Respecting the inherent worth and dignity of every individual is a fundamental aspect of the Golden Rule. By treating others with kindness, respect, and fairness, we affirm their value and contribute to a more inclusive and harmonious society. It requires us to embrace diversity, celebrate differences, and challenge prejudice and discrimination. When we embody respect in our interactions, we inspire others to do the same, creating a positive ripple effect that can bring about transformative change.

Creating Positive Relationships

The Golden Rule serves as a guiding

Beyond individual relationships, the Golden Rule has the power to drive meaningful social change. By extending its principles to our interactions on a larger scale, we can challenge injustice, inequality, and systemic issues. When we treat others as equals and advocate for fairness and justice, we become catalysts for a more compassionate and equitable society. The collective effort of individuals who embody the Golden Rule can create a powerful force capable of transforming

seek peaceful resolutions, emphasizing reconciliation rather than animosity.

A Catalyst for Social Change

Beyond individual relationships, the Golden Rule has the power to drive meaningful social change. By extending its principles to our interactions on a larger scale, we can challenge injustice, inequality, and systemic issues. When we treat others as equals and advocate for fairness and justice, we become catalysts for a more compassionate and equitable society. The collective effort of individuals who embody the Golden Rule can create a powerful force capable of transforming communities, institutions, and even nations.

Conclusion

The Golden Rule, "Treat others the way you wish to be treated," is a timeless principle that holds immense value in our daily lives. By embodying empathy, compassion, and respect, we can build stronger connections, foster positive relationships, and contribute to a more harmonious world. As we embrace the Golden Rule, let us recognize the power we possess to make a difference and inspire others to do the same. In doing so, we can create a society where empathy and kindness are the bedrock of our interactions, leading to a more fulfilling and inclusive human experience.

The author is a SS Master, GSSS Hakuwala, Sri Muktsar Sahib (Punjab)

The importance of Guidance and Counselling in adolescents' life



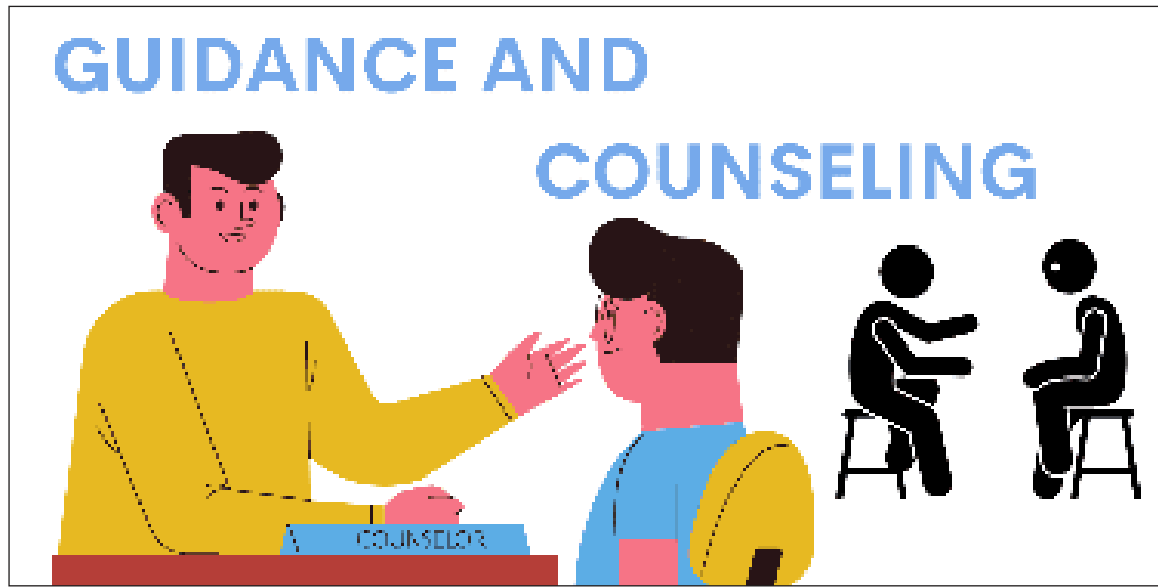
VIJAY GARG



Guidance is a broader term which includes counselling as one of its services. It means help or advice to deal with the complex problems linked with your work, education, personal relationship and making into easier ones. Guidance is regarded as a conceptualized programme of activities that offers a gateway out to the existing problems in the present era of complex scientific and technological developments. The aim of guidance and counselling is to assist behaviour change, enhance coping skills, promote decision making, improve the relationship and to facilitate users' potential.

Guidance and counselling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Guidance and counselling earn recognition through their services rendered in enhancing human happiness by being healthier, more productive, attain valuable lesson and also eliminate later stage problems. The major aim of guidance and counselling services is to encourage students' academic, social, emotional and personal development. These are thus, an integral component of education as well. Guidance and counselling have become very imperative for young children and schools have a massive role in fetching out the best in children, as at today's time young minds need guidance to polish their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove impediments of learning.

Adolescence is generally considered as a turbulent period and is often portrayed as a negative phase of life—a phase of storm and stress to be survived or endured. This stage is best defined as a critical period in relation to puberty and also considered as a revolution of a person's life which starts with biological transformation and finished in adjusting with those challenges in the society. Adolescence means 'to emerge' to attain 'identity' and this way of attaining identity has to go long facing up with challenges as well as changes. During this period a variety of physiological, cognitive, emotional and social changes take place. Adolescence emerges from later childhood and merges into adulthood with sexual maturity, increased hormone levels, desire for more independence, the capacity to think abstractly, escalating interest in peers, distancing from parents due to relationship with peers or outside and the inauguration of a romantic relationship are characteristics



of adolescence. These characteristics are like shifting from a child like to be adult-like. The tendency to make innovative discoveries is more frequent in adolescence as compare to childhood because in childhood scope of activity is restricted as a child has fear of guardians or afraid of going far whereas in adolescence they discover superior freedom. Additionally, there is a diverse number of conflicts that adolescents are faced with, such as making decisions about future adult role, identity formation and separating themselves from caregivers.

Adolescents require explicit attention. Today, millions of children are addicted to drugs, engaged in various crimes, school dropout, delinquency, attempt suicide, suffer from anxieties and depressions. In spite of rising in literacy rates, the trend of opting the wrong decision or confusing is continuously increasing in children because of the lack of guidance services. At this stage of life, adolescents are packed with multifarious challenges and if these challenges are not resolved, they may go on to become a social misfit in later life. An adolescent on his own may also make use of trial-and-error approach and master the developmental tasks vital for the switch to ideal adulthood but in the practice, they used to waste their precious time that they might spend in learning and knowing further constructive activities and also it would deteriorate their self-confidence and motivation to acquire up tasks that have proved to be hard in doing it. They are not mature enough to critically evaluate baffling situation arising due to these changes around them. Many of these problems not only require remedial treatment but also prominently help from guidance and counselling profession to take preventive efforts. Thus, adolescence becomes challenging as well as a puzzling chapter of lifespan development for those who are facing and also for the parents and adults who are raising and nurturing their children. So to survive this period and get the direction of fulfilling their potential, adolescents require guidance and honest support.

Adolescents confront problems which they cannot readily cope with the absence of assistance from their parents, teachers or professionals such as school counsellors. The academic achievement may be one of the determinants of adolescent mental health and as a result, can be associated with the adolescents' need for guidance and counselling. A school counselor's role also becomes sensitive when the ultimate aim is students academic achievement.

Teenagers have an important role in society. Today's young people are the hope, future citizens and leaders of tomorrow; therefore it is necessary to develop aptitude, behaviour and action according to democratic ideals. In India adolescence has a good hold on the population. They will be controlling and running the world someday. Clearly, we need to better understand these challenges and find appropriate solutions. The principle of guidance and counselling in schools is to make progress in academic achievement, increase acquisitions and application of conflict resolution, promote affirmative study attitudes and behaviour and reduce school dropouts of the children. Even at institutions, adolescents have the stress of academic performance, selecting fields of specialization and career as well. Teachers as well as parents choose academic achievement as sole criteria to judge students' performance. However, it can be a very hard period during which a great deal of understanding, patience and support is required. Modernization has given many positive effects as it is providing so many opportunities, but at the same time, it has remitted into multiple stressors in adolescents' life. This stress leads to massive mental health problems. It is, therefore, very pertinent that students' guidance and counselling needs must be known, so that, steps can be taken to make available required support services in this regard to them at an adequate level.

Vijay GarG Retired Principal Educational Columnist Malout Punjab



MAHMOOD DAWAR BHAT



Hadith of Nabi sallallahu ‘alayhi wa sallam

Ibn Abid Dunyaa has narrated a Hadith to the effect that once the earth began to tremble in the time of Nabi sallallahu ‘alayhi wa sallam.

Nabi sallallahu ‘alayhi wa sallam placed his blessed hand on the earth and instructed it to stop shaking, because the time had not yet arrived.

This instruction to the earth to be still was because the time for the occurrence of Qiyaamah had not yet arrived (when the earth will shake violently).

Nabi sallallahu ‘alayhi wa sallam then turned towards his companions and said: Your sustainer wants you to turn to him, so turn to him in repentance.

Beneficial lesson

From this Hadith, the cause of earthquakes becomes apparent, which is 'the sins of man'. The underlying wisdom also becomes known, and that is 'to draw man's attention and motivate him to turn to Allah Ta'ala in repentance'.

Sayings of the Sahabah radiyallahu ‘anhu

The following completes and corroborates the Hadith mentioned above.

During the time of Hadhrat Umar radiyallahu ‘anhu, the earth began to tremble again.

Hazrat Umar radiyallahu ‘anhu addressed the people as follows: O people! The earth is shaking because of a new sin being committed.

I state upon oath that if this (earthquake) happens again, I will not stay with you any longer ie. I will go and live elsewhere.

Beneficial lessons

Imam Ahmed rahimahullah has narrated the same subject matter with variations in the wording from Hazrat Safiyyah radiyallahu ‘anha and added that this took place in Madeenah Shareef.

Ibn Abid Dunyaa narrates from Hazrat Anas radiyallahu ‘anha that he once accompanied another person to visit Hazrat Ayesha radiyallahu ‘anha. The person said: O mother of the believers! Tell us something pertaining to earthquakes.

Hazrat Ayesha radiyallahu ‘anha replied: When people commit adultery and fornication as though it's permissible, consume intoxicants and play with flutes and musical instruments, at such a time the sense of honor of Allah Ta'ala comes to the fore and the earth is commanded to shake a little. If they repent and desist (from their evil habits), well and good, otherwise (the demand of such open transgression and rebellion) is that buildings be crushed upon them.

Upon this, the person asked: Is this done as a form of punishment and chastisement for them?

Hazrat Ayesha radiyallahu ‘anha replied: No, actually it is a mercy and a form of goodness for the believers. As for the disbelievers, it is a punishment, chastisement and unleashing of divine wrath upon them.

Hazrat Anas radiyallahu ‘anhu says that never have I experienced such joy from any Hadith of Nabi sallallahu ‘alayhi wa sallam thereafter, as I experienced upon hearing this particular Hadith.

In this Hadith too, the same cause is mentioned ie. 'the sins of man', and the same underlying wisdom ie. 'to motivate man to turn in repentance to Allah Ta'ala'.

It is an accepted fact amongst the scholars of Hadith, that if a Sahaabi says anything which is beyond the scope of logic and reason, then it will necessarily be understood that he had heard it from Nabi sallallahu ‘alayhi wa sallam.

Such a Hadith is termed as 'Marfoo e Hukmi' (Though the wording is that of the Sahaabi, the subject matter contained therein will be regarded to have been taken from Nabi (saw))

The subject matter of this Hadith too is such (ie. it is beyond the scope of logic and reason), therefore the subject matter and meaning of this Hadith will be taken to be from Nabi sallallahu ‘alayhi wa sallam.

Sayings of the Taab'ieen (Those who saw Sahabah radiyallahu ‘anhu

Muhaddith Ibnul Qayyim rahimahullah narrates in his treatise entitled 'Al Jawaabul Kaafi' that Hadhrat Umar bin Abdul Aziz rahimahullah (The Khalifah of the time) wrote the following and sent it to various towns and cities:

After praising Allah Ta'ala and sending salutations, it should be known and understood that these earthquakes are a manifestation of Allah Ta'ala's retaliation unleashed by him upon his slaves so that they turn in repentance to him.

The Muhaddith has also narrated the following from Hazrat Ka'b Ahbaar, who was a great scholar of the people of the book and was blessed with Imaan during the Khilaafat of Hadhrat Umar radiyallahu ‘anhu:

HT EXCLUSIVE

Narrations and Explanations with regards to Earthquakes

WHAT IS THE UNDERLYING CAUSE BEHIND THE OCCURRENCE OF EARTHQUAKES?

What benefit and favorable outcome results from the occurrence of earthquakes?

Earthquakes occur due to excessive sinning which takes place on the earth. Out of fear caused by the fact that Allah Ta'ala is watching, the earth begins to tremble.

From this statement too, the same cause and same underlying wisdom come to the fore.

This humble servant has seen the following narration in a reliable source (which has slipped the mind currently as has the name of the narrator) that Allah Ta'ala has placed certain plates or cords inside the earth which are in the hands of Angels. When sins occur in abundance on earth, Allah Ta'ala instructs the Angels to pull the cords at a specific location, which causes the earthquake.

Removal of a misconception

At this juncture, clarification is needed regarding the doubt that could occur, because the philosophers and intelligentsia mention that there are vapors and steam trapped in the earth, and due to pressure they try to exit. When the pressure builds up and the earth cannot contain them, this causes the plates in the earth to move which in turn causes earthquakes or tremors.

From what is witnessed too, this can be correctly assumed to be the apparent cause of earthquakes. This apparent contradiction is removed by understanding that any one occurrence can have multiple underlying causes. Some are primary causes whilst others are secondary causes. The secondary causes are triggered off by the primary causes.

Understand it from the example of a person whose anger is incited due to some provocative words told to him. He becomes overheated with rage and due to immense fury he totally loses his composure until he eventually snaps, has a mental breakdown and lands up in the mental hospital.

The cause of him going to the mental hospital can be attributed to his mental breakdown, or to his getting overheated, or to his anger and rage, or to the provocative words uttered to him.

The provocative words can be said to be the primary cause, whilst the others can be called the secondary causes. There is no contradiction between these causes.

A person who is totally unaware of the human psychology will, upon hearing that the provocative words caused someone to land up in the mental hospital, immediately deny it, no matter how truthful and honest the one conveying the message may be. He will object and consider the news relayed to him to be irrational and utter nonsense.

This is his condition, despite the fact that every person with a reasonable amount of knowledge will know that his objection is totally unfounded, and that what was related to him is one hundred percent correct.

Similarly there are people who are unaware of spiritual medicine, the rights due to Allah Ta'ala and his workings in the creation, the effects and harms of sins, and the link between hidden causes and their effects.

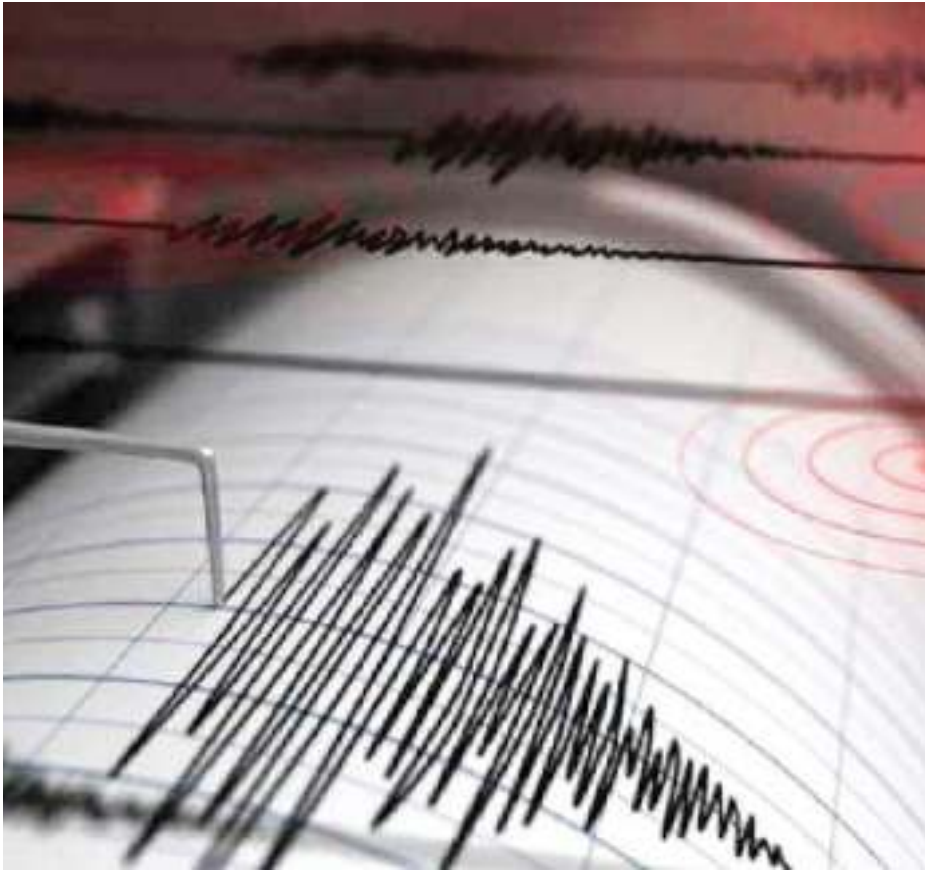
Upon hearing this subject matter described in the Hadith, they flatly deny it without any basis or proof, relying solely upon their deficient opinions and defective understanding.

They fall under the category of:

"Rather, they deny that which they encompass not in knowledge, and whose interpretation has not yet come to them." Surah Yunus verse 39.

Understand the matter from the following explanation:

It can be said that Allah Ta'ala is displeased with excessive sinning and wishes to shake the earth. For this, he has created molten lava and high-pressure steam by means of which earthquakes occur. The



command is issued for the hidden cords to be pulled, which cannot be detected with the naked eyes, like electricity.

By denying this, the philosophers are placing themselves in the category of ignorant laymen (of those times) who deny the great wonders performed by means of electricity. So the actual (hidden) and primary cause of earthquakes is the excessive sinning, and the steam and pressure etc. are the secondary and apparent cause.

I say, what prevents one from accepting the above explanation? Or is it impossible and contrary to logic?

It is the height of injustice and irrationality to deny it by saying that it cannot be understood. What will you say about a person who has never seen a train before, and denies it when you tell him that there is a conveyance that moves speedily without the need for animals to pull or push it, and is able to easily transport large numbers of people and huge quantities of goods from place to place?

Will you not regard him to be a stubborn ignoramus?

So such a stance should not be taken in these matters (of the reasons explained in the Hadith) because we will not tolerate such an approach in worldly matters. To digest this more easily, understand that at times earthquakes are due to natural causes, and at times due to Shar'i causes. On the basis of justice, when Shari'at does not deny the natural causes, then is there any justice in the stance of the philosophers who deny the Shar'i causes without any valid basis?

As far as the statement of Hadhrat Umar radiyallahu ‘anhu which conveys the impression that this is the sole cause of the earthquake, it will be taken to apply to that specific earthquake, and not to all earthquakes.

It thus becomes evident that there is no contradiction between the Shari'at and philosophy with regards to the cause. Philosophy does not delve into underlying points of wisdom; therefore no contradiction can be found in this matter.

NB. There is no concrete evidence for the famous belief that earthquakes are to do with the shedding of bulls' horns, therefore such a baseless belief should be discarded (common belief in India at the time of Hadhrat Thanwi-translator).

Several Past Nations were punished by earthquakes due to sin

Regarding the people of Thamud and

the inhabitants of Madyan, it is mentioned:

So, the earthquake seized them, and they were (found dead) in their homes, fallen on their faces. In several places mention is made of the overturning of the towns of the people of Nabi Lut Alaihis Salaam. It is obvious that before being overturned, the towns would have been moved and shaken.

Regarding the people of the Bani Israil who accompanied Nabi Moosa Alaihis Salaam to the mount Toor and uttered disrespectful words, it is also mentioned:

And M sa selected seventy men from his people for Our appointment. Later when the earthquake seized them, he said, "My Lord, had it been Your will, You could have destroyed them earlier, and me too. Would You destroy us for what the foolish among them have done? It is nothing but a trial from You, wherewith you let go astray whom You will, and give guidance to whom You will. You are our protector, so forgive us, and have mercy on us, and You are the best among those who forgive.

The incident of the sinking of Qarun into the earth is mentioned in the Quraan Shareef. Here too it is apparent that there has to be movement for sinking to take place. It is established that the above mentioned people were punished by means of earthquakes.

The occurrence of abundant of earthquakes are a sign of the Day of Qiyamah

In 'Mishkaat Shareef' - The chapter concerning the signs of Qiyaamah', a lengthy Hadith is narrated by Hadhrat Abdullah bin Hawaalah radiyallahu ‘anhu in which Rasulullah sallallahu ‘alayhi wa sallam is reported to have said:

When the Islamic Khilaafat will come to the land of Shaam, it will be very close to the occurrence of earthquakes, trials and colossal events. These will occur in close proximity to Qiyaamah.

Narrated by Abu Dawood and Haakim. It is narrated in the same chapter from Hazrat Abu Hurairah radiyallahu ‘anhu that Nabi sallallahu ‘alayhi wa sallam said: When such and such actions will take place...(amongst them Nabi sallallahu ‘alayhi wa sallam also mentioned) when a trust will be taken like booty, zakaat will be taken as a penalty, knowledge of Deen will be acquired for worldly motives, wives will be obeyed and mothers disobeyed, relationships with friends will be enhanced, and reduced with fathers, unproductive discussions will take place in the Masaajid,

leadership positions will be given to sinners and transgressors, there will be an abundance of music, intoxicants will be consumed in profusion, when the pious predecessors will be insulted, then at such a time anticipate and expect red winds, earthquakes and sinkings into the earth, and other dreadful calamities.

Narrated by Tirmizi

This Hadith corroborates the subject under discussion in the first chapter with regards to identifying the cause of earthquakes.

NB. The tremendous earthquake that will occur specifically on the day of Qiyaamah has been mentioned in numerous places in the Quraan Shareef.

Course of action

It has been established from several narrations of chapter one that the first and most important recourse is to make Taubah (turn in repentance to Allah Ta'ala). In the same chapter, mention was made of the letter of Hadhrat Umar bin Abdul Aziz rahimahullah, which ends with the following:

On a certain (specific) date and month, everyone should gather out in the open. Whoever is able to, should also give out charity. The aforementioned (Taubah and Sadaqah) should be carried out because Allah Ta'ala states:

Success is surely achieved by him who purifies himself, and pronounces the name of his Lord, then offers prayer.

(The word 'Tazakkaa' is derived from 'Zakaah' which means to purify oneself, or one's wealth by giving charity)

Make the following du'as:

The Du'a of Nabi Adam Alaihis Salaam

Our Sustainer! We have wronged ourselves - If you do not forgive us and have mercy on us, we will surely be amongst the losers.

The Du'a of Nabi Nuh Alaihis Salaam

"y Lord, I seek refuge with You that I should ask You something of which I have no knowledge. If You do not forgive me and do not show mercy to me, I shall be among the losers."

The Du'a of Nabi Yunus Alaihis Salaam

There is none worthy of worship except you, you are free of faults, most certainly I was of the oppressors.

In 'Durre Mukhtaar - Kitaabul Kusooif' it is mentioned:

The gist of the above is that at the time of intimidating occurrences, each one should read Nafl Salaah individually at home or in the Masjid (Unless it is a Mak-rooh time).

Examples of the above are the times of lunar eclipse, severe winds, sudden intense darkness during the day, sudden intense brightness during the night, earthquakes, lightning and thunder, heavy rains or hail, outbreaks of sicknesses... NB Du'a for the removal of plagues is included in the category...

The following appears in Raddul Muhtar:

Du'a alone is sufficient, but it is preferable to perform Salaah as well.

This is taken from the Hadith which mentions that:

When any disturbing event took place, Nabi sallallahu ‘alayhi wa sallam would hasten with urgency to perform Salaah.

With the exclusion of Salaah at the occasions of a solar eclipse (Kusooif) and when seeking rain (Istisqaa), which are performed in Jamaat (congregation), the rest are performed individually.

From all these narrations, the following course of action and etiquettes are derived:

1. To make Taubah (turn in repentance to Allah Ta'ala). It is advisable to also recite the verses quoted earlier on by Hadhrat Umar bin Abdul Aziz rahimahullah.

2. To perform nafl Salaah

3. To make Du'a

4. To give Sadaqah (charity)

5. If one wishes, one may go to an outlying open area and express one's humbleness before Allah Ta'ala

The customary practice of the masses of calling out the Azaan on such occasions, is not established from Shar'i proofs. This innovation should be given up.

Adopting measures to protect oneself during an earthquake

The following is recorded in Durre Mukhtaar before Kitaabul Faraa-idh:

It is not only permissible, but better and meritorious to leave one's house and go to the outskirts in the open, due to the fact that Nabi sallallahu ‘alayhi wa sallam himself once shifted away from a wall that was about to collapse. This humble one recalls that in all probability he saw this Hadith in Al-Adabul Mufrad of Imam Bukhaari rahimahullah.

I now conclude this writing with the Du'a that Allah Ta'ala grant us the ability to obey him and the courage to stay away from all sins. May he forgive all of our sins and protect us from all types of disasters and misfortunes.

Extracted from (Hadhrat Moulana) Ashraf Ali (Thanwi rahimahullah)

India will become biggest tech hub of world: Murmu

HT News Network

Gwalior, July 13 (UNI) Expressing confidence that India will emerge as the largest global technology hub, President Droupadi Murmu on Thursday underlined the fact that innovation plays the most vital role vis-à-vis connectivity.

Addressing the Fourth Convocation of the Atal Bihari Vajpayee Indian Institute of Information Technology and Management here, the First Citizen said, "The NEP emphasises that pupils establish connections with both Indian traditional knowledge and modernisation."

Paying tributes to erstwhile Prime Minister Atal Bihari Vajpayee, the visiting dignitary described the Bharat Ratna-recipient as a towering leader who provided unprecedented encouragement to infrastructure development and the telecom sector. He was of the opinion that connectivity constitutes a basic requirement for inclusive development.

Mentioning the fact that Madhya Pradesh boasts the



highest tribal population among Indian states, the President stressed that both the central and state dispensations are taking numerous measures for betterment of adivasis and womenfolk. She made specific references to the PESA Act and Tribal Pride Day.

Shifting gear to the scientific front, she said, "India gifted the world the crucial concept of zero. Interestingly, the first physical inscription in this context was discovered at the Chaturbhuj Temple here."

Echoing the words of the immortal philosopher Swami Vivekananda during her 13-minute-long

address, the President said, "I expect those benefitting from higher education to spare a thought for the backward in society as aiding others actually assists in blossoming of our capabilities. Take steps with self-confidence and advance in the world. No hurdle or challenge is so daunting that it can act as a roadblock which prevents you from achieving your objective. Never take your eyes off your goal! Keep evaluating your chosen route and you many eventually realise that another path is better. Do not step back as job satisfaction exceeds financial gains."

A DSc (Honoris Causa) was conferred on the Atomic Energy Commission's erstwhile chairman Anil Kakodkar who said – during his acceptance speech – "Development also implies the responsibility of elevating the rural standard of living to an extent that it either matches or even surpasses its urban counterpart. The objective of our education system is not to solely prepare pupils to tackle global competitiveness."

Among those present on the occasion were Governor Mangubhai Patel, Chief Minister Shivraj Singh Chouhan and Union Civil Aviation and Steel Minister Jyotiraditya M. Scindia.

Earlier, a special Indian Army plane carrying the Supreme Commander touched down this afternoon. The First Citizen was received by Mr Patel, Mr Chouhan, Mr Scindia, other political leaders, senior officers of the military and civilian administration.

The presidential convoy subsequently departed for the Jai Vilas Palace where a banquet was held in her honour.

India to purchase 26 Rafale and 3 Scorpene submarines from France

HT News Network

New Delhi, July 13 (UNI) The Defence Ministry on Thursday



approved the proposal for procurement of 26 Rafale Marine aircraft and three additional Scorpene submarines from France. The project was cleared by the Defence Acquisition Council (DAC) headed by Defence Minister Rajnath Singh, when Prime Minister Narendra Modi embarked on a two-day visit to France today (July 13).

The Defence Ministry in a statement said it will boost Indian Navy's operational capabilities.

"The DAC granted Acceptance of Necessity (AoN) for procurement of 26 Rafale Marine aircraft along with associated ancillary equipment,

weapons, simulator, spares, documentation, crew training and logistic support for the Indian Navy from the French Government based on Inter-

designed equipment and establishment of Maintenance, Repair & Operations (MRO) Hub for various systems will be incorporated into the contract documents after due negotiations" it said.

The three additional Scorpene submarines under Buy (Indian) category, will be constructed by Mazagon Dock Shipbuilders Limited (MDL).

The Ministry said it will also help the MDL by further enhancing its capability and expertise in submarine construction.

"The procurement of additional submarines, with higher indigenous content, will not only help in maintaining required force level and operational readiness of the Indian Navy, but also create significant employment opportunities in the domestic sector", the statement said.

In addition, the DAC approved the proposal to lay down guidelines for achieving the desired indigenous content in all categories of capital acquisition cases.

"It will help in achieving 'Aatmanirbharta' in critical manufacturing technologies and life-cycle sustenance of defence platforms/equipment through indigenous manufacturing" the Defence Ministry said. "It will help in achieving 'Aatmanirbharta' in critical manufacturing technologies and life-cycle sustenance of defence platforms/equipment through indigenous manufacturing" the Defence Ministry said.

Governmental Agreement (IGA)" said the Ministry in a Statement.

India has already procured 36 Rafale jets from France for the Indian Air Force. The DAC's approval to the projects came around a week after they were cleared by the Defence Procurement Board (DPB).

Over the price and other terms of purchase, the Ministry said, "They will be negotiated with the French Government after taking into account all relevant aspects, including comparative procurement price of similar aircraft by other countries".

"Further, integration of Indian

Kharge holds meeting with party's Uttarakhand unit

HT News Network

New Delhi, July 13 (UNI) Congress president Mallikarjun Kharge on Thursday held a meeting with the leaders of the state unit of Uttarakhand, in the presence of former chief Rahul Gandhi at the party headquarters here.

During the meeting, they discussed a wide range of issues pertaining to Uttarakhand besides the party's preparations for the upcoming Lok Sabha elections.

Meanwhile, the Congress chief in a tweet said, "Held a meeting with the leaders of Uttarakhand today at the party headquarters regarding the preparations for the upcoming Lok Sabha elections."

"Devbhoomi Uttarakhand is facing new challenges. Our leaders and workers in the state are playing the role of a strong Opposition and exposing the anti-people policies of the BJP government," Kharge added.

He said Congress is continuously raising the voice of the weaker section of society.

Delhi: Four people killed, 15 injured in road accident

HT News Network

New Delhi, July 13 (UNI) Four people were killed and fifteen others injured after two trucks collided on GTK Road in Delhi's outer north district, police said on Thursday. According to the police, nineteen injured persons were shifted to Satyawadi Raja Harish Chandra Hospital in Narela, where four of them were declared dead by doctors, two were referred to a higher centre in Balaji Action Centre Paschim Vihar for further treatment, and five injured people were sent to Babu Jagjivan Ram Memorial Hospital in Jahangirpuri. A case has been registered under Section 279/304A at Alipur Police Station, and an investigation is underway. The police said that they received a PCR call at around 00.44 hours regarding the accident of two vehicles near Siraspur GTK Road. Responding to the call, the team reached the spot where police found that two trucks had collided on Upper GTK Highway (NH-44) in which one truck was carrying Kanwar yattris to Haridwar for Kanwar.

Bombay HC rejects Nawab Malik's bail plea on medical grounds

HT News Network

Mumbai, July 13 (UNI) The Bombay High Court on Thursday rejected the interim bail plea filed by former minister and NCP leader Nawab Malik on medical grounds in an alleged money laundering case registered by the Directorate of Enforcement (ED) related to underworld fugitive Dawood Ibrahim. Justice Anuja Prabhudesai, while rejecting the plea, said she will hear the NCP leader's bail plea on merits in two weeks. Jailed NCP leader Nawab Malik had moved for bail on medical grounds, stating that he could be considered a sick person as defined under the provisions of the Prevention of Money Laundering Act (PMLA) and hence entitled to be released on bail. Malik was arrested by the Enforcement Directorate (ED) on February 23, 2022, in an alleged money laundering case involving fugitive gangster Dawood Ibrahim for usurping land at a price much below the market rate.

Discrimination in providing jobs is biggest sin: Yogi

HT News Network

Lucknow, July 13 (UNI) Chief Minister Yogi Adityanath on Thursday said that discrimination among citizens in providing jobs is the biggest sin that a government can commit and people have taught a fitting lesson to the governments, which did this, hindering the progress of the state's talents.

Speaking at a programme held at Lok Bhawan to distribute appointment letters to the newly appointed officers selected through Uttar Pradesh Public Service Commission (UPPSC) and the Uttar Pradesh Subordinate Services Selection Commission (UPSSSC) examinations conducted in a transparent manner, Yogi said that his government has established a system where there is no room for discrimination, whether at the stage of selection, or final appointment. He said that no one can point a finger at the appointment process in UP today. "In the past six years, we have been successful in providing government jobs to six lakh youth," he said. Distributing appointment letters to newly appointed officers, the CM said that between 2021 and 2023, the state government has com-



pleted 16 appointment letter programmes within one and a half year wherein approximately 55,000 youth have received appointment letters. While informing the newly appointed officers about the style of functioning of the current government, he said, "Issues related to the entire state will come to you in one way or another. Our effort should be that one file should not stay on a table for more than 3 days." Yogi said that prior to 2017, the unemployment rate in UP was more than 19 per cent, but in the last six years, the state government has been successful in reducing the unemployment rate in the state. "We have also worked towards connecting over two crore youths with self-employment. Now our government is planning to establish.

Delhi Roads Underwater, Massive Jams, Metro Hit, Schools And Colleges Shut

HT News Network

New Delhi: The water level in the swollen Yamuna in Delhi rose further during the night, flooding homes, affecting public transport and prompting emergency measures.

The water level in Yamuna was 208.62 metres at 1 pm today as Hathnikund barrage in Haryana continues to release water into the river. The current water level is three metres above the danger mark.

The Arvind Kejriwal government had urged the centre to step in and stop the water discharge, but the centre replied that excess water from the barrage had to be released. The water discharge is expected to reduce later in the day.

The Haryana barrage has filled up due to very heavy rain further north in Himachal Pradesh. The monsoon has brought large-scale destruction in the hill state, bringing down homes and sweeping away bridges.

In the national capital, the posh Civil Lines area was waterlogged as river water entered nearby localities. The waters are barely 350 metres from the residence of Chief Minister Arvind Kejriwal and Delhi Assembly. Waterlogging has disrupted traf-



fic movement on several roads, including in parts of the arterial Outer Ring Road. Traffic has been diverted to alternate routes, leading to massive traffic jams.

Compounding challenges for those taking public transport, Metro services have also been affected. The Yamuna Bank Metro station on Blue Line has been shut owing to waterlogging on the approach road. Although operations on all lines remain normal, trains are running at a restricted speed on Metro bridges.

Following a meeting of the Delhi Disaster Management Authority, the Chief Minister ordered closure of all schools and colleges till Sunday. Government employees, except those in emergency services, have been asked to work from home. Private offices have also been advised to move to the WFH option.

We want to show the world how Mamata is running Bengal: Ravishankar Prasad

HT News Network

Kolkata, July 13 (UNI) "We want to show the world how West Bengal Chief Minister Mamata Banerjee is running the State," asserted BJP MP Ravishankar Prasad, leading the party's four-member fact-finding team, on Thursday.

Prasad along with other members of the team and State BJP President Sukanta Majumdar after calling on Governor C V Ananda Bose said they have apprised the latter of the "terror" prevailing in the State.

Stating that they don't need any certificate from Banerjee, Prasad said, "The Opposition workers have been facing torture by the ruling TMC right from word go, the day Panchayat election date was announced."

Alleging that even after the declaration of result, people are scared of returning home, Prasad asked why Mamata Banerjee police isn't taking any action.

Prasad said, "At last better sense has prevailed that Banerjee has regretted violence."

The team is now heading towards South 24 Parganas to take stock of the situation there and on Friday they will proceed to North Bengal.

On Wednesday, Prasad lambasted Banerjee, accusing her of "shaming" democracy



in the state.

Describing as "unfortunate" so many loss of lives in Panchayat election-related violence, Prasad slammed Banerjee, saying "Your politics has become uglier than that of Left regime".

Prasad said the poll violence was bad for democracy too.

Stating what happened in Bengal was a "sickening sign of shameful democracy", Prasad asked Banerjee "Why are you not ready to face the media after the poll result

and share your happiness?"

Prasad also expressed his surprise at the "conspicuous silence" of Congress MP Rahul Gandhi and CPI-M General Secretary Sitaram Yechury. "Mamata Ji is an important player in the opposition unity campaign against Prime Minister Narendra Modi stating on record, that the BJP's conduct is undemocratic & fascist. Today, when cold-blooded murder & bomb-blasts are ripping apart the democratic fabric of India in the Gram Panchayat elections in Bengal, with

voters not being allowed to cast their votes, why have the eminent votaries of Opposition Unity namely Rahul Gandhi, Sitaram Yechury & other prominent leaders of CPI (M) suddenly gone silent," he commented.

"This is nothing but plain hypocrisy and sheer double standards to fool the people of our country in the name of democratic credentials! It's time that people take notice of their undemocratic credentials and lack of political credibility," Prasad averred.

Taking a jibe at the four-member BJP fact-finding team, Banerjee on Wednesday described these central teams as nothing but the 'BJP Protection And Provocation Committee'.

Banerjee said, "BJP has shunned all political decency. If I am wrong, I welcome all punishment against me. However, there have been a spate of lies and malicious campaigns levelled against Trinamool."

"Since the day that BJP came to power at the Centre in 2014, the tone and tenor of the central government changed towards Opposition-ruled states. The politics of decency seems missing from this incumbent central government. Their sole agenda is to keep creating hindrances in the smooth functioning of the State government. BJP has never engaged in constructive development work in our country," she alleged.

JKEDI, The India Network to organize two-day Startup Leadership Summit from July, 17

HT News Network

SRINAGAR, JULY 13: Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) is set to organize a transformative two-day Startup Leadership Summit for entrepreneurs of J&K on July 17th and 18th in collaboration with the India Network to cultivate a robust ecosystem for entrepreneurship and innovation within the Union Territory.

In this connection, the Director JKEDI, Ajaz Ahmad Bhat today chaired

a preparatory meeting in which senior faculty members and officers of the Institute participated. "The workshop will serve as a platform for aspiring and existing entrepreneurs to gain valuable insights, knowledge, and skills necessary for building successful businesses in today's dynamic and competitive landscape. It will feature a diverse range of sessions, including interactive discussions, expert presentations, case studies, and practical exercises, all designed to equip participants with the tools and resources



needed to excel in their entrepreneurial journeys," said Director JKEDI. The event will include sessions from Rahul Narvekar, the Founder and CEO of The India Network, who brings extensive experience as a seasoned investor, guiding and supporting entrepreneurial ventures across various industries. Joining him is Himani Bhagat, the Chief Operating Officer of The India Network, who contributes her strategic expertise and operational acumen to foster entrepreneurship and innovation.

Additionally, Sonia Khurana, the Founder and CEO of Wyn Studio, adds her entrepreneurial insights and industry knowledge to the mix. Dinesh Singh and Amit Mishra, Co-founders of Alpha Consultants, bring their valuable expertise in business consulting and financial management, offering invaluable guidance to aspiring entrepreneurs. The summit will also feature pitching sessions, providing entrepreneurs with the opportunity to present their business ideas and proposals to a panel.

Jal Shakti Deptt organises workshop on Source Sustainability Community involvement is vital for gainful results: MD JJM

HT News Network

SRINAGAR, JULY 13: Jal Shakti Department today organised a day-long workshop on 'Source Sustainability with special emphasis on Spring Rejuvenation' in collaboration with Piramal Foundation at Institute of Hotel Management Srinagar. The event brought together leading experts from government, academia, social organisations who presented and discussed research on source sustainability, spring rejuvenation, water quality among other issues. The aim of the workshop was

to sensitise about the need for emerging water problems and frame strategies to overcome those.

During the workshop there was broad consensus among the speakers that 'Source Sustainability and spring rejuvenation' is one of the biggest challenges faced by today's society and the solutions to achieve sustainability need to be designed from a holistic, cross-disciplinary point of view. The speakers were of the view that by encouraging public participation in projects that impact society, it facilities fair, equitable, and sustainable outcome with a force to



transform communities. In his address, Mission Director Jal Jeevan Mission, G N Itoo said that Source Sustainability is a prime concern for all of us. He said

that JK is blessed with lots of springs but there are challenges for which we have to find solutions through collective efforts. Maintaining that water

is a social enterprise, MD said that it is closely linked with people's identity and there is a need for community involvement for gainful results. He said that role of an engineer is very limited in the sustainability process and it is not possible unless every person in the community owns the process. He said that we have a mandate and responsibility to sensitise our community to make them think like an engineer. He said that rejuvenation of springs is only possible when the whole community is ready to take a role and own the responsibilities. Sangeeta Mamgain

from Parimal Foundation in her keynote address said that source sustainability is going to be one of the primary concerns and there is a need to work on that. She said that the Parimal Foundation will always be ready to provide technical support needed by the JJM in JK. The workshop discussed issues related to the sustainable development of springs and strategies for their renovation, rejuvenation and augmentation. With short but penetrating lightning talks, the workshop participants triggered important questions and points related to spring rejuvenation.

KCC Camp held at Bandipora

HT News Network

BANDIPORA, JULY 13: As part of the nationwide KCC Campaign, the Department of Animal Husbandry Bandipora in coordination with the Lead District Bank Bandipora today organized the weekly Kisan Credit Card (KCC) camp, at the Meeting Hall of BVO Office Bandipora, here. The camp was chaired by CAHO Bandipora, Dr G. A Lone and LDM Bandipora, Shamim Ahmad.

During the camp, a total of 19 KCC cases, 19 PMJJBY (Pradhan Mantri Jeevan Jyoti Bima Yojana), and 19 PMSBY (Pradhan Mantri Suraksha Bima Yojana) cases were sponsored.

The farmers were also provided awareness regarding the operation and maintenance of KCC accounts, and were also briefed about various departmental schemes. Emphasis was laid on encouraging farmers to actively avail the benefits offered by these schemes.

To address any concerns or grievances, an interactive session was held where officials engaged with the farmers and addressed their issues.

FSD Anantnag conducts raids at different locations along NH at Qazigund

HT News Network

ANANTNAG, JULY 13: A team of the Food Safety Department (FSD) headed by Assistant Commissioner, Food Safety Anantnag today conducted raids at different locations on the national highway (NH) at Qazigund.

The raids were conducted consequent upon the inputs received regarding sale of spurious/adulterated saffron under different brand names at national highway Qazigund. During the raids the department seized suspected saffron worth an estimated market value of Rs. 6 lacs.

Meanwhile, the investigation has revealed that some Food Business operators have engaged unemployed youth for selling the suspected saffron to the travelers at national highway and the Department has initiated action against three Food Business Operators who are considered as kingpin behind such fraudulent practices. During the raids around 600 Kgs of inferior quality walnut kernels have also been seized. Extensive awareness was also imparted to the stakeholders regarding the importance of promoting fair practices in the saffron trade.

VC DDC Kupwara inspects developmental works in Wavoor block

Dr Abdul Qayoom

KUPWARA, JULY 13: Vice Chairman, District Development Council (DDC), Kupwara, Haji Farooq Ahmad Mir today visited different areas of Wavoor DDC constituency of Kupwara district to take stock of various ongoing developmental projects. During the visit, the Vice Chairman inspected ongoing construction of Kandhar-Kuligam link road and macadamization of Rang-Warnow road. He asked the concerned engineers to better utilize the working season and speed up the pace so that people in general are benefitted from these developmental projects. He also visited Warnow area and took stock of sites for construction of Ayush Health Centres in Mushkjal and Offan villages. He directed the engineers of R&B to follow up and make DPR of the health centres on priority basis so that these are established timely. He also urged the Archeology department for preservation of the ancestral house of Alama Anwar Shah Kashmiri (RA) at Shahabad Warnow.

Two-day Auto-Expo inaugurated at IUST

HT News Network

Awantipora, July 13. A two-day auto fest 'AUTO FUSION - THE AUTO EXPO' started today at the Islamic University of Science and Technology, Awantipora. The fest, organized by the Department of Management Studies, was inaugurated by the Registrar, Islamic University of Science and Technology, Prof. Naseer Iqbal in presence of the Dean, School of Business Studies, Dr. Asif Iqbal Fazili and other officials of the University. The fest is being organized under the aegis of the Student Business Club which offers the students a conducive platform for showcasing their entrepreneurial and managerial abilities. Besides, the fest aims to bring together industry professionals, automobile enthusiasts, and academicians to explore the demand and supply scenario, the latest technological advancements, and emerging requirements of the automobile sector.

Agri Deptt conducts Awareness programme on 'Daksh Kisan' Portal at GDC Kilam

HT News Network

KULGAM, JULY 13: One day awareness programme on "Daksh Kisan Learning Management System" (DKLMS) was today organized by Agriculture Production Department Kulgam at Government Degree College, Kilam under "Holistic Agriculture Development Programme (HADP)".

The programme was attended by Principal Government Degree College Kilam, Faculty members, Block level officers from agriculture & allied departments besides a large number of students of the College.

At the outset, Principal GDC Kilam presented a welcome note and briefed the participants about the role of agriculture and allied sectors in the economy of UT of Jammu and Kashmir.

Resource Person, Shabeer Ahmad Mir highlighted the background of HADP - an amalgam of 29 interlinked projects, Kisan Sampark Abhiyan, and importance of the event in sensitization of youth about the new technologies, interventions in agriculture and allied sectors, Skill development and empowerment of farmers, agripreneurs and employment opportunities for educated unemployed youth.

Dr. Nisar Ahmad Dar Technical Officer to CAO Kulgam, deliberated on Kisan Saathi IT dashboard (for online application to avail benefits under HADP) and Daksh Kisan web portal which offers orientation and 121 skilling certificate courses for all interventions, latest techniques, exploration of new possibilities in agriculture and allied sectors.

Director F&ES visits Baltal, takes stock of safety arrangements for ongoing Shri Amarnathji Yatra

HT News Network

GANDERBAL, JULY 13: Director Fire and Emergency Services (F&ES), Alok Kumar today visited Baltal axis of Shri Amarnath Ji Yatra route and took stock various safety arrangements including fire safety arrangements for the ongoing holy yatra.

During the visit, the Director visited all yatra camps enroute Srinagar to Baltal including Manigam, Neilgrath, Baltal Base Camp, Baltal Tent City, Domail and also conducted surprise inspection of F&ES Gund and Kangan.

On the occasion, Alok Kumar interacted with the officers of Paramilitary, Police and Civil Administration and discussed safety and security arrangements made for yatris. He appreciated all the officers for their commendable job in ensuring smooth and hassle free yatra for the pilgrims. He also interacted with representatives of Police, Army, CRPF, SSB, ITBP, NDRF, SDRF and Indian Air Force.

At Neilgrath helipad Campus, the Director interacted with all the officers including Camp Director as well as devotees. He gave compassionate hearing to the yatris and passed necessary directions on spot for resolving



their legitimate issues.

The Director during the visit enjoined upon all the officers and jawans of department to keep close liaison with all the stake holders for prompt and efficient response during any emergency. He also held a detailed meeting with SSP's deployed in Joint PCR at Baltal base camp.

During the meeting, he was apprised about telecommunication, CCTV and Satellite facilities being Director Fire and Emergency Services (F&ES), Alok Kumar today visited Baltal axis of Shri Amarnath Ji Yatra route and took stock various safety arrangements including fire safety arrangements for the ongoing holy yatra.

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Director Agriculture Kashmir visits SMF Allowpora Shopian

HT News Network

SRINAGAR, JULY 13: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited seed multiplication farm (SMF) Allowpora Shopian and inspected different blocks of the farm besides taking stock of the latest interventions adopted by the department at the said farm.

During the interaction with the officers and farm staff, Director Agriculture said that the Departmental farms are working on modern scientific lines so that these farms could be transformed into the centers of excellence for different agriculture activities. He highlighted that a good quality



seed is the foundation for the successful cultivation of a crop which finally leads to the socio-economic transformation of the farming community. Director Agriculture said that the Department is making all possible efforts to ensure the availability of high quality seeds produced from the departmental seed multiplication farms to the farmers well in time. He reiterated the importance of introduction of real time technologies in the cultivation of paddy and

other crops.

Chowdhury Iqbal stressed upon the officers for ensuring quality planting material and creating an effective and sustainable system of supply of high quality seeds for the development of the agriculture sector in the valley.

He impressed upon the officers associated with the farm to maximize the production and productivity of the farm so that more and more farmers could have access to the quality seeds of different crops at affordable prices.

Later, the Director Agriculture also inaugurated harvesting of Lavender Biomass at Lavender farm Argi-check Pulwama.

DDC Rajouri interacts with trainees at Rural Self Employment Training Institute

HT News Network

RAJOURI, JULY 13: District Development Commissioner Rajouri, Vikas Kundal today visited Jammu and Kashmir Bank Rural Self Employment Training Institute (JKBRSETI). During the visit, he reviewed the functioning of the institute and interacted with the trainees being trained in jute products udyami.

The DDC encouraged the trainees to make the most of the training to become self-reliant and contribute towards the economic growth of the region. He also stressed the importance of continuous learning and upskilling to stay competitive in the ever-evolving job market.

The trainees shared their experiences and learning outcomes from the training program, expressing their gratitude towards the administration and the institute for providing them with the opportunity to improve their livelihoods.

They highlighted the significant improve-



ment in their skills and knowledge in jute product manufacturing and the potential opportunities that the training could create for them in the future.

The training programs offered by JKBRSETI are instrumental in providing youth with the necessary skills and knowledge to become self-reliant and contribute towards the economic growth of the region.

Among the others, the Chief Planning Officer, Mohammad Khurshid; LDM, Sanjeev Bhasin and Director RSETI, Raman Kumar were present on the occasion.

High Blood Sugar Control During Monsoon: 6 Fruits Diabetics Can Have Guilt-Free To Lose Weight



High blood sugar management: Millions of people worldwide are affected by high blood sugar, which is a silent pandemic. Maintaining control of diabetes requires leading a healthy lifestyle and eating the correct foods. People with high blood sugar should exercise caution, particularly when eating.

After a scorching Indian summer, people eagerly await the monsoon season for its cooling appeal. Although the nation is fortunate to have a large variety of food available all year long, people with diabetes and those trying to lose weight are sometimes left wondering whether the fruits and vegetables they are choosing are safe and beneficial for them.

Here are 7 different types of fresh fruits that are healthy, nutritious and safe for people with diabetes and those looking to shed some extra kilos at the same time

Alu Bukhara (Plum)

Plums, also known as Alu Bukhara, have a glycemic index of 35 and a glycemic load of 3.9. This makes plums a low GI and GL meal, making them perfect for anyone trying to lose weight or who has diabetes.

Plums, a favourite fruit of the monsoon season in India, are also high in soluble fibres, which makes them a great snack for improving digestion and losing weight.

Nashpati (Pears)

your meal plan by being chopped up or

Jamun

In India, the summer and monsoon seasons are jam-packed with jamuns. This fruit is safe and healthful for those with diabetes because of its high fibre content and low glycemic index.

Due to the increased satiety value (feeling of fullness) brought on by the high fibre content, meal amounts are decreased, resulting in weight reduction.

Cherries

Fresh cherries are healthy for diabetics since they are high in fibre and have a low glycemic index (about 20). Cherries are a well-liked monsoon fruit that is widely accessible throughout the rainy season.

Consuming them fresh is the greatest option if you have diabetes or want to reduce weight. Avoid cherry products that have been canned, preserved, sweetened or frozen since the extra sugars they contain can raise blood sugar levels and increase calorie intake.

Mosambi (Sweet lime)

Popular citrus fruit sweet limes are a great source of fibre and vitamin C. The mosambi, or sweet lime, is a great monsoon fruit for diabetics, those trying to lose weight, and those with diabetes due to its moderate glycemic index, high fibre level, and flavonoid content.

High blood sugar is a quiet pandemic that affects millions worldwide. Foods richer in fibre and lower in fat and calories are healthy for diabetes. Here are some fruits that diabetics can enjoy guilt-free.

Pears, or Nashpati, are high-fibre fruit. Pears prove to be a fantastic addition to your meal plans for managing diabetes and losing weight. Pears are a fruit of the monsoon that you may eat without becoming sick because of their moderate glycemic index of 38, low glycemic load, and high fibre content. Pears may easily be incorporated into

added to a salad.

Peaches

Peaches are a fragrant fruit that is unique to the monsoon season and maybe a secure addition to your diabetes-friendly diet. These nutrient-dense fruits have a moderate glycemic index and are high in iron, potassium, and vitamin C.

NEWS

Digestion: Here Are 7 Signs Of Gastroenteritis



Gastroenteritis is a medical condition characterised by inflammation of the gastrointestinal tract, specifically the stomach and the small intestines. It is commonly caused by viral or bacterial infections, although it can also result from parasitic infections, food poisoning, or reactions to certain medications.

1. Abdominal pain and cramping

One of the most common and prominent symptoms of gastroenteritis is abdominal pain. The pain is typically crampy in nature and may vary in intensity. This can be caused by increased contractions of the intestinal muscles due to the inflammation.

2. Diarrhoea

Gastroenteritis often presents with diarrhoea, which is characterised by loose and watery stools. This occurs because the infection affects the normal function of the intestines, leading to increased fluid secretion or decreased absorption. Diarrhoea can range in severity and duration, depending on the causative agent and individual factors.

3. Nausea and vomiting

Another hallmark symptom of gastroenteritis is nausea followed by vomiting. The inflammation of the gastrointestinal tract can trigger the body's protective mechanism to expel harmful substances. Vomiting may also occur due to the irritation of the stomach lining.

4. Fever

In many cases, gastroenteritis is accompanied by a fever. The body raises its temperature as a defence mechanism to fight off infections. It is important to note that not all cases of gastroenteritis will lead to a fever, and the severity of the fever may vary.

5. Loss of appetite

Gastroenteritis can cause a significant loss of appetite. The inflammation and irritation of the gastrointestinal tract can lead to a decreased desire to eat, as it may be associated with discomfort or pain. This loss of appetite can contribute to dehydration and weakness if not properly managed.

6. Dehydration

Due to the increased fluid loss through diarrhoea and vomiting, gastroenteritis can often lead to dehydration. Signs of dehydration include dry mouth, decreased urination, dark-coloured urine, fatigue, and dizziness. It is crucial to replenish fluids and electrolytes to prevent complications caused by dehydration.

7. Muscle aches

Some individuals with gastroenteritis may experience muscle aches or body pain. This can be associated with the viral infection itself or the body's response to the infection. Muscle aches can be generalised or localised to specific areas, such as the back or legs.

Why not mix cooked and uncooked foods?

Health and gut practitioners strongly believe that there is science behind not mixing cooked and uncooked foods, said registered dietician Garima Goyal. Giving an example of having fruits with main meals, Goyal mentioned that have them at least 30 minutes before a meal or two hours later. "This will help to avoid the gas formation in the stomach and prevents bloating," said Goyal.

"It complicates the digestion process – Mixing raw and cooked foods complicates the process of digestion. "When talking about cooked foods, it is very easier for our digestive tract or gut to digest them as they are already cooked and body will easily digest such foods by activation of the body enzymes upon consumption. But the rate of consumption of raw foods is slower," mentioned Goyal.

"It causes digestive troubles – When we mix raw and cooked foods in a meal, it leads to digestive issues and discomfort such as belching, gas,

indigestion etc. This is because it needs significantly high energy and effort of our body to digest raw foods than cooked ones. Chewing the food is the first step of digestion and when a food is improperly chewed, it causes digestive discomfort.

"When a food is cooked, some of the food's fibre and plant cell wall is broken and this eases the process of food digestion and nutrient absorption," said Goyal. "It affects the food's digestibility – Any food that you consume is healthy if you are able to receive all of its health benefits and absorb its nutrients well. This is known as food digestibility. Whenever the food you consume is in cooked form rather than raw form, it's more digestible as well as lacks anti-nutrients. Anti-nutrients are compounds that inhibit the body's ability to absorb nutrients in plant foods. They even are responsible for the gas formation in the gut, said Goyal.

Clarifying that the emphasis is not on the consumption of cooked foods over raw ones, Goyal said that the idea is to make a meal pattern where in you don't consume them together for a healthy gut. "Both raw and cooked foods have their own sets of advantages and limitations too. So the inclusion of both is crucial for our health, but not together!" Dr Dimple noted.

Dr Dimple Jangda, an ayurveda and gut health coach too shared an informative post on the subject on Instagram. "Remember bloating is not a disease – it is a direct consequence of the foods you have eaten, the combinations of wrong food items, undigested foods, and waste that has not been eliminated from the previous day," she added. Sharing that cooked foods like grains, vegetables, lentils, pulses, and beans are cooked with cooking oil, spices, salt, and herbs ready for consumption, Dr Jangda said that they can be easily digested, absorbed, and assimilated by the body. Also, the process of cooking changes the chemical complement of these food groups. On the other hand – raw foods like fruits and vegetables salads have active fruit acids, fruit and vegetable enzymes which are alive! There are live bacteria in these foods," said Dr Jangda.



Impact of sickle cell disease on pregnancy and maternal health

Sickle cell disease is widely prevalent in certain parts of India and while this health condition can cause a wide spectrum of symptoms, innovations in management have transformed this condition. For the uninitiated, Sickle Cell Disease (SCD) is a genetic condition where the red blood cells become shaped like crescents or sickles, which can cause various health complications. In an interview with HT Lifestyle, Dr Santanu Sen, Consultant, Paediatric Hematology, Oncology and Stem Cell Transplantation at Kokilaben Dhirubhai Ambani Hospital Mumbai, talked about what is the Impact of Sickle Cell Disease on Pregnancy and Maternal Health and shared, "For pregnant women with SCD, the condition adds an extra layer of complexity to the pregnancy. These mothers-to-be may experience increased pain episodes, infections, and high blood pressure. The irregular shape of the red blood cells can obstruct blood flow,



potentially leading to complications such as preterm birth and low birth weight in newborns, miscarriages and even spontaneous abortions."

She added, "SCD poses risks to the mother's health; there can be severe anaemia leading to fatigue, shortness of breath and even fetal anaemia. In addition, there is an elevated risk of blood clots and pulmonary issues, such as acute chest syndrome as well as increased incidence of strokes. Chances of pre-eclampsia due to high blood pressure is also very high. It is essential for pregnant women with SCD to be under the care of health-

care professionals who are knowledgeable about the condition. Through vigilant monitoring and proper management, both the mother and baby can be safeguarded during this critical period. If a patient has severe sickle cell disease, a stem cell transplant can be curative." According to Dr Amita Mahajan, Senior Consultant, Paediatrics Oncology and Hematology at Indraprastha Apollo Hospital in New Delhi, pregnancy can pose few challenges to patients with sickle cell disease like -

Increased Risk of Complications: Pregnant women with SCD face a higher

risk of complications compared to the general population. The abnormal sickle-shaped red blood cells can obstruct blood vessels, leading to vaso-occlusive crises, which can occur during pregnancy. These crises can manifest as severe pain, organ damage, and even life-threatening conditions, such as acute chest syndrome. Furthermore, pregnant women with SCD are more susceptible to infections, anemia, and pre-eclampsia, which can complicate their pregnancies and endanger maternal and fetal well-being.

Maternal Mortality and Morbidity: Women with SCD have an increased risk of maternal mortality compared to women without the condition. The combination of pre-existing complications and the physiological changes that occur during pregnancy can exacerbate the health risks. Anemia, which is common in SCD, can worsen during pregnancy due to increased blood volume requirements.

Alyssa Healy admits: 'The Ashes are on the line, proper' after Bristol cliffhanger

Moment of 'pure joy' for Knight, Cross as England stay in the series in epic fashion

LONDON: Alyssa Healy, Australia's captain, has challenged her side to throw out the excuses and galvanise for a response, after conceding that England's third consecutive victory in the white-ball leg of the Women's Ashes has left the series "on the line now, proper". After slipping to a 6-0 deficit following defeat in the one-off Test in Trent Bridge and the first T20I at Edgbaston, England have now roared back to contention, squaring the rubber at six points all with a nailbiting two-wicket win in Bristol, with two final ODIs to come at Southampton and Taunton.

And while Australia need only to take victory in either match to retain the trophy that they have held since 2015, the fearlessness of England's fightback - led on this occasion by Heather Knight's superb captain's innings of 75 not out but epitomised by an astonishing penultimate-over ramp for four from Kate Cross - has put real belief into their team's challenge.

Fittingly, it was left to Knight to seal the chase with an emphatic slap for four through point off Jess Jonassen, after which she flung away her bat and let her emotions pour out as she leapt into Cross's arms and soaked up the acclaim of another packed house, with 5,731 fans in Bristol's County Ground.

"It was just pure relief and ecstasy," Knight said at the post-match presentation. "I thought it was slipping away there when we were eight-down, we kept losing wickets at regular intervals and kept making it hard for ourselves, but I was just trying to stay in my little bubble and keep really calm."

At 235 for 8, England still needed 29 to save the series, with only Lauren Bell to come, but Cross settled quickly into her work with back-to-back fours off Jonassen, before Knight climbed into the spin of Ashleigh Gardner with a huge six over cow corner. And then, with the requirement into single figures, Cross unfurled the stroke that telegraphed the extent of England's resolve.

"Kate Cross, what a hero," Knight said. "She was quite nervous when she came in, but we just broke it down, trying to get it in tens. And when fine leg came up, I just had a chat with her, 'paddle's on, I back you to do it'. I thought she might go pace off, but Crossy executed it brilliantly, and took all the pressure off." Cross finished unbeaten on 19 from 20 balls from No.10, a priceless contribution that showcased all of her experience, and more than made up for a tricky day with the



ball, with her six overs in Australia's innings going for 42. What's more, after being laid low by a tropical disease in March that disrupted Cross's preparation for this series, it was further proof of the fighting qualities that had got her back to full fitness for this campaign. "I kept saying to her, 'Lauren Bell's in next, so keep going, keep getting it down,'" Knight joked. "Poor Lauren was a bit nervous, but I'm really pleased for Kate. She's probably not had the best day but she's one of the most resilient people that I know, so to see her do that was outstanding."

For Healy and Australia, however, it was a deeply chastening loss. Last week, their 2-1 defeat in the T20Is was their first loss in any series since 2017-18; now they have lost their first ODI in 16 attempts - and only their third in 46 - and have lost three matches in a row for the first time since February 2017.

"I mean, the Ashes is on the line now proper, isn't it?" Healy said. "So if that doesn't galvanise the group, I don't know what it does. We obviously haven't been in this position a lot. And you know, we either see it as an opportunity to learn and grow, or we see it as an opportunity to throw excuses out there. So it's up to us to turn it around

for the next two games, [because] that Ashes trophy is well and truly on the line."

Defending 264, Australia were rattled early on by a brilliant Powerplay onslaught from Tammy Beaumont and Alice Capsey, whose fast-paced 40s helped lift England to 84 for 1, their highest 10-over score in ODI history. And though their spinners in particular helped to stem the tide, the run-rate remained below five an over for the bulk of the remaining chase.

And despite a scruffy display that contained 23 extras, the multiple World Champions refused to give up without a fight - a trait that gave Healy some comfort as she prepared for what will doubtless be a difficult post-match debrief.

"It ended up going right down to the wire," she said. "Look, we just got outplayed a little bit at the end but thought we fought really well to keep ourselves in the fixture. It was a good game of cricket all round."

"We were probably 20 runs short with a bat, and then we bowled 20-odd extras so I mean, that's 40 runs in the game, so it's probably what's done us at the end of the day. "We've been showing it in patches," she added. "The way we took it as deep as what we did, shows it's still there. We've just got to be better, got to be sharper in different certain areas to get ourselves over the line. And that's what we're going to have to find over the next few days."

England, however, also have room for improvement even after this thrilling win, in particular their own fielding display which was marked by six dropped catches and a missed stumping. Knight, however, credited the Bristol crowd for playing their part in keeping the team's spirits high throughout, and carrying them over the line.

"We can be a lot better as well," Knight said. "It was definitely not our best day. But the fight in the side is remarkable and we showed that again today." "I found it a really tricky wicket, I don't think I middled one until I was on about 30," Knight added. "It was quite hard to feel fluent and to rotate the ball around but the crowd kept us in it."

"We know Australia are a brilliant team and we're going to have to go again in Southampton, but the support from the crowd was unreal. I had to not get too high when everyone was singing Hey Jude at the end, and try not to sing along in my head, but it's been awesome."



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