

Hartal calls on the behest of neighboring country thing of past in J&K: LG Sinha



■ HT News Network

SRINAGAR, JUL 14: Lieutenant Governor Manoj Sinha on Friday said that hartal calls on the behest of neighboring country in Jammu and Kashmir are a thing of the past. Addressing the Valedictory function of CBC, Ministry of I&B's Multimedia Exhibition in Srinagar on Friday, Lieutenant Governor said in past everyday on a call from a neighboring country, schools and colleges used to close and students could not continue their studies. "Gone are the days that colleges or schools were being closed here on someone's call", LG said. "I want to tell the children that you are the future of India as well of Jammu and Kashmir", LG said and added "study in a

TURN ON.....PAGE 02

DGP Reviews Yatra Security, Facilities For Yatris In Jammu



■ HT News Network

JAMMU, JUL 14: Inspecting the security methods and mechanisms adopted for the security of pilgrims at the base camp, Jammu

and Kashmir Director General of Police, Dilbag Singh on Friday asked officers to strictly adhere to instruction for movement of convoys and timing schedule.

TURN ON.....PAGE 02

NEWS BRIEF

Srinagar: Police arrest 4 for misbehaving with foreign tourists

SRINAGAR, JUL 14: Police arrested four people for creating a ruckus and misbehaving with two foreign tourists in a hotel in Srinagar on Friday.

The accused have been identified as Umer Mehrhaj Hakeem, Ashiq Ahmad, Ubaid Gulzar, a resident of Chattabal, and Ubaid Bilal Bandy, of Karan Nagar, Srinagar, police said.

The accused were creating a ruckus in a hotel in the posh Rajbagh area and allegedly misbehaving with the two foreign lady tourists.

A case has been registered against the accused at Police Station Rajbagh.

TURN ON.....PAGE 02

CB Kashmir produces chargesheet against 19 accused in forgery case

SRINAGAR, JUL 14: Economic Offences Wing (EOW) of Crime Branch Kashmir on Friday produced a chargesheet in the court of Passenger Tax Srinagar against 19 accused persons involved in fake and forged appointment orders in the police department.

The EOW produced a charge report in case FIR No. 48 of 2015 before the Court of Passenger Tax Srinagar against 19 accused persons for their involvement in the commission of offences punishable under sections 420, 468, 120-B, and 201 RPC, a statement said.

Brief facts of the case are that Crime Branch Kashmir received a complaint alleging that certain individuals

TURN ON.....PAGE 02

Fresh batch of 7245 pilgrims leave Jammu base camp for Amarnath

JAMMU, JUL 14: Amid the chants of 'Bam Bam Bhole', a fresh batch of 7245 pilgrims left for Shri Amarnath Cave Shrine here from Bhagwati Nagar Base Camp on Friday.

After remaining suspended for three days, the yatra resumed from Jammu on Tuesday.

The yatra was suspended due to repair work on roads damaged by rains at Ramban on the Jammu-Srinagar national highway.

An official said that a batch of 7245 pilgrims left the base camp in a convoy of 226 vehicles.

TURN ON.....PAGE 02

J&K Resident Commission retrieves 1 Kanal, 11.2 Marlas land at New Delhi

■ HT News Network

NEW DELHI, JUL 14: The J&K Resident Commission today carried an eviction drive and retrieved land measuring 1 Kanal and 11.2 Marlas with built up temporary structures at Kashmir House, Rajaji Marg here, which was under unauthorized occupation of unknown persons.

The drive was carried on the directions and guidance of Estates Officer, J&K Res-

ident Commission, New Delhi, Niraj Kumar.

The eviction proceedings were initiated under Section-4 of the Public Premises (Eviction of Unauthorized Occupants) Act, 1971 issued initially to the Central Public Works Department, followed by another notice under Section-4 of the Public Premises (Eviction of Unauthorized Occupants) Act, 1971 issued to all the unknown unauthorized occupants at

NIA arrests 2 OGWs during probe of terror conspiracy case

■ HT News Network

SRINAGAR, JUL 14: The National Investigation Agency (NIA) on Friday arrested two alleged Over Ground Workers (OGWs) of Lashkar-e-Taiba (LeT) and its shadow outfit "The Resistance Front" (TRF) during the probe of terror conspiracy case.

The arrests came on the heels of a series of raids conducted by the NIA at the residential premises of OGWs of the banned militant organizations and their newly-floated offshoots and affiliates in recent days. The NIA had seized several digital devices during the raids, which were scrutinized by the agency, as part of its investigations in the case.

The NIA identified the duo arrested as 20-year-old Mushaib Fayaz Baba alias Shoaib and Hilal Yaqoob Deva alias Sethi Soab, 35 both residents of Shopian district of J&K.

They said the duo were working for Pak-based Commanders and handlers of proscribed terrorist organizations.

TURN ON.....PAGE 02

Over 60 pc teaching posts lying vacant in CUK, reveals RTI

■ HT News Network

JAMMU, JUL 14: Over sixty percent posts of teaching staff are lying vacant in Central University of Kashmir, revealed the reply of RTI filed by the Jammu based activist.

The information has been shared by the Central Public Information Officers of the CUK with Jammu based RTI Activist Raman Sharma in reply to his online application under Right

to Information Act.

In response to the query related to strength status of teaching staff in the university, the Public Information Officer (PIO) of the university in his reply informed that sanctioned strength of teaching positions in the university is 195 and present strength of the teaching staff is 76.

The RTI reply confirmed that over 61 percent posts of teaching

TURN ON.....PAGE 02

Nearly 50 Lakh Tourists Visited Jammu Till June, Indicates Positive Trend For Tourism In Region: Official

■ HT News Network

JAMMU, JUL 14: Nearly 50 lakh tourists have visited Jammu till June this year, indicating a positive trend for tourism in the region, an official said, highlighting that a campaign has also been launched to inform Amarnath pilgrims about must-visit places.

The annual yatra to the cave shrine of Amarnath in the south Kashmir Himalayas began on July 1 from the twin

TURN ON.....PAGE 02



J&K youth to be provided world class sports infrastructure: Dr Mehta

■ HT News Network

SRINAGAR, JUL 14: Continuing the trend of giving boost to the sports infrastructure in J&K, Chief Secretary, Dr Arun Kumar Mehta today inaugurated the modern Gymnasium and Weightlifting Hall at Bakshi Stadium, Srinagar here.

On the occasion the Secretary, Youth Services & Sports; Secretary, Sports Council besides other officers, coaches and officials of the department were also present.



While interacting with the former International Football players and other trainees of different sports academies, the Chief Secretary sought feedback from them on how their games can be improved in J&K. The players requested the Chief Secretary to use his good offices for conducting of different national level tournaments like SAFF games which will give necessary exposure to the youngsters besides giving them opportunity to hone their sports skills by

TURN ON.....PAGE 02

J&K High Court Allowing Repairs Of Houseboats Has Come Relief To Owners, But Many Say Lack Funds For Costly Work

■ HT News Network

SRINAGAR, JUL 14: The order of the Jammu and Kashmir High Court allowing repairs of houseboats has come as a relief to the owners of these floating dwellings in the city's water bodies, but many claim that the delay has pushed them into penury with no means to undertake the costly works.

Manzoor Ahmed Pakhtoon, president Houseboat Owners' Association, said the order was a welcome step.

"It was a prolonged pending issue due to which a large number of house-



boats need to be repaired. Every houseboat now needs major and minor repair work. We are very

TURN ON.....PAGE 02



Modernisation of Naanwai Bakery Shops under PMFME Scheme initiated in District Srinagar

DC Srinagar inspects upgraded units to assess the impact of the scheme

SRINAGAR JULY 14: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today inspected several Bread Makers (Naanwai) Shops in Ikhrapora area of the District taken up under PMFME Scheme to restructure the traditional Naanwai shops by installing modern ovens to ensure proper hygiene in and around the shops besides maintaining quality of the products.

During the inspection, the Deputy Commissioner interacted with the owners of Naanwai Shops and assessed the technological interventions adopted by them through Pradhan Mantri Formalisation of Micro Food Processing Enterprises (PMFME).

Scheme under One District One Product (ODOP) initiative of the Government through which financial and infrastructural support is provided to ensure sustainable livelihood of Local Bread Makers (Naanwai).



On the occasion, the DC asked the beneficiaries to further improve and upgrade the Units under the scheme envisaged for handholding and upliftment of the beneficiaries.

The DC said Administration is very keen about handholding and upliftment of the Naanwai's of Srinagar District as Naanwai's are an essential part of our society besides the century's old culture and tradition Kashmir valley.

Tent permission in Gulmarg: Adventurers urge GDA to notify camping zones

SRINAGAR, JUL 14: Days after the authorities in Gulmarg called for seeking permission for installing tents across the tourist place, the tourism stakeholders have urged the authorities to notify the camping zones.

Manzoor Pakhtoon, a prominent tourism stakeholder in the valley, told the news agency—Kashmir News Observer (KNO) that the Gulmarg Development Authority's decision to put a bar on uncontrolled camping at any eco-fragile zone is a welcome step; however, they should notify the camping zones where everyone can go and enjoy, after securing proper permission.

"Adventure tourism is altogether different from routine picnics. A lot of people these days, especially the locals, prefer camping for days and love to stay in tents. There is nothing wrong in securing permission for that, but authorities should equally notify the specified camping zones where one can install a tent," he said.

Pakhtoon said the camping zone notified for the installation of tents should have arrangements for temporary washrooms and a proper mechanism for waste management. A specified set of guidelines should be issued for aspiring campers, he said.

Securing proper permission for the installation of tents should not lead to the discouragement of camping adventure and trekking lovers. "However, it should be done under the set guidelines keeping in view the eco-fragile environment," he added.

Last week, Gulmarg Development Authority (GDA) in a circular asked all the stakeholders to obtain proper permission for installing tents at the famous ski resort in order to maintain the eco-fragile environment in the area.

According to the circular, it was observed that some tourists and visitors were installing temporary tents on green meadow, hill stock for night stay at Gulmarg without any proper permission from the competent authority, following which the authorities barred the open access to the installation of tents.

Citing the provisions of the Development Act 1970, the authorities in the circular said this unlawful act has resulted in the destruction of greens and the accumulation of excess waste and putting tremendous pressure on the manpower causing inconvenience to the tourists.

In order to maintain the eco-fragile environment in the area, all the stakeholders of Gulmarg Development Authority, visitors, and tourists are advised to follow the rules and regulations and obtain proper permission before installation of tents so that any untoward incident is averted, otherwise, action, as warranted under rules, shall be initiated against violators, the circular mentioned.

Justice Atul Sreedharan, Justice Javed Iqbal Wani visit District Court Complex Srinagar

SRINAGAR, JULY 14: Justice Atul Sreedharan, Judge High Court of Jammu & Kashmir and Ladakh and administrative Judge for District Srinagar along with Justice Javed Iqbal Wani, Judge High Court of Jammu & Kashmir and Ladakh today visited District Court Complex, Mominabad, here and took comprehensive stock of the working of courts.

Justice Atul Sreedharan and Justice Javed Iqbal Wani also engaged with judicial officers and some members of the Bar, and undertook an inspiring initiative of planting saplings within the court premises.

On arrival to District Court Complex, Justice Atul Sreedharan and Justice Javed Iqbal Wani were warmly received by Principal District & Sessions Judge, Srinagar, Jawad Ahmad; Presiding Officer (MACT) Srinagar Jeema Bashir and Special Judge Anticorruption, CBI Cases, Srinagar, S.C Katal. Justice Atul Sreedharan during an



insightful interaction with Judicial officers of district stressed for identifying areas for improvement and to facilitate overall functioning of justice delivery system.

Justice Atul Sreedharan also stressed upon adopting the procedure of recording statement of witnesses during trial in Urdu as well as in English for smooth and

effective disposal of cases, Justice Sreedharan also emphasised that a collaborative approach will further strengthen the judicial system and the challenges faced by the officers are addressed by innovative solutions.

In addition to engaging with the judicial officers, Justice Atul Sreedharan, and Justice Javed Iqbal Wani also held interaction

with some members of the Bar. The interaction was aimed to nurture the legal community, where lawyers are encouraged to share their expertise, contribute to legal discourse and provide valuable suggestions for the betterment of the legal framework.

On the occasion, Principal District & Sessions Judge, Jawad Ahmed made a detailed presentation on the working of court and developmental projects.

During the visit, Justice Atul Sreedharan and Justice Javed Iqbal Wani also planted saplings of Deodar Trees within the court premises. This act of environmental stewardship underscores their commitment to sustainability and a greener future. By integrating green initiatives into the court environment, the aim is to inspire others and create awareness about the importance of preserving our environment.

Forces conduct anti-terror mock drill on Amarnath Yatra at NH-44

'Over 150 security personnel, QRT, K9, snipers participate in hour long Operation'

Jammu, Jul 14: Amid ongoing Shri Amaranthji Yatra, security forces conducted a simulated anti-terror response exercise of an attack on Yatra in Ramban area on Jammu Srinagar highway (NH-44), officials said Friday.

Officials told news agency—Kashmir News Observer (KNO), more than 150 security personnel from Army's 23 Rashtriya Rifles, 84th Battalion of Central Reserve Police Forces, Jammu Kashmir Police and Sashastra Seema Bal participated in the operation which continued for around more than an hour.

Officials said that the scenario was that at about 11.30 am in the morning, when the convoy reached the halting point near Chanderkote, Ramban for breakfast and refreshments, "a group of terrorists tried to attack the pilgrims at langer site."

"Wasting no time, ground commanders of all the participating agencies guarding the convoy discussed different scenarios of terrorist attacks on Yattris at Langer site and chalked out a suitable response plan," officials said.

They added that the operations were continued for 45 minutes in which forces successfully neutralized the threat without any collateral damage.

"The teams executed their plans professionally, on ground, in concert, to successfully neutralize the terrorists, without collateral damage," the official said.

Following that as per Standard Operating Procedure (SOP), Central Reserves Police Force's (CRPF) Bomb Detection Disposal Squad (BDDS) and as its dog (K9) squad also pressed into service to sanitize the area and safely defuse the IED brought by the terrorists.

Sniper teams of CRPF and Army's Rashtriya Rifles were positioned strategically, to neutralize any possible threat. The exercise concluded with a debriefing session where minor shortcomings were pointed out for rectification.

"Team of 50/58 personnel of CRPF's 84 Battalion with four Bunker borne QAT, BDDS, three K9 teams, one sniper team, emergency medical response team, under command RR Meena, Assistant Commandant and under supervision of Vikram Singh, 2-I/C, participated in the mock drill," said N Ranbir Singh, Commandant 84 Bn.

He said 26 personnel of JKP under command Dy SP Waqar Younis Khan, 20 personnel of 23 RR under command Captain Navdeep Singh and 47 SSB personnel under command Assistant Commandant Atul Kumar and Vijay Kumar participated in the exercise.

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DAK raises concern as WHO links artificial sweetener with cancer risk

SRINAGAR, JUL 14: With World Health Organization (WHO) declaring that artificial sweetener aspartame widely used in diet drinks could cause cancer, Doctors Association Kashmir (DAK) on Friday said it is a matter of serious concern.

"Diet drinks have become a routine part of people's lives and the cancer link to these drinks is alarming," said DAK President Dr Nisar ul Hasan.

Dr Hassan said the International Agency for Research on Cancer (IARC) which is the arm of WHO has linked sweetener aspartame to increased risk of liver cancer.

The conclusion is based on three large human studies conducted in the US and Europe that examined artificially sweetened beverages.

"The risk is particularly high in those who are taking an excess of these soft drinks," he said.

The DAK President said concerns about rising rates of obesity and diabetes have resulted in an explosion of no or low-sugar foods and beverages Aspartame, a low-caloric artificial sweetener is used in Diet Coke, Pepsi zero sugar and other diet sodas as a substitute for sugar with the aim that the sweetener can help consumers manage body weight and reduce the risk of non-communicable diseases.

"However, research has found that replacing free sugar with non-sugar sweetener like aspartame does not help with weight control in the long term," he said adding "artificial sweeteners have also been linked with higher risk of developing diabetes mellitus and cardiovascular disease, as well as of dying."

"People should avoid diet drinks as aspartame has no health benefits and is a possible carcinogen. They should reduce the sweetness of the diet altogether," said Dr Nisar.

"Food industry should consider changing ingredients to make products without the use of artificial sweeteners," he said.

7-yr-old girl's heart hole repaired through novel surgery in GMC Jammu

SRINAGAR, JUL 14: The Department of Cardiothoracic and Vascular Surgery, Government Medical College (GMC) Jammu, achieved a milestone when a large hole in the heart of a girl child was repaired through a minimal access method. A doctor who was among the team that carried out the surgery told the news agency—Kashmir News Observer (KNO) that the process involved a minimal access method through a 5.5 cm muscle, sparing non-muscle cutting, an incision in the right axilla

(armpit) area of the right side of the chest wall, thus avoiding the area of right breast tissue."

"This is a novel technique in which the heart was not stopped while carrying out the repair of the hole in the organ," chief surgeon Dr Shyam Singh said, adding that the procedure was carried out while the heart was continuously beating.

There are only a few cardiothoracic centres that fix such holes in the beating heart, Dr Singh said. These delicate operations

need precision and alertness of each member of the team including anaesthetists, perfusionists and scrub nurses, he added.

The doctor said the seven-year-old patient was extubated soon after the operation as she became fully awake. Her heart rate, blood pressure and other vital parameters became normal, he said.

The technique, the doctor said, gives very good cosmetic results as the scar hides by the arm and the area of the right breast tissue is not disturbed. Besides the short

hospital stay, the amount of blood and painkiller drugs required are also less as compared to conventional procedure which is performed by splitting breast bone (sternum) and making the heart stand still (quiet) using drugs to stop the heartbeat when the surgery is performed, he said, adding that the patient can move the same day of surgery.

The new technique was carried out using the same set of equipment and instruments as for conventional surgery without

adding to the cost, Dr Shyam said. He said all the expenses of consumables and other drugs used were covered under the Ayushman Bharat Scheme.

Regarding the patient, the doctor said the child was failing to grow for her age and had palpitations (rapid heartbeats) and repeated chest infections while her heart chambers were enlarged. The excessive flow of blood was going into the lungs because of the hole between two upper chambers of the heart, he said.

DC Kulgam reviews arrangements for celebration of I-Day, 2023

■ **Farooq Rather**

KULGAM, JULY 14: The Deputy Commissioner (DC) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today convened a meeting of Officers to review arrangements to be put in place by different departments for celebration of Independence Day, 2023.

During the meeting, DPL Kulgam was decided as the main venue where the Tricolour will be hoisted by the chief guest followed by the march past which will be presented by contingents from District Police, CRPF, Women contingent, Police band, NCC and NSS contingents.

Threadbare discussion was also held with regard to the security arrangements, traffic regulation, seating arrangements, Full



Dress Rehearsal, decoration, PAS, power and water supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading, etc. at the venue of function.

The DC directed all officers to make fool-proof arrangements at all levels in advance for the National event to make it a great success. He instructed the Offi-

cers to ensure all related arrangements are made well in advance and work in close coordination for the smooth conduct of Independence Day celebrations across the district.

PDD and Jal Shakti departments were directed to ensure proper management of electricity and water including water tankers at the venue.

The CMO was asked to ensure proper medical facilities along with staff and ambulances at the venue of celebration.

The EO of Municipal Council Kulgam was directed by the DC to ensure proper sanitation and cleanliness of the main venue and town.

KPDCL was tasked for illumination of the mini-secretariat and other main offices. The meeting was attended by ADDC, Showkat Ahmad Rather; ADC, Viqar Ahmad Giri; SDM Noorabad, Bashir Ul Hassan; ACR, Mir Imtiyaz Ul Aziz; ACD, Mohammad Imran; CEO, CMO, ACP, Principals from Colleges, Commandant CRPF 18th battalion, DIO, Tehsildars, Dy. SP Hqd., Ex. Engineers of R&B and PHE and other district and sectoral officers of the district.

DC Bandipora reviews Muharram Arrangements at Sumbal

■ **HT News Network**

BANDIPORA, JULY 14: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Friday conducted a comprehensive review of the arrangements for the Muharram-ul-Haram related events at Sumbal, Bandipora.

The DC emphasized the significance of maintaining peace and harmony during the Muharram period. He underlined the importance of close coordination between the district administration, law enforcement agencies, and religious leaders to ensure the smooth conduct of processions and events.

During the review, various aspects were discussed



to enhance the arrangements for the Muharram processions at Sumbal Bandipora. On the occasion people raised issues related to healthcare, electricity, drinking water etc. While

giving a patient hearing to the issues raised by the people, Dr Owais directed the concerned officers and officials for ensuring proper and immediate disposal of the problems faced by the

people.

He further directed SDM Sumbal to maintain a close coordination with the people so that all the bottlenecks are removed to pacify the developmental works in the subdivision.

The police department assured the DC of adequate security arrangements to ensure the safety of participants and maintain law and order during the processions. The concerned authorities ensured the availability of sanitation facilities along the procession route. The deployment of medical teams and ambulances, along with the provision of first aid stations, was discussed to promptly address any medical emergencies.

Director Agriculture visits Potato Seed Development Farm Sedaw Shopian

■ **HT News Network**

SRINAGAR, JULY 14: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Potato Seed Development Farm Sedaw Shopian.

During the visit, the DC inspected different blocks of the farm where he was briefed by concerned officers about the latest initiatives and interventions that are being adopted at the farm.

Speaking on the occasion, Director Agriculture said that the agro-climatic conditions of this area are one of the best suited for the potato seed production and by taking advantage from such conducive environmental conditions we can pioneer the potato



seed production sector. He highlighted the importance of the quality seed for a successful cropping season and asked the concerned officers to adopt all real time technologies for a healthy virus free potato seed. Director Agriculture said that departmental farms are focusing on the development and multiplication of high yielding varieties

of agriculture crops (including Potato) appropriate production and protection technologies, Post-harvest management and production of good quality seeds. He marked the importance of various projects under the Holistic Agriculture Development Program and asked the farmers to work shoulder to shoulder with the department for the successful implementation of these projects.

Later, the Director visited hi-tech polyhouses at Mini secretariat Shopian, Hall Pulwama and said that hi-tech polyhouse technology has played a good role in boosting the Agriculture sector in the region.

The Director was accompanied by Chief Agriculture Officer Shopian, Farooq Ahmad Reshi and other officers of the department.

Review meeting on NTCP & COTPA held at Anantnag Stresses laid on regular Enforcement drives against violators

■ **HT News Network**

ANANTNAG, JULY 14: A meeting to review the implementation of provisions of National Tobacco Control Programme (NTCP) and COTPA 2023 was held today under the chairmanship of Additional Deputy Commissioner (ADC) Anantnag, Gulzar Ahmad, here.

Chief medical officer Anantnag gave a brief overview about the agenda of the meeting.

Dr. Mir Mushtaq Nodal officer NTCP Kashmir gave a detailed presentation about the present scenario of tobacco prevalence in Kashmir division with spe-



cial reference to Anantnag district. He also enumerated various sections of COTPA.

The ADC in his address stressed for strict implementation of COTPA in the district and directed for regular enforcement drives across the district. He said particular attention shall

be paid around the educational institutions and asked for strict monitoring around schools and colleges.

He directed School and college authorities to come up with a list of violators of section 6 B so that action against them can be initiated as per law. He further

directed the Information department to launch an aggressive IEC campaign against tobacco menace and to make people aware about its ill effects.

SP (Hq) while speaking assured complete support and cooperation of the police department.

Chief Medical Officer Anantnag, Dr. M. Y Zagoo; Superintendent of Police (HQ), Deepika; Chief Education Officer Anantnag, Nodal Officer NTCP Kashmir, Dr. Mir Mushtaq; CEO Municipality Anantnag, District Health officer, Block Medical officers, District Information Officer, and other officers from various departments took part in the review meeting.

HT - KASHMIR

DC Budgam visits Magam; takes stock of Muharram arrangements

Directs concerned Officers to ensure all possible arrangements for smooth conduct of Muharram

■ **HT News Network**

BUDGAM, JULY 14: The Deputy Commissioner (DC), Budgam, Akshay Labroo today conducted an extensive tour of Magam area to take stock of arrangements for the ensuing Muharram-ul-Haram.

The DC also chaired a meeting at Townhall Magam to take stock of the arrangements being put in place for hassle-free conduct of majalis and processions during the holy month.

During the meeting, representatives from various Shia organisations, local representatives from Magam and other adjoining villages raised their demands with the DC.

After listening to the demands of the general public, the DC directed concerned officers to visit all respective villages and ensure timely resolution of issues related to macadamization of roads, supply of uninterrupted electricity, water supplies and food and civil supplies. He also instructed concerned officers to submit compli-



ance reports in time and ensure availability of ration, distribution of fire wood and other facilities including restoration and installation of street lights are carried out on war footing.

The DC directed concerned to ensure facility of water tanks at all identified locations.

The meeting among others was attended by, President Municipal Council Magam, Mustafa Mir; SDM Beerwah, Taufeeq A Gazi and senior officers from PDD, PHE, R&B, Revenue, Municipality besides other concerned including representatives from prominent Shia organisations.

DDC Council Kathua discusses modalities to finalize plans under Capex Budget 2023-24

■ **HT News Network**

KATHUA, JULY 14: To discuss the modalities for the formulation of

developmental plan under District Capex Budget 2023-2024, the District Development Council Chairperson Kathua, Mahan Singh today chaired a meeting of the DDC members and concerned District officers, here in conference Hall of DC Office Complex.

DC Kathua Rakesh Minhas; Vice Chairman, DDC, Raghunandan Singh; Chief Planning Officer, DDC members,

XEN PDD, CMO, CEO, XEN PHE, XEN irrigation, XEN PMGSY besides other District officers attended the meeting.

At the very outset, ADDC, Ankur Mahajan apprised the council about the status of the plans being formulated in consultation with concerned PRIs. The DDC Chairman Col (Retd) Mahan Singh exhorted the council members to take up projects of public

Government of Jammu & Kashmir UT.

OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION BARAMULLA. NOTICE INVITING TENDERS

e-NIT No:- 31/3666-75/2023-24/RnB/Bla Dated 12.07.2023

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

S. No	Name of Work	Earnest money, (In Rs.)	Cost of T/Doc. (In Rs.)	Time of completion	Class of Contractor	Major Head of Account	Project Authority	Position of AA	Position of funds
1	2	3	4	5	6	7	8	9	10
1.	Routine maintenance of works for Govt. Medical College Baramulla along with Associated Hospital	225000/-	1100/-	Financial Year 2023-24	A&B	Hospital Development Funds	Principal GMC Baramulla	Accorded (No: 54-PMCB of 2023 dt: 01.06.2023)	Available

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

1	Date of issue of Tender Notice	12.07.2023
2	Period of downloading of bidding documents	From 13.07.2023 to 19.07.2023 4:00PM
3	Bid submission Start date	13.07.2023
4	Bid Submission End Date	19.07.2023 upto 4:00PM
5	Date and time of Opening of Bids (Online)	20.07.2023 upto 11:00AM in the office of the Executive Engineer R&B Division Baramulla

2. Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 mentioning there in the name of work/ NIT No. in the name of Executive Engineer R&B Division Baramulla (tender inviting authority) as the cost of the tender document.

3. At the time of tendering, all bidders must upload earnest money/bid security in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Baramulla, which will be released after successful completion of the DLP/ Maintenance Period.

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

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

6. The bidder shall be debarred for tendering process if:-
a) Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

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

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

7. Instruction to bidders regarding tendering process.
7.1. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

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

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

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

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

7.6. Bidder shall upload a Self-Certified Performance declaration (Annexed format) in support of performance in respect of Works executed/ under execution by the agency during the year 2022-23

7.7. Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.

Note:- Scan all the documents on 100 dpi with black and white option.

8. The department will not be responsible for delay in online submission due to any reasons.

9. Scanned copy of cost of tender document in shape of treasury challan/ receipt in favour of the Executive Engineer R&B Division Baramulla must be uploaded with the documents of the bid. The tender receiving authority reserves the right of opening of the tenders on due date or any other convenient available date or rejecting any or all the tenders without assigning any reason thereof

10. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the rates inclusive of all taxes and it should be saved with the same name as it contains.

11. Price escalation & taxes: The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work unless otherwise, specified deductions on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

12. Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

13. In case of CRP & any other specified project the relevant guidelines/ standard bidding documents shall be followed

14. Instructions to Bidder (ITB)

14.1. All bidders shall upload the following information and documents along with qualification criteria/ qualification information with their bids

PERFORMANCE DECLARATION

I _____ S/O _____ R/O _____, do hereby solemnly affirm and state as under:

1. That I/We possess Class _____ Contractor Card duly registered vide Registration No. _____ Valid Upto _____

2. That performance Status of works allotted in R&B Division Baramulla during the year 2022-23 is stated below.

SNo	Name of the Work	NIT No	Time of completion	Status of Work (Completed/In Executed)	Progress/Not	Reasons for Works not Execution/ In complete
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

3. That I/We have not been found 1* lowest tenderer during the year 2022-23 and that I/We have not suppressed any information relating to any work. Allied/ found 1* lowest tenderer during the year 2022-23 and that I/We have not suppressed any information relating to any work.

4. That if the above information is found to be false or misrepresented during the bid evaluation process, my/our bid be declared non-responsive and that if the declaration is found to be false on the basis of later information, I/we will be liable to the cancellation of the Contract/Work allotment Order without notice, as well as the imposition of any damages that the department deems appropriate.

5. That I/We also undertake that, if there shall be any action against PW (R&B) Deptt resulting in damages of whatsoever nature on account of award of contract in our favour on the basis of misinterpretations, I/We shall keep PW (R&B) Deptt completely indemnified against all the claims/losses/damages/litigations/court action etc.

I/We hereby verify that what has been stated above is true and correct to the best of my knowledge, and nothing has been concealed there from.

Name & Signature of the Contracting Firm/Contractor

DIPK-5087/23
Dated 14.07.2023

Executive Engineer
R&B Division Baramulla

DC Kishtwar discusses Agripreneurship promotion plan with Policy Advocacy Research Centre team

HT News Network

KISHTWAR, JULY 14: District Development Commissioner (DDC) Kishtwar, Dr. Devansh Yadav today discussed the Agripreneurship promotion plan with a team of Policy Advocacy Research Centre (PARC), a renowned national think-tank.

Led by Rachita Rane, Territory Development Head, and Mohammad Qasim Ghani, State Coordinator for Jammu and Kashmir, the PARC team engaged in discussions to explore strategies for transforming agriculturalists in the district into agripreneurs. The meeting focused on identifying gaps, addressing loopholes, and formulating effective measures to promote agricultural entrepreneurship in Kishtwar.

Under the guidance of DDC Kishtwar, GM DIC Mohammad Ashraf; Chief Agriculture Officer, Amjad Hussain Malik; CHO, Sajid Mustafa; LDM, Pankaj Badani; DDM NABARD, Nikhil Sharma; SDAO, Paddar Sahil Gandotra and other officers participated in interactive session with the PARC team.

The meeting also witnessed the presence of members from various Farmer Producer Organizations (FPOs) of Kishtwar district, along with young local entrepreneurs. Together, they worked towards identifying key sectors that require targeted attention and forward market linkage for FPOs dealing with Kishtwar's prominent products, including Saffron, Walnuts, Morels (Gucchi), Kala-Zeera, and Solai Honey.

The DDC also sought the



expertise of the PARC team for implementing a Solid Waste Management system for recycling and reusing paper waste

within the secretariat complex. Furthermore, discussions were held on linking walnut FPOs and producer units with the choco-

late industry to ensure the provision of high-quality nuts for the industry.

In addition, the introduction

of contract farming of marigold and paprika on a trial basis, coupled with an assured buy-back system, was explored as a potential avenue for agricultural development in the district.

The meeting also delved into the possibility of establishing Common Millet processing units to promote millet usage among the masses.

In response to the progressive vision outlined by DDC Dr. Devansh Yadav, the PARC team committed to arrange more visits within the state/UT to showcase model projects and successful units. These visits aim to inspire and empower local FPOs and their members, providing them with valuable insights and impetus for their own endeavors.

The collaborative efforts of

District Development Commissioner Dr. Devansh Yadav, the PARC team, FPOs, and local entrepreneurs exemplify a strong commitment to foster agripreneurship and sustainable development in Kishtwar. By identifying opportunities, addressing challenges, and leveraging expertise, this partnership aims to uplift the agricultural community, bolster the local economy, and enhance the overall well-being of the district. In response to the progressive vision outlined by DDC Dr. Devansh Yadav, the PARC team committed to arrange more visits within the state/UT to showcase model projects and successful units. These visits aim to inspire and empower local FPOs and their members, providing them with valuable insights and impetus.

Azadi Ka Amrit Mahotsav Health Melas held at Ayushman Bharat -HWCs across District Doda

HT News Network



DODA, JULY 14: As a part of Azadi Ka Amrit Mahotsav, health Melas cum awareness camps were today held today at Ayushman Bharat-HWCs across Dodea District to sensitize people about the importance of health and well being and to bring varied health facilities at the door steps of the public.

The events and different activities were held under the supervision of Chief Medical Officer, Dr. A H Zargar and concerned Block Medical Officers. The aim of these health melas was to educate people about different government health schemes and provide them with the best healthcare facilities at their doorsteps and to ensure benefits of health related schemes reach to every household. During the day long events, the health melas witnessed overwhelming participation of locals who availed the facility of free medical OPD diagnosis, tests and free medicine, besides getting advice on health awareness. The health staff, including Medical Officers and Paramedics, conducted health checkups of hundreds of patients related to NCDs, general medicine, and dental check up. The health melas are being organized on 14th of every month in each medical block of the district to boost the healthcare system and enlighten people about government schemes for

their health and treatment.

DC Ramban chairs DLIMC meeting to review computerization of PACS

HT News Network

RAMBAN, JULY 14: Deputy Commissioner, Ramban, Musarat Islam today convened the maiden meeting of the District Level Implementation and Monitoring Committee (DLIMC) here in his office chamber to review the functioning and computerization of "Primary Agriculture Credit Societies" (PACS) in the district. Among others, the meeting was attended by ADDC, ACR, CAO, CAHO, DRCS, AD Fisheries, DDM NABARD and other members of the District Cooperative Development Committee (DCDC). The Deputy Commissioner, who is also the chairman of the committee, had threadbare discussions regarding identification of Primary Agriculture Credit Societies (PACSs) and thier computerization under the Centrally Sponsored Project for Computerization of Primary Agriculture Credit Societies (PACSs).

Hand Holding Session organised for JJM stakeholders at Reasi

HT News Network

REASI, JULY 14: A Hand Holding session for Jal Jeevan Mission stakeholders was today held in the Conference hall of the DC office. The session was presided over by District Development Commissioner/Chairperson District JJM, Babila Rakwal and attended by Pani Samities, PRLs members, Asha workers, Anganwari Workers and other stakeholders. At the outset, IEC Expert J&K Sajal Srivastava, threw light on different aspects of Jal Jeevan Mission (JJM), Role of PRLs and Paani Samitis in the process of the implementation of JJM to ensure Har Ghar Nal Se Jal. They were also informed about the Certification of Har Ghar Jal Villages and testing of water samples of each HouseHold. FTK Training was imparted to the

participants by the lab experts with detailed practical demonstration. Later, Appreciation Certificates were given to the best performers in various activities under JJM. Rakesh Kumar Mahajan, SE; ADDC, CPO, XEN PHE, XEN MIDD with staff, DPMU and ISAs were also present in the meeting. Session concluded with a vote of thanks by member Secretary JJM. At the outset, IEC Expert J&K Sajal Srivastava, threw light on different aspects of Jal Jeevan Mission (JJM), Role of PRLs and Paani Samitis in the process of the implementation of JJM to ensure Har Ghar Nal Se Jal. They were also informed about the Certification of Har Ghar Jal Villages and testing of water samples of each HouseHold. FTK Training was imparted to the participants by the lab experts with detailed.

DC Jammu reviews Independence Day arrangements

HT News Network

JAMMU, JULY 14: Deputy Commissioner, Avny Lavasa today reviewed the arrangements for Independence Day 2023 celebration, here at a meeting held in the DC Office complex.

SSP, Chandan Kohli; ADC L&O, Harvinder Singh; ADC, ADM Sandeep Seoindra; CPO, Yoginder Katoch; CMO, Dr Harbaksh Singh along with senior officers from Police, Security, Jal Shakti, PDD, Information, Health, YSS and other concerned departments were present on the occasion.

Threadbare discussion was held with regard to the security arrangements, traffic regulation, seating



arrangements, Full Dress Rehearsal, decoration, Shehnai Vadan, PAS, Power and water supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading at venue of the function and other vital issues.

The DC inquired from Officers of Security and Police about the arrangements being put in place by their respective depart-

ments. She directed them to make fool-proof security arrangements in advance for the National event. The DC instructed the Jammu Municipal Corporation and PHE to ensure drinking water at the venue on the I-Day celebrations.

The PDD and Jal Shakti department were directed to ensure proper management of power and water including water tankers at

the venue.

The CMO was asked to ensure proper medical facilities along with staff and ambulances at the venue.

The Deputy Commissioner directed the Officers to ensure all related arrangements in advance and work in close coordination for the smooth conduct of Independence Day celebrations.

Director Horticulture launches Plantation drive in District Kathua

HT News Network

KATHUA, JULY 14: A plantation drive was today launched by Director Horticulture Jammu, Ram Sevak at village Gurha Maradian of block Hiranagar, village Bagial of block Barnoti and village Janglote of block Kathua by planting saplings of Mango and Litchi to cover an area of 20 kanal at each location. The plantation material was provided to beneficiaries under CAPEX High Density Plantation scheme at the rate of 400 plants per hectare. Apart from farmers, Chief Horticulture Officer Kathua, Sushil Kumar Angurana; DHO Kathua, Varinder Sharma; DLSMS, Bharat Bushan Gupta; DLSMS, Ragunath Upadhyaya and Vishal Magotra (J/c Horticulture zones Hira nagar & Kathua respectively) and HDO Barnoti, Anju Bala were also present at the plantation drive. The Director interacted with farmers at all the locations and deliberated on the Holistic Agriculture Development Programme (HADP) under which farmers are provided incentives, assistance to diver-



sify farming activities. He sensitized the gathering about the main components of the programme viz: DAKSH- Learning Management System related to skill development, SATHI- Dashboard to apply online for different Government schemes, etc. He impressed upon farmers to adopt the Horticulture sector on commercial lines by switching over to Mechanization, Modified High Density Plantation, Strawberry Plantation, Aloe vera Plantation etc. The Chief Horticulture Officer also motivated the farmers to adopt Horticulture on commercial basis and imparted them awareness about online Jan Sugum portal and Kissan sathi portal to apply.

DC reviews working of Primary Agriculture Credit Societies in Udhampur District

HT News Network

UDHAMPUR, JULY 14: To review the functioning of PACS (Primary Agriculture Credit Societies), Deputy Commissioner, Udhampur Sachin Kumar Vaishya today chaired the maiden meeting of District Cooperative Development Committee (DCDC).

Threadbare discussions were held on various aspects including the adoption of model bye laws by all 39 PACS, Hardware purchase and finalizing system integrator for computerization, District wise targets for establishing new multi-purpose PACS, PMKSK, Formulation of FPOs by PACS, Identification of PACS



for convergence with PM-KUSUM scheme, PACS as Common Service Centre, Jan Aushadi Kendra for improving access to generic medicines at Rural level etc.

A slew of directions were issued to the concerned departments to facilitate the revival of the Cooperative Movement with the establishment of vibrant PACSs. He directed the con-

cerned departments to work out a plan and convene the DCDC meeting again within the next 15 days.

Among others, District Panchayat Officer, Dr Manmeet Kumar; Deputy Registrar Cooperatives, Priyanka Sharma; Chief Agriculture Officer, Sanjay Anand; AD FCS & CA, DDM NABARD and other officers attended the meeting.

High End Skilling Workshop on Modern Analytical Techniques in Food Biochemistry concludes at SKUAST-Jammu

Dr Abdul Qayoom

JAMMU, JULY 14: Ten day High End Skilling Workshop on Modern Analytical Techniques in Food Biochemistry sponsored under Vigyan Accelerate Karyashala Scheme of DST-SERB organized from 4th to 13th July, 2023 concluded at Division of Biochemistry, Faculty of Basic Sciences SKUAST-Jammu.

Vice-Chancellor, SKUAST-Jammu, Dr. B. N. Tripathi was the Chief Guest at the Valedictory function.

In his address, Dr. Tripathi stressed upon the importance of Modern Analytical Techniques in Food Biochemistry to know the nutritional status of any food item. He congratulated the organizers for meticulously selecting and training students on such an important area of science. He further said that these techniques are more relevant in present day health conscious society.

Dr. Tripathi was of the opinion that the



science is moving fast and both scientists and students need to remain acquainted with the emerging new high end technologies. He emphasized upon the students to look for entrepreneurship opportunities in

the area of food technology to become self reliant budding entrepreneurs.

The Vice Chancellor suggested the scientists to work on the basic scientific aspects of food science as food is the lifeline.

Earlier, Dr. S.E.H. Rizvi, Dean, Faculty of Basic Sciences welcomed the guests and appraised the house about the activities and research work being carried out in the faculty. He hoped that the students have immensely benefited from the workshop as this had provided them opportunities for exposure to hands-on skill on Modern Analytical Techniques in Biochemistry.

Dr. Moni Gupta, Professor, Biochemistry and Course Director of the workshop presented the detailed report of the workshop and the topics covered during the ten days of training programme.

Twenty students from different institutes and Universities of India including DCRUST, Murthal; SVPUAT, Meerut; MDS University, Rohtak; CCHU, Hissar; Bhartiya University, Coimbatore; CSIR- IIIM, Jammu; University of Jammu and SKUAST-Jammu participated in this high end skilling workshop.

Leprosy awareness programme held at Bharath- Doda

HT News Network

DODA, JULY 14: To raise awareness about prevention and treatment of Leprosy, a team from District Leprosy Society Doda today organized an awareness programme at Village Kulhand and Bharath in Medical Block Ghat District Doda. The awareness programme was held under the supervision of Chief Medical Officer Doda, Dr. Ab Hamid Zargar. The awareness sessions were held at Government Lower High School Kulhand, AWC Thawa and PHC Bharath where the expert teams educated people about signs and symptoms of Leprosy diseases and how to detect the leprosy cases. During the camp, scores of people were screened by the health team besides conducting the follow up of the old cases.

Surinder Singh Bijyal (Paramedical Supervisor) informed the public that the main objective of organizing awareness programmes is to create awareness among masses on Leprosy, to reduce stigma and discrimination in the community and for early detection of Leprosy cases.

EDITORIAL

Raising Concerns:
DAK's Linking of Artificial
Sweetener to Cancer and Its
Impact on Kashmiri Youth

The recent announcement by the World Health Organization (WHO) linking artificial sweeteners to cancer has sparked a wave of concern and discussions worldwide. In Kashmir, the Doctors Association Kashmir (DAK) has echoed these concerns, shedding light on the potential impact of these sweeteners on the youth of the region. This editorial aims to explore the ramifications of this revelation and emphasize the importance of informed choices and proactive measures in safeguarding the health of Kashmiri youth.

Artificial sweeteners have long been promoted as a healthier alternative to sugar due to their low-calorie content. However, the WHO's classification of certain artificial sweeteners as possible carcinogens has shifted the narrative. This alarming revelation necessitates a reevaluation of the long-term effects of these sweeteners on human health. While the specific causal relationship between artificial sweeteners and cancer is still being studied, this connection raises valid concerns that cannot be ignored.

The Doctors Association Kashmir, a reputable medical body, has been instrumental in raising awareness about health-related issues in the region. Their efforts to highlight the potential dangers associated with artificial sweeteners are commendable. By shedding light on the WHO's findings, DAK has initiated a dialogue that encourages individuals, especially the youth, to make informed choices regarding their dietary habits. This serves as a wake-up call for the community to reassess the consumption of artificial sweeteners and prioritize their health.

The impact of artificial sweeteners on Kashmiri youth cannot be understated. The prevalence of these sweeteners in various food and beverage products, especially those marketed towards younger demographics, puts the youth at higher risk. Many young people, often driven by the desire to maintain a certain body image, unknowingly consume these products without fully understanding the potential consequences. As artificial sweeteners infiltrate their diets, the risk of long-term health problems, including cancer, looms over the future of Kashmiri youth.

It is imperative that we equip the youth with the necessary knowledge and empower them to make informed choices about their diets. Educational institutions, healthcare providers, and parents must collaborate to provide accurate and comprehensive information regarding the potential risks associated with artificial sweeteners. Additionally, the food industry should be encouraged to label products clearly, enabling consumers to make conscious decisions based on their personal health concerns.

The recent revelation underscores the broader need to promote healthy lifestyles among the Kashmiri youth. A focus on nutrition education, physical activity, and mental well-being is crucial to building a generation that is aware of the impact of their choices on long-term health. By emphasizing the importance of a balanced diet, the harmful effects of excessive sugar and artificial sweetener consumption can be mitigated.

The WHO's classification of artificial sweeteners as possible carcinogens raises serious concerns, especially for the vulnerable Kashmiri youth. The Doctors Association Kashmir's efforts to shed light on this issue deserve appreciation. It is incumbent upon us as a society to act proactively and raise awareness about the potential health risks associated with artificial sweeteners. By promoting informed choices, encouraging health-conscious lifestyles, and fostering collaborations between various stakeholders, we can protect the well-being of the Kashmiri youth and pave the way for a healthier future.

JOURNALISTS ARE OUR
FRONTLINE WORKERS



ER AIJAZ AHMAD



In the modern days , journalists have emerged as essential frontline workers, diligently fulfilling their duty to inform the public during times of crisis. Just as doctors, nurses, and other frontline workers battle on the front lines to combat the pandemic or cover other critical events, journalists fearlessly navigate the risks and challenges to provide accurate and timely information to the masses. This script sheds light on the invaluable role journalists play as frontline workers in today's world.

Journalists have always been at the forefront of crisis reporting, from natural disasters and conflicts to health emergencies. They are the eyes and ears of the public, providing vital information that helps people make informed decisions. During crises, journalists act as connection between authorities, experts, and the public, disseminating critical updates, safety guidelines, and emergency instructions.

In their pursuit of truth, journalists often find themselves in high-risk environments. They venture into war zones, disaster areas, and disease hotspots to capture the reality on the ground. Their presence allows them to witness and document events firsthand, enabling them to report with accuracy and authenticity. However, this also exposes them to physical dangers, including violence, health risks, and psychological trauma.

Journalists hold a significant responsibility in holding those in power accountable. By investigating and reporting on issues of corruption, domestic violence,

human rights abuses, and government negligence, they play a crucial role in upholding democracy and ensuring transparency. During times of crisis, their investigative journalism becomes even more vital in exposing any shortcomings or mismanagement that may have occurred

Being on the frontline comes with numerous chal-



lenges for journalists. They often encounter censorship, harassment, and threats to their safety. In conflict zones, they face the constant risk of becoming targets themselves. Additionally, during the COVID-19 pandemic, journalists have faced unique obstacles such as limited access to information, increased pressure to report rapidly evolving developments, and the need to balance public interest with responsible reporting.

Journalism can take a toll on journalists' mental health and well-being. Witnessing traumatic events, experiencing personal danger, and dealing with the pressure of delivering accurate news within tight deadlines can lead to stress, anxiety, and even post-traumatic stress disorder (PTSD). News organizations and industry bodies must prioritize mental health support and resources for journalists working on the frontline.

Journalism is a noble profession , if any one he / she

want to become a journalist . he should know the journalism in a clear and cut manner . this profession is a hectic , but you can interact every one person , if they belongs in the far flung areas .

Journalists have become indispensable frontline workers in the present era. Their commitment to truth, accountability, and public service places them at the forefront of crisis reporting. They face numerous challenges and risks while providing essential information to the public. Recognizing their contributions, protecting their safety, and prioritizing their mental well-being is crucial to ensuring the continuity of their invaluable work. I salute all those journalists of the jammu and Kashmir union territory , which are performing their duty in a well manner . such journalists can really make change in the country .

Ratheraijaz740@gmail.com



JASWINDER PAL



Life is full of challenges and problems that we must face and overcome. However, when faced with difficult situations, it is tempting to run away, hoping that the problems will disappear or resolve themselves. Unfortunately, running

away from problems is never a solution. It may provide temporary relief, but in the long run, it only exacerbates the issues and prevents personal growth.

Problems are an inevitable part of life. They can come in various forms, such as relationship conflicts, work-related stress, financial difficulties, or health problems. Our instinctual response to these challenges may be to escape, to find temporary solace in distraction or avoidance. We may seek refuge in unhealthy coping mechanisms like substance abuse, excessive entertainment, or isolating ourselves from others.

However, by running away, we miss out on valuable opportunities for growth and self-

improvement. Problems are like hurdles on our path, and overcoming them builds resilience, character, and wisdom. When we face our problems head-on, we develop problem-solving skills, gain new insights, and become better equipped to handle future challenges. Avoiding problems, on the other hand, only prolongs our suffering and prevents us from reaching our full potential.

Running away from problems also prevents us from understanding ourselves better. Difficulties often arise from deep-rooted issues within us or our relationships. By confronting these challenges, we can uncover underlying patterns, beliefs, or behaviors that contribute to the problems we face. Running away simply masks these issues, keeping us stuck in a cycle of repetition and frustration.

Furthermore, avoiding problems can strain relationships. Whether it's a personal or professional issue, avoiding confrontation or sweeping problems under the rug can lead to resentment, misunderstandings, and a breakdown in communication. Tackling problems directly, even if it involves difficult conversations or facing uncomfortable truths, allows for open dialogue and the opportunity to find resolutions that benefit all parties involved.

Running away from problems also hinders personal development. Growth occurs when we step out of our comfort zones and confront challenges. By facing our problems, we build self-confidence, develop problem-solving skills, and learn to adapt to new situations. Avoiding problems keeps us stagnant and limits our potential for growth and success.

It is important to note that facing problems does not imply that we must do so alone. Seeking support from friends, family, or professionals can provide valuable perspectives and assistance in navigating difficult situations. Connecting with others who have faced similar challenges can offer guidance, encouragement, and a sense of belonging.

In conclusion, running away from problems is never a solution. While it may provide temporary relief or escape, it ultimately hinders personal growth, strains relationships, and prevents us from finding lasting resolutions. Instead, facing problems head-on allows us to develop resilience, problem-solving skills, and a deeper understanding of ourselves. By embracing challenges and seeking support, we can overcome obstacles and move towards a more fulfilling and rewarding life.

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



A Poetry Collection

"Notes Of Silent Times"

By Mahesh Paudyal

REVIEWED BY SHAFKAT AZIZ HAJAM

Mahesh Paudyal, the author of this fairly long collection of poetry “NOTES OF SILENT TIMES” is a critic, poet, fiction writer, lyricist, well-recognized translator and an assistant professor of English at Central Department of English, Tribhuvan, University in Kirtipur, Nepal. He has authored half a dozen of books for children and about two dozen school text books. He is also the recipient of several literary awards: Prasiddha Khandel Youth Literary Award, Bismal Gurung Literary Award, Sudish Niraula Literary Award, Banita Literary Award, Govinda Gothale Literary Award, Manuscript Award, Moti Award so on.

This book with fairly attractive cover pages, has been published by Brosis Publishers and Distributors, New Delhi.

The poet in his preface to the book, writes that he got introduced to the magic of poetry at his early age because of his father who was also a teacher of literature. The poems in this book were first written in Nepali language by the author and later he himself translated them into English language. In his preface the poet thanks the poets: Viplav Dhakal, Raja Puniyani and Bhisma Upreti for urging him to collect these poems in one book. He also thanks all the critics, reviewers including poets: Shyamal, Momila, Nabaraj Lamsal and LB Chhetri for their critical reflections and inputs on his poems.

The book has been written on 119 pages with almost 108 beautifully crafted then translated as written above (said by the poet himself), short, very short or micro poems, using simple diction. The beauty of the poems is not only in the simple diction but is also seen in the thoughts, imaginations that the poet has persevered in the verses.

Being not only a reviewer but also a poet too, my analysis has found the poetry more beautiful because of being thought provoking,

which is one of the admirable characteristics, the poetry must have. The poems crafted in the book are written on varied but common topics like humanity, depth, loneliness, pain, longings, relationship, change so on.

But being a reviewer not a critic, I can't claim the beauty of the poetry of Masheh Paudyal, limited to my analysis. It can have more beauty in it than what I could feel through my analysis. And Poetry lovers will find the book worth reading for the way the poet has expressed his emotions/imaginations in his micro poems. The poetic device that is most dominant in the poetry is imagery, that uses the vivid description appealing to the readers' senses to create an image or idea in their head, like visual, auditory or kinesthetic. The mostly used imagery in this poetry collection is 'visual', that creates a vivid picture in the reader's mind through which the reader feels as if they are themselves experiencing what has

been experienced by the poet, while reading the poetry.

Now I throw a brief light on some of the poems taken from this book to let the readers know what I found the best in them according to what I comprehended based on my analysis.

One of the beautifully crafted micro poems that I like the most is titled as: FIREFLY

In this poem the poet says that however hard a firefly tries to glow during a day, can't succeed. It has to wait for the night to come when it is seen glowing. So, everything has its own time to come into existence, bloom or to be done. What I grasped more after reading the poem is that the poet likely wants to say that we should make best use of our abilities at the right time to benefit others or to be benefited and we need to be patient and go on working hard and it will bear fruits at the right time.

Another beautiful short poem is titled

as: “MEMORIES”

I never knew

Memories could be so torturous!

The poet seems to be saying that he didn't know that the memories of past painful experiences could be always excruciating.

When and how the past memories come to the poet and cause pains, the poet lovers will know it on their own after reading the poem in this book.

One more beautifully crafted short poem in the book is “THE MOON”

In this poem what I grasped is that the poet wants to convey us a very good message. We commonly say that a person is happy when we see a smile on their face without knowing whether it's fake or real. We hardly know that under this smile there might be bundles of painful experiences which can't be realized and removed from him by this selfish world. He gives the example of the moon as even if its one – fourth part etc

is illuminating, we enjoy looking at its this illuminating portion and neglecting to think over the cause of its major dark portion.

Another nicely written poem is “CASTE”

In which the poet has expressed his thoughts related to casteism giving an example of a mirror when broken into pieces, then the face looking in it, is seen divided and mutilated in these pieces of the mirror. This is what casteism has done, divided one soul on the basis of caste and color.

In another poem titled as “Change” the poet says that nothing stays the same, where there is spring, there is autumn, with time our nears and dears become strangers and strangers come close to us.

Another metaphorically written poem is “CHANGE OF TIME”

In which poet writes about the man's dictatorship on the earth and its consequences. The poem is interesting to read.

One more beautiful poem is “LONELINESS”

In which the poet expresses sadness for being alone but what he later finds is interesting to know.

One more beautifully crafted poem is “AGE”

In which the poet says that you can't stay the same or return back to the time that you spent and what more he tells is worth knowing.

All the poems in the book are interesting or I can say worth reading for the strong content/ message they possess.

I hope poetry lovers will buy the book and enjoy it thoroughly.

I wish more power to the pen of one of the best poets, Mahesh Paudyal.

Shafkat Aziz is a poet, reviewer and co author from India, Kashmir. He can be reached at:Shafkatzaz399@gmail.com.

Scoring High Marks in Board Exams



VIJAY GARG



It is a common experience that students today are scoring more marks in state and national level board exams than earlier. A direct result of this 'grade inflation' is that the cut-offs for college admissions have been rising steadily over the years. In the short run, higher marks may seem like a win-win deal, as it makes students, schools, parents and politicians all happy. Nevertheless, overall it has long-term detrimental effects on the education system. Is the ever-increasing test scores mean 'grade inflation' is an international phenomenon, but the situation in India is somewhat unique. The rise in marks in India is also a result of competition among boards. In many states, students from both state and central boards compete for college seats. The college board selects the students on the basis of their marks in the examinations. Normally no adjustments are made while comparing between education boards. It is worth noting that in the 1970s and in the 1980s, central boards started awarding higher marks to students in areas where they felt they had to do so to make their students competitive with the respective state boards. Gradually other education boards also realized that they too can do the same or they had to do this too, then slowly everyone started giving more marks. Today it is common to get 100% marks or close to it in every subject. Interestingly, in Nagaland, the average of the highest marks in the board between 1975-79 was 75.4 percent, which increased to 89.9 percent in 1980-84 and increased to 97.6 percent in 2015. The average for the four years from 2020, including the Covid period, is 98.8 per cent. The situation is more or less similar in other states as well. Top students have started getting

more and more marks year after year. It also has many negative consequences. Firstly, it increases the pressure on students, parents and schools to score high marks. Stress also increases regarding admission in college. Students are forced to pay tuition. Another serious problem, which is not felt, that is Boards also start reducing the difficulty and type of questions in the exam, so that more and more students can score high marks. They give marks very liberally. The race to score high marks increases the importance of marks and places less emphasis on teaching and learning. Researchers have found that even if mediocre studies lead to

involves providing 'percentile scores' instead of using percentages or grades. Be it the top 0.1 percent students in Delhi or Tamil Nadu, they should be treated equally as the best. It should not be seen that in Tamil Nadu board students got maximum 90 marks and in Delhi 95 maximum. Delhi's best and the best of Tamil Nadu should be considered at the same level. Percentile scores can be used to identify groups of top performers on each test. This is an effective method where the number of examinees is large and varied. One of the recommendations of the National Education Policy 2020 is to ensure uniformity of aca-



top grades, it works against hard work at studies. At the same time, higher marks also create a false impression that students and the education system are doing better. have been Many people would have been happy with a higher score as long as are, until unemployment comes. In a country like India, where a vast majority of the population takes exams, there is an excellent solution called Criterion Reference, which

demic standards among students across all school boards. The government is in the process of setting up a National Assessment Center for this purpose. use of percentile in board exams This can be an important method and can help in improving the quality of education in the country.

Vijay Garg Retired Principal Educational Columnist Malout Punjab

The pitfalls of love across three borders

Can Seema marry Sachin in India? There are several politico-legal and religious hurdles.

She publicly said Haider had divorced her over the phone: triple talaq. If so, it is illegal.



KAJAL BASU

First, the bare bones facts of a riveting romance spanning two cities and three countries. It seemingly has the world agog, but, inexplicably, the media is not digging deep. Seema Ghulam Haider, 27, from Pakistan's Sindh, fell in love with Sachin Meena, 22, an Indian who lives in Greater Noida, on the international digital killing-field of the multiplayer game PUBG: Battlegrounds.

Along with her four minor children, she made her winding way to meet Sachin, travelling from Karachi to Dubai and then making an illegal entry into India from adjoining Nepal. Having planned the itinerary with Sachin using the help of YouTube videos, she landed up at his doorstep and moved in with him into his rented accommodation. Eventually, the subterfuge came to light when the lawyer they approached to get her domicile in India reported her to the police. The couple was arrested, sentenced to 14-day judicial custody, and given bail four days later by a local civil court convinced of the validity of their “love/friendship”.

Seema says she has converted to Hinduism and given her children Hindu names. The couple now wishes to consolidate the relationship in India with a Hindu marriage. The couple is young and fetching, endearingly naive on the face of it, each from a country long and implacably hostile to the other. It is a story straight out of Bollywood (and I'm willing to bet that a jingoistic chest-thumper is being storyboarded even as we speak).

But nothing is straightforward in a fairytale. There are questions about Seema's tale of escape from a dead-end marriage in Pakistan into love in India, and there are legal hurdles to be crossed between three subcontinental nations uncomfortable with one another.

Seema had married Ghulam Haider in February 2014 at Jacobabad in Sindh province, Pakistan. Haider has been working as a labourer in Saudi Arabia since 2019. Seema, who met

Sachin online in the same year, says that she and her husband, who was abusive to her from the very beginning, have been out of touch for years. Haider told the Pakistani media that he last spoke to her on May 10 this year, that theirs was a love marriage, and that, forced by disapproval from Seema's parents, they had relocated to Karachi shortly after the Nikah ceremony.

Seema and Sachin claim that they married according to Hindu rites at the Pashupatinath temple in Kathmandu on March 13, and that their additional marriage in India would only be to legally and religiously consolidate it.

Here are the doubts. While Nepal has liberal marriage laws, a mere ritual in a temple is not enough to establish marital status in the country between two foreigners, one a Muslim and the other a Hindu. They would need their passports; no-objection certificates from their respective embassies; two witness statements; clear evidence of at least 15 days' stay in the district in Nepal where the marriage is to be registered; the original document of the marriage law of the home country as well as its Nepali translation; and a notarised affidavit that neither is married to another.

They do not prima facie have these papers. Seema has gone on record that she and Sachin stayed in a hotel (in Pokhara) for a week in March (after which they returned to their respective countries)—which is one week too short. Moreover, the Pashupatinath temple, where they say they took their vows, is in Kathmandu, 200 km from Pokhara and in another district altogether. While Seema has a passport, Sachin does not. A legal marriage could not have been solemnised (not even between two Hindus, which would be recognised in India under the Hindu Marriage Act) because Seema is legally a Muslim and could not have procured a document attesting otherwise.

Can Seema marry Sachin in India? There are several politico-legal and religious hurdles. She has publicly said that Haider had divorced her over the phone: triple talaq. If so, it is illegal—in Pakistan, as in India. She needs to either provide a Talaqnama (divorce

deed) from an elected local government body known as the Union Council, or initiate a divorce herself through Khula and obtain a copy of the divorce decree from a family court. Pending either, she remains married to Haider and, therefore, cannot marry Sachin.

Also, there exist in India the currently near-insurmountable obstacles of Pakophobia and convertophobia. Had the tables been turned—if Seema were Indian or Hindu and Sachin Pakistani or Muslim—that insupportable accusation, ‘love jihad’, would have swung into shrill action (instead of the overt demonstration of Indo-philic romanticisation now underway in the media and the judiciary).

While canonical Hinduism does not confess to a procedure of proselytism, Hinduism in praxis today does insist on a process of conversion from another faith: Shuddhikaran, or purification ceremony. While there is no Central law on conversion, various states have laws governing it that require legal documentation. (Even the Arya Samaj professes to have a certificated conversion procedure dating back to 1877.) Without this, Seema will remain a Muslim, and cannot, as the couple dearly wishes, be married under the Hindu Marriage Act.

Left unamplified are doubts about Seema's narrative being raised in Pakistan—about her colloquial-Hindi, Urdu-free speech, and the inconsistency in her statement that she sold her parents' land, not Haider's, to fund her odyssey.

The damped ripples here could cause a breaker in Pakistan. A video circulating on social media shows armed men from Haider's Jakhraani tribe in Jacobabad warning the Indian government of consequences if Seema is not deported.

Most countries tend to go easy on transborder romances, but the sub-continent is another place. Bilateral romances might be driven by the imperatives of statecraft. True love can be dogged by the scepticality of the state. Reality might not be what it seems.

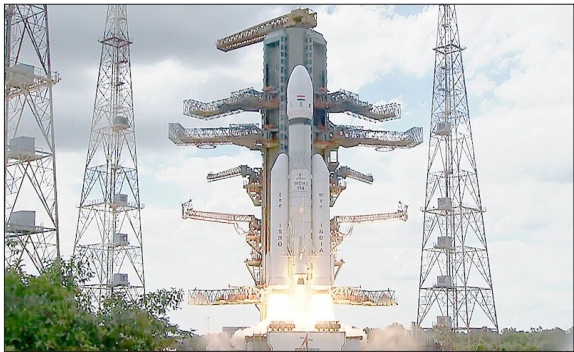
The author is a Veteran journalist. Courtesy New Indian Express

LVM3-M4 successfully launches India's 3rd Lunar mission Chandrayaan-3 in orbit

HT News Network

Sriharikota (AP), July 14 (UNI) India's heavy lift launch vehicle LVM3-M4 on Friday successfully launched third Lunar exploratory mission Chandrayaan-3 in the intended orbit. After a 25.5 hour countdown, the 43.5 m tall launch vehicle, with a lift off mass of 642 tonnes, took off from the Second Launch Pad at 2.35 p.m from the SHAR Range. After the ignition and separation of all the three stages and after a flight duration of 16 minutes, Chandrayaan-3 spacecraft was injected into a 179 km Geo Transfer Orbit successfully amid jubilant scenes at the Mission Control Centre.

After orbit raising manoeuvres, the Chandrayaan-3 will begin its long journey for a safe landing and roving on the lunar surface. After a more than 3.8 lakh km journey, the soft landing was expected to take place in the last week of August. The date (landing date) is decided when there



is sunrise on the moon. When we are landing, sunlight must be there. So the landing will be on August 23 or 24," according to ISRO Chairman S. Somanath. If the landing does not take place as planned on August 23 or 24, then ISRO will wait for another month to make a landing attempt in September.

"The lander and the rover will stay on the moon for 14 days until sunlight is there. When there is no sunlight, a small solar panel which is on the rover will generate power to charge the battery for the next 14 days until light comes," he had said. "Congrats India", Mr Somanath said. Addressing the Scientists

in the Mission Control Centre, he said Chandrayaan-3 has started its journey to the moon.

The LVM3-M4 has precisely placed the Chandrayaan-3 in the 170x36500 km Orbit. "It will travel towards moon in the coming days".

"Let me congratulate all for Chandrayaan-3's journey towards the moon", he added.

Union Minister of State in the Department of Space and Department of Atomic Energy Jitendra Singh, who witnessed the launch from the Mission Control Centre, termed the successful launch of Chandrayaan-3 as a moment of glory for India and the history in making. "Thank You team

ISRO for making India proud", he said.

Mr Singh also thanked Prime Minister Narendra Modi, who made this possible by unlocking the gates of Sriharikota for enabling India's space sector.

"Modiji has said Sky is not the limit said Chandrayaan-3 will be going beyond the sky to explore the unexplored horizons of the lunar surface", the Minister said, in his brief address.

The earlier two Lunar exploratory missions, Chandrayaan-1 and Chandrayaan-2 were launched in October 2008 and July 2019 respectively.

LVM3 is the operational heavy lift launch vehicle of ISRO and has a spectacular pedigree of completing six consecutive successful missions. This is the fourth operational flight of LVM3, to launch the Chandrayaan-3 spacecraft to Geo Transfer Orbit (GTO).

Through Chandrayaan-3 mission, ISRO is crossing new frontiers by demonstrating soft landing on lunar surface by its lunar module and demonstrate.

NCP's Ajit Pawar Gets Finance In Maharashtra, 8 More Get Ministries

HT News Network

Mumbai: Ajit Pawar, the Nationalist Congress Party (NCP) leader who spearheaded a mutiny against his uncle and party chief Sharad Pawar last month, joining the Shiv Sena-BJP government in Maharashtra as Deputy Chief Minister, has been rewarded with the keys to the state's treasury.

Nine NCP MLAs who were inducted into the Maharashtra state cabinet last month, capping months of speculation about a rebellion, finally received their portfolios on Friday.

Ajit Pawar will be taking over the Finance Ministry, a key portfolio in the state government, besides the Planning Department. Chhagan Bhubal will oversee the Food Civil Supply and Consumer Protection Department, while Dharamraobaba Atram will head the Drug and Administration (FDA) portfolio. The Department of Cooperation will be under the stewardship of Dilip Walse Patil and Dhananjay Munde has been assigned Agriculture. Hasan Mushrif will manage the Medical Education department, while Anil Patil will lead Relief and Rehabilitation, as well as Disaster Management.

Aditi Tatkare is set to run the Women and Child Welfare department, with Sanjay Bansode receiving the Sports and Youth Welfare, and Port portfolios.

The allocation comes following a split in the Sharad Pawar-led NCP and the subsequent induction of these



nine MLAs into the Shiv Sena-BJP government last month. The move ignited a fervent debate over portfolio distribution, with reports of discontent among some older members of the coalition. The cabinet expansion and allocation of portfolios were bound to happen, it was only a matter of time," said Shiv Sena spokesperson Sanjay Shirsat on Thursday, amidst widespread speculation and objections raised by some party factions.

However, the Shiv Sena faction led by former Chief Minister Uddhav Thackeray had cast doubts that the cabinet expansion would proceed smoothly, considering the imbalance in the number of MLAs vying for ministerial positions and the actual posts available. Leader of Opposition in the Maharashtra Legislative Council, Ambadas Danve, said, "There is a lot

of discontent among the BJP workers. It is very difficult to meet the expectations of MLAs of the three parties."

Mr Danve also raised questions over the possible neglect of the Eknath Shinde-led faction of the Shiv Sena in the cabinet expansion, a concern echoed by Shiv Sena (UBT) leader Sanjay Raut. However, the Shiv Sena faction led by former Chief Minister Uddhav Thackeray had cast doubts that the cabinet expansion would proceed smoothly, considering the imbalance in the number of MLAs vying for ministerial positions and the actual posts available.

Leader of Opposition in the Maharashtra Legislative Council, Ambadas Danve, said, "There is a lot of discontent among the BJP workers. It is very difficult to meet the expectations of MLAs of the three parties."

Chandrayaan-3 will carry hopes and dreams of our nation: PM

HT News Network

New Delhi, July 14 (UNI) Prime Minister Narendra Modi on Friday said the Chandrayaan-3 mission will carry the hopes and dreams of our nation.

In a tweet, Prime Minister Narendra Modi said, "July 14, 2023, will always be etched in golden letters as far as India's space sector is concerned. Chandrayaan-3, our third lunar mission, will embark on its journey".

"This remarkable mission will carry the hopes and dreams of our nation," he tweeted.

The Indian Space Research Organisation (ISRO) is set to launch its third lunar exploration mission, Chandrayaan-3. It will be launched on Friday at 2:35 pm on a Launch Vehicle Mark-3 rocket from the Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh.

The primary objectives of Chandrayaan-3 are three-fold, first, to demonstrate Safe and Soft Landing on the Lunar surface; second, to demonstrate Rover roving on the moon; and third is to conduct in-situ scientific experiments.

Chhattisgarh Cong chief meets Sonia, Rahul

HT News Network

New Delhi, July 14 (UNI) Newly appointed Chhattisgarh Congress president Deepak Baij met Congress Parliamentary Party chairperson Sonia Gandhi and party leader Rahul Gandhi here on Friday.

Baij, who represents the Bastar parliamentary constituency in a tweet wrote, "After getting my new responsibility as the new president of Chhattisgarh Pradesh Congress Committee met CPP chairperson Sonia Gandhi ji, and Rahul Gandhi ji today."

Earlier this week, Congress president Mallikarjun Kharge appointed Baij as the new president of its Chhattisgarh unit. He replaced Mohan Markam.

Assembly elections in Chhattisgarh is scheduled to held later this year. The ruling Congress exuded confidence it will retain the power.

Central govt appoints Justice P Naveen Rao as Acting Chief Justice of Telangana HC

HT News Network

Hyderabad, July 14 (UNI) The Central government has appointed Justice P Naveen Rao, the senior-most judge of the Telangana High Court, as the Acting Chief Justice of the High Court on his retirement day, an official source said on Friday. Justice Rao's appointment comes after the elevation of the incumbent Chief Justice, Ujjal Bhuyan, to the Supreme Court. Upon Justice Rao's retirement on July 14, Justice A K Shavili will assume the responsibilities of the Chief Justice of the High Court. The Department of Justice website published a notification confirming the appointment. The notification states, "In exercise of the power conferred by Article 223 of the Constitution of India, the President is pleased to appoint Justice Ponugoti Naveen Rao, senior-most judge of the Telangana High Court, to perform the duties of the office of the Chief Justice of that High Court, with effect from the date Justice Ujjal Bhuyan relinquishes.

Modi govt's electoral bond scheme is 'money whitening' scheme: Cong

HT News Network

New Delhi, July 14 (UNI) The Congress on Friday launched a scathing attack at the BJP-led government over electoral bonds, calling it a scheme of the ruling dispensation that converts "black money into white".

The statement of the Congress came days after the Association for Democratic Reforms report, which claimed that the BJP received electoral bonds worth Rs 5,271.9751 crore from FY 2016-17 to FY 2021-22. The amount received by the ruling party is over 52 per cent of its total donations. Addressing a press conference at the party headquarters, Congress Media and Publicity Department chairman Pawan Khara said, "BJP unleashed the electoral bonds scheme to legitimise its loot through 'crony capitalism'. Destroying democracy, discarding transparency, and demolishing electoral practises is the sole objective of the (Narendra) Modi government."

Referring to the amount received by the BJP as claimed in the ADR report, Khara said, "This effectively implies that the Modi government's controversial, corrupt, and contrived electoral bonds scheme is a 'money whitening' scheme that converts



'black money' to white." It is a perfect way of legitimate, state-sponsored rent-seeking and corruption, he asserted. "The Congress in 2019 Lok Sabha manifesto and the 85th Plenary Session in Raipur had promised to scrap the opaque electoral bond scheme that is designed to favour the ruling party. Instead, we have promised to set up a 'National Election Fund' to which any person may contribute," Khara said.

He added, "Funds will be allocated at the time of elections to recognised political parties in accordance with criteria laid down by law. We believe that the electoral bond scheme results in the financial monopoly of the ruling party."

"Congress wants a transparent system of electoral funding. We will keep on exposing the corporate money greed of the Modi government and the BJP," Khara said.

PM Calls Amit Shah From France, Enquires About Delhi's Flood-Like Situation

HT News Network

New Delhi: Prime Minister Narendra Modi called Union Home Minister Amit Shah from France and enquired about the flood-like situation in parts of Delhi, sources said.

During their telephonic conversation, Mr Shah briefed PM Modi about the situation and told him that the water level in the Yamuna is expected to recede in the next 24 hours, they said.

In a tweet on Thursday night, the home minister's office said, "PM @narendramodiji spoke to Union Home Minister @AmitShah over the flood-like situation in parts of Delhi because of the rising water level of the Yamuna river." "Shah briefed him that the water level is likely to recede in the next 24 hours and is keeping a close watch on the situation along with the Lt Governor (of) Delhi. A sufficient number of NDRF (National Disaster Response Force) teams have been deployed to conduct rescue and relief operations and help the people in need," it added. Water from the raging Yamuna river inundated several parts of Delhi on Thursday, throwing normal life out of gear and prompting authorities to close all schools and colleges till July



16 and ban the entry of heavy goods vehicles engaged in non-essential services. The prime minister is in France on a two-day visit to attend the Bastille Day celebration. In a tweet on Thursday night, the home minister's office said, "PM @narendramodiji spoke to Union Home Minister @AmitShah over the flood-like situation in parts of Delhi because of the rising water level of the Yamuna river." "Shah briefed him that the water level is likely to recede in the next 24 hours and is keeping a close watch on the situation along with the Lt Governor (of) Delhi. A sufficient number of NDRF (National Disaster Response Force) teams have been deployed to conduct rescue and relief operations and help the people in need," it added. Water from the raging Yamuna river inundated.

Combined skill and scale of India, US could give exceptional results: Yogi

HT News Network

Lucknow (UP), July 14 (UNI) Uttar Pradesh Chief Minister Chief Minister Yogi Adityanath on Friday said that numerous new startups have been set up in the country in the last nine years and India has significantly emerged as a new hub for unicorns which reflects that if the skill and scale of India and the United States get combined the world will witness exceptional results.

The CM was speaking during the partnership program in the medical field between Stanford University of the US and two prestigious institutions in the state, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI) and JIMS of Gautam Buddha Nagar, under the UP Health Technology Summit 2023.

He said, "India's population is four times that of the United States. When it comes to Covid mortality rates, India's rate was half that of the US. India showcased exceptional performance during the pandemic worldwide. UP has emerged as a leading contributor by providing excellent healthcare facilities in the state."

Yogi said that the government will enthusiastically support this partnership with the IndUS Global Foundation. He said that



UP now has a favourable environment for US innovation and startups. "The IT and Electronics Department, along with prestigious institutions associated with the partnership programme, will also support it so that positive results can be seen as soon as possible," he said. He said that the UP government has established several startups under its startup policy and it has provided various relaxations for their establishment and also made arrangements for their procurement.

The CM said that SGPGI initiated the facility of virtual ICUs during the C pan-

dem by taking advantage of these policies. "If any problem occurred in any city in the state, the team from SGPGI reached there and provided relief, which serves as an excellent example of innovation," he said.

Throwing light on how the state managed to control diseases like encephalitis, he said, "Between 1977 and 2017, approximately 50,000 children died due to encephalitis in the state. However, we have achieved success in completely eliminating encephalitis in the last 6 years. The Health Department, along with other supportive departments, worked as a team to achieve

this success and delivered outstanding performance."

Yogi mentioned that the state has also achieved success in controlling various water-borne and vector-borne diseases, including malaria, chikungunya and dengue. "We believe that this partnership will prove to be very useful in promoting such startups in the field of medical health," he said. During the program, the CM appealed to connect Sitapur's eye hospital with technology, as it was the only hospital where people from not only the country but also from abroad used to come to get their eyes treated. He mentioned the need to provide all the necessary facilities and infrastructure for the hospital.

Chief Secretary Durga Shankar Mishra, Additional Chief Secretary to CM SP Goyal and Principal Secretary of Medical Education were present on the occasion. He said that the UP government has established several startups under its startup policy and it has provided various relaxations for their establishment and also made arrangements for their procurement.

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Record-breaking heat bakes US, Europe, China

■ HT News Network

Summer has just begun in the Northern Hemisphere but a brutal heat wave is already gripping parts of Europe, China and the United States, where record temperatures expected this weekend are a stark illustration of the dangers of a warming climate.

Extreme heat advisories have been issued for more than 100 million Americans with the National Weather Service forecasting particularly dangerous conditions in Arizona, California, Nevada and Texas.

At the same time, several European nations, including France, Germany, Italy, Spain and Poland, are also baking in searing temperatures.

The mercury may soar as high as 48 degrees Celsius (118.4 degrees Fahrenheit) on the islands of Sicily and Sardinia, the European Space Agency said — “potentially the hottest temperatures ever recorded in Europe.”

North Africa has also been sweltering and the Moroccan meteorological service issued an extreme heat red alert for southern parts of the country.

Some regions of China, including the capital Beijing, are also experiencing sweltering temperatures and a major Chinese power company said its single-day power generation hit a record high on Monday.



Last month was already the hottest June on record, according to the US space agency Nasa and the European Union's Copernicus Climate Change Service.

Extreme weather resulting from a warming climate is “unfortunately becoming the new normal,” warns Secretary-General Petteri Taalas of the World Meteorological Organisation (WMO).

Excessive heat is one of the deadliest meteorological events, according to the WMO. One recent study estimates over 61,000 people died from heat during Europe's record-breaking summer last year.

Death Valley

A contributing factor to the higher temperatures this year may be the climate pattern known as El Nino.

El Nino events, which occur every two to seven years, are marked by warmer-than-average sea surface temperatures in the central and eastern Pacific near the Equator, and last about nine to 12 months.

North America has already seen a series of extreme meteorological events this summer, with smoke from wildfires that continue to burn out of control in Canada causing extraordinary air pollution across

large parts of the United States.

The US northeast, particularly Vermont, has also recently been pumelled by torrential rains which have caused devastating floods.

According to climate scientists, global warming can cause heavier and more frequent rainfall.

Meanwhile, residents of much of the southern United States have been experiencing unrelenting high temperatures for weeks.

Daniel Swain, a climate scientist at the University of California, Los Angeles, said the temperature in Death Valley could equal or surpass the record for the hottest air temperature ever reliably measured on Earth. The WMO's official record is 56.7C (134F) recorded in Death Valley, in the southern California desert. But that was measured in 1913 and Swain stands by the figure of 54.4C (130F) from 2020 and 2021.

‘Exceptionally high’

The oceans have not been spared from the warm early summer either. Water temperatures off the southern coast of Florida have surpassed 32C (90F), according to the National Oceanic and Atmospheric Administration.

As for the Mediterranean, surface temperatures will be “exceptionally high” over the coming days and weeks, the WMO said, exceeding 30C (86F) in some parts, several degrees above average.

Moldovan PM announces resignation of several ministers after airport shooting

■ HT News Network

Chisinau, July 14 (UNI) Moldovan Prime Minister Dorin Recean said announced on Friday the resignation of Interior Minister Ana Revenco, Infrastructure Minister Lilia Dabija, as well as Minister of Education and Research Anatolie Topala amid the scandal connected to the shooting at Chisinau airport.

The shooting incident took place on June 30 after the Tajik national was denied entry to Moldova. As the 43-year-old was being escorted to the airport's zone for deportations, he grabbed a pistol from one of the officers and fatally shot a border guard and an airport security officer, as well as injured one passenger. Later, the shooter died in hospital.

“Three ministers have submitted their resignations — Interior Minister Ana Revenco, Infrastructure Minister Lilia Dabija, and Minister of Education and Research Anatolie Topala,” Recean told a briefing.

The Prime Minister said that he will present to Moldovan President Maia Sandu on July 17 a list of candidates for the vacant ministerial posts.

UN mission voices concern over abductions, arbitrary arrests in Libya

■ HT News Network

Tripoli, July 14 (UNI) The United Nations Support Mission in Libya (UNSMIL) on Thursday expressed concerns over the continued abductions, arbitrary arrests, and disappearances of citizens and public figures by various security actors in Libya.

The country's former Finance Minister Faraj Boum-tari was reportedly detained at Mitiga Airport and taken to an undisclosed location on Wednesday, while five members of the High Council of State have been reportedly banned from traveling at the same airport on Thursday.

“These acts create a climate of fear, promote tensions between communities and tribes, and have serious implications for the unification of national institutions,” the UNSMIL said in a statement.

Such conduct is neither conducive to the holding of transparent and inclusive elections nor national reconciliation, it added.

The UNSMIL called on the Libyan authorities and security entities to release all those arbitrarily detained, ensure independent investigations for all alleged extra-legal detentions and abductions, and bring the perpetrators to justice.

“They must remain calm, maintain restraint and avoid any unilateral actions.

Libya cannot afford further division and deterioration,” the statement said.

Extra tropical cyclone in Brazil leaves one dead, 24 injured

■ HT News Network

Sao Paulo, July 14 (UNI) An extra tropical cyclone has devastated southern Brazil, leaving at least one person dead, 24 injured and some 790,000 users without power, local authorities said Thursday.

The Civil Defense reported that between Wednesday night and Thursday morning, the cyclone caused floods and the most damage in the states of Rio Grande do Sul and Santa Catarina near the border with Argentina and Uruguay.

The regional government further said that in the city of the Rio Grande, one person died when a tree fell on a house as a result of the winds, which reached 140 km per hour on Thursday morning.

Meanwhile, the National Institute of Meteorology declared a red alert in the southern region of Brazil due to the extratropical cyclone, the third in the region in less than a month.

Personnel from the Civil Defense and municipalities have prepared gymnasiums and schools as shelters in case of evacuations.

According to local press reports, at least 10 highways in Rio Grande do Sul were blocked by cyclone damage.

Twitter introduces ads revenue sharing with content creators

■ HT News Network

Washington, July 14 (UNI) Twitter has announced that it would share revenue from ads with content creators, expanding current creator monetization on the platform.

“We’re expanding our creator monetization offering to include ads revenue sharing for creators. This means that creators can get a share in ad revenue starting in the replies to their posts,” Twitter said in a statement.

To be eligible for ads revenue sharing, the user has to be subscribed to Twitter Blue or Verified Organizations, have at least 5 million impressions on their posts in each of the last three months and pass “human review” for standards for creator monetization, the platform stated. It added that the content creator has to have a Stripe account to receive payments.

In April, Twitter announced an option to monetize accounts, which allows all its users to earn money from their posts. The company owner, Elon Musk, said that all Twitter users can monetize their content by enabling subscriptions to their text, pictures and videos.

Nigerian president declares state of emergency

■ HT News Network

Abuja, July 14 (UNI) Nigerian President Bola Tinubu has declared a state of emergency in response to high inflation threatening food security in Africa's most populous country, the State House said Thursday.

Dele Alake, a spokesman for the president, revealed this at a press briefing in the capital of Abuja, adding that Tinubu “is not unmindful of the rising cost of food and how it affects the citizens ... affordability has been a major issue for many Nigerians in all parts of the country.”

Data from the National Bureau of Statistics showed the headline inflation rate in Nigeria has remained stubbornly high since January 2021. It jumped to 22.41 percent in May, with food being the biggest driver of inflation.

Alake said that the government would implement several approaches to reverse inflation and guarantee future uninterrupted supplies of affordable foods



to ordinary Nigerians. He explained that the president's declaration of a state of emergency on food security aimed to mobilize all available resources to mitigate the crisis.

According to the official, the government plans to use some of the money saved following the end of fuel subsidies to improve the agricultural sector in the short term. They will also introduce further interventions and solutions in the medium and long term, as is typical in emergencies.

“The government will immediately release fertilizers and grains to farmers and households to mitigate the effects of the subsidy

removal,” he said. He added that the president also ordered the Ministry of Agriculture and the Ministry of Water Resources to closely cooperate to ensure adequate irrigation of farmlands and to guarantee that food is produced all year round.

Nigeria has been grappling with a series of challenges in its agricultural sector, including farmer-herder clashes, climate change effects, limited access to modern farming techniques and the increasing threat of pests and diseases, which have significantly impacted food production and have led to rising food prices.

US takes up ‘hacking’ with China as issue threatens ties

■ HT News Network

JAKARTA: US Secretary of State Antony Blinken warned Beijing's top diplomat on Thursday of consequences over hacking after a breach blamed on China again threatened to undermine a nascent stability in ties between the two powers.

Less than a month after Blinken paid a rare visit to Beijing, he met for more than an hour and a half with Wang Yi, the Chinese Communist Party's foreign policy supremo, on the sidelines of Association of Southeast Asian Nations (Asean) talks in Jakarta.

“Director, good to see you,” a smiling Blinken said in the only public comments between the two sides after the longer-than-expected meeting at a hotel.

A senior US official later said that Blinken raised with Wang the breach of US government sites reported this week by Microsoft, which blamed Chinese hackers motivated by espionage.

Secretary of State Blinken meets Wang Yi in Jakarta. Blinken “made clear that



any action that targets US government, US companies, American citizens, is of deep concern to us and that we will take appropriate action to hold those responsible accountable”, the official said, on condition of anonymity. The official stopped short of saying that Blinken directly accused China of involvement.

The State Department has publicly said only that it is investigating the hacking, which according to Microsoft affected approximately 25 organisations.

State Department spokesman Matthew Miller called the Jakarta talks “candid and constructive” and part of efforts to “responsibly manage com-

petition” between the world's two largest economies.

Wang is representing China at the Jakarta talks as Foreign Minister Qin Gang, who would normally attend such meetings, is ill, according to China's foreign ministry.

Blinken told Wang to convey his “best wishes” to Qin, another US official said.

No progress on military talks

Incidents have repeatedly impacted efforts to repair US-China relations, with Blinken scrapping his first planned trip to Beijing in February after Washington said it detected a Chinese espionage balloon over the US mainland.x

87 allegedly killed by Sudan’s RSF found in Darfur mass grave

■ HT News Network

Khartoum, July 14 (UNI) At least 87 people allegedly killed by Sudanese paramilitary Rapid Support Forces (RSF) and their allies were uncovered from a mass grave outside West Darfur State's capital El-Geneina, the Office of the United Nations High Commissioner for Human Rights said in a press release on Thursday.

The UN Office said 87 ethnic Masalit and others were killed around June 13-21 in El-Geneina's Al-Madaress and Al-Jamarek districts, and included many victims of the violence that followed the killing of Khamis Abbaker, governor of West Darfur, on June 14 under RSF custody.

Among the uncovered bodies were seven women and seven children, and people who died from untreated injuries, the UN office said in the press release, citing what it called credible information.



The UN office claimed that locals were forced to bury them in a mass grave, denying them a decent burial.

In the statement, UN High Commissioner for Human Rights Volker Turk called on the RSF and other parties to the Sudan conflict to allow and facilitate prompt searches for the dead, their collection and evacuation with-

out distinction, including based on ethnic background, even women and seven children, and people who died from untreated injuries, the UN office said in the press release, citing what it called credible information.

The UN office claimed that locals were forced to bury them in a mass grave, denying them a decent burial.

S Korea imposes new sanctions on N Korea after missile launch

■ HT News Network

Seoul, July 14 (UNI) South Korea imposed new sanctions on four North Korean individuals and three entities after Pyongyang's latest launch of an intercontinental ballistic missile, the South Korean Foreign Ministry said on Friday.

“In response to North Korea's long-range ballistic missile launch that threatens the peace and safety of the Korean Peninsula and the international society, the government has decided to impose unilateral sanctions against four individuals and three organizations involved in nuclear and missile developments and funding,” the ministry said in a statement quoted by the Yonhap news agency.

The news agency specified that the four sanctioned individuals are active and former top-ranking military officers, while the three entities are allegedly responsible for financing Pyongyang through art and construction projects in Africa and the Middle East since the 1980s.

“We have been very clear in saying North Korea's provocations will be met with consequences,” the ministry said. On Wednesday, Pyongyang test-fired the new-type Hwasong-18 intercontinental ballistic missile. It is estimated to have flown over 1,000 kilometers (621 miles) at a maximum altitude of over 6,000 kilometers on a lofted trajectory. Had the trajectory been standard, the missile could have reached any point in US territory.

DC Anantnag stresses for pushing cooperative movement in district

■ HT News Network

ANANTNAG, JULY 14: The Deputy Commissioner (DC) Anantnag, Syed Fakhrudin Hamid today chaired the first District Cooperative Development Committee meeting at DC Office, here.

Deputy Registrar Cooperatives, Muzaffar Ahmad who is the convener of the meeting informed that the meeting was held to strengthen the cooperative movement in the district. He gave an overview of the present status of cooperative societies in the district and efforts taken by the department to revive and strengthen them.

It was given out that there are 158

registered cooperative societies in the district which include PACS, Dairy & Fisheries societies, marketing societies, apex societies and societies in other agri and non-agri sectors.

The DC urged upon the cooperative department to lend their best efforts to achieve the objective of strengthening the cooperative movement in the district and deepening its reach to the grassroots level as envisioned by the Union Cooperation Ministry.

He further directed the concerned officials to make vigorous efforts to realize the vision of Sahakar se Samridhi for strengthening of cooperative movement in the district.

He urged for assessing the financial/ credit requirement of the PACS and exploring the options of mobilising



the financial support from apex institutions like NCDC/ NABARD/ NDDB/ NFDB.

The DC also reviewed the progress of adoption of model bylaws by the PACS, computerization of PACS,

updating of data in national cooperative database and other agenda as per the guidelines. He advised the cooperative department to create awareness among the people in general about the various schemes of Government of India.

He insisted upon the department to push for the revival of defunct societies and make a roadmap for their revival. He enjoined upon the line departments to collaborate with the cooperative department to link their schemes to enhance the livelihood opportunities of rural populace.

The meeting was attended by committee members which included Additional District Development Commissioner, DDM NABARD, Deputy Director Fisheries, District Sheep

Husbandry Officer, Chief Animal Husbandry Officer, LDM, GM Anantnag CC Bank and Panchayat representatives. The DC also reviewed the progress of adoption of model bylaws by the PACS, computerization of PACS, updating of data in national cooperative database and other agenda as per the guidelines. He advised the cooperative department to create awareness among the people in general about the various schemes of Government of India. He insisted upon the department to push for the revival of defunct societies and make a roadmap for their revival. He enjoined upon the line departments to collaborate with the cooperative department to link their schemes to enhance the livelihood opportunities.

Mandeep Kaur inaugurates UT level Workshop on SSG-2023

'Stresses on effective cleanliness of villages, encouraging behavioural changes, fostering sustainable sanitation practices in rural areas'

■ HT News Network

JAMMU, JULY 14: Commissioner Secretary, Rural Development Department and Panchayati Raj, Mandeep Kaur today inaugurated a day-long Union Territory level Workshop virtually to orient the UT, District and Block level officers on survey protocol, ranking parameters and roles and responsibilities for successful implementation of Swachh Survekshan Gramin (SSG)-2023.

The workshop was organized by the Department of Drinking Water and Sanitation, Union Ministry

of Jal Shakti, with focus to train the officers of J&K for initiating work on result-oriented parameters. The workshop was conducted in collaboration with Directorate of Rural Sanitation, Department of Rural Development and Panchayati Raj, J&K.

After inaugurating the workshop, the Commissioner Secretary in her address congratulated the officers for achieving 100% target of ODF Plus. She laid emphasis on upholding the same spirit in achieving the ODF Plus Model status and stressed to showcase the same spirit in the SSG-2023, where J&K will be competing with other states to



exhibit the success achieved in SBM-G. The Commissioner Secretary stressed upon the participants for effective cleanliness of villages, promoting awareness, encouraging behavioural changes, accessibility of assets, and fostering the adoption of

sustainable sanitation practices in rural areas.

Speaking on the occasion, Director Rural Sanitation, Charandeep Singh said that workshop will provide a platform for participants to exchange ideas, learn from one another, and explore strategies to

enhance the effectiveness of SSG 2023. He added that this workshop will also serve as an opportunity to identify areas where additional support, resources, or policy interventions may be required to further strengthen the program's impact. The Director encouraged all participants to actively engage in discussions, ask questions, and share their insights throughout the workshop and foster an atmosphere of collaboration and open dialogue so as to collectively strive for making a significant difference in the cleanliness and sanitation of our villages. He informed the gathering that the

department is making random calls to local representatives and people in all districts to gather ground level feedback from them. He added this was being done to counter the disinformation received from some districts. Assistant Commissioner Panchayats, District Panchayat Officers, Block Development Officers of Jammu division attended the workshop in person. ACPs, ACDs, BDOs and other field staff from Kashmir division attended the workshop virtually. Pertinently, SSG is a comprehensive assessment program that evaluates the progress and impact of the Swachh Bharat Mission Gramin.

NCORD, COTPA meeting held at Bandipora

■ HT News Network

BANDIPORA, JULY 14: On the directions of Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed, District Level Committee meeting under Narco-Coordination Center (NCORD) Mechanism & Cigarette and Other Tobacco Products Prohibition Act (COTPA), was held on Friday at Conference Hall, Mini Secretariat, Bandipora. The meeting was co-chaired by Nodal Officer Coordination, Mohammad Ashraf Hakak and Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi Pandit. The meeting discussed in detail ways and means to curb the drug menace and the role of various stakeholders. It also discussed the alarming issue of drug addiction and abuse and strategies to tackle this issue. The meeting discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling, abuse, besides cultivation of illicit poppy and cannabis in the district.

Hakak stressed on more intensive awareness campaigns to educate the public on the dangers of drug abuse, improved access to addiction treatment and support services, and stronger regulation of the pharmaceutical shops to prevent the illegal distribution of banned drugs. The ADC urged the participants to spread the message of "Say No to Drugs" in order to save our youth from this menace. He highlighted the role of society, especially parents, in preventing drug abuse among children and youth. Hakak on the occasion directed to form teams at tehsil levels headed by the concerned Tehsildars for consistent checking of medical/drug shops for conduct to be followed by them. He also stressed for complete switching over to the computerized billing system in all the medical shops across all three subdivisions.

20th Batch of Management Development Program concludes at GMC Udhampur

■ HT News Network

UDHAMPUR, JULY 14: The two day 20th Batch State Level Management Development Programme (MDP) for Doctors, Nursing and other Health care professionals, organized by Academy of Hospital Administration (AHA), India in collaboration with Government Medical College and Associate Hospital Udhampur, concluded here, at Conference Hall DC Office Complex Udhampur.

Dr. Yashpal Sharma, National President Academy of Hospital Administration AHA India and Director Coordination New Medical Colleges J&K were the Chief Guests at the Valedictory.

Director Coordination took the detailed feedback from the Participants (Delegates) regarding this MDP. Delegates have given very impressive feedback regarding the Training Programme. It was a change indicator of their mind set



up and Professionalism in the coming days at their working places.

As per their feedback this Training is a tool and eye opener for them in present circumstances and also training like this happened after decades. They assured that they will make visible changes on ground for patient care in Particular and public in large.

While addressing the participants, the chief guest acknowledged special thanks to Bhupinder Kumar Secretary to Government Health and Medical Education Department J&K for his Administrative Support

and making these MDPs as regular & Routine programmes on regular basis in all the Health Institutions of J&K. In Spite of the busy Schedule of the Secretary to Government, Director Coordination conveyed the best wishes of the Secretary to the Government Health and Medical Education Department to the Participants. Director Coordination paid Special reference to Dy. Commissioner Udhampur, Sachin Kumar Vaishya who was the Chief Guest on day First of Inaugural Session and his full Support and Cooperation for providing free and Com-

plimentary Conference Hall besides his entire Campus for food arrangements.

Director Coordination in his address conveyed best wishes to all the Participating Delegates and Dignitaries to work with Zeal and dedication and to carry forward the Knowledge and Skills which they learned in two Days State Level MDP. He has special thanked to Prof (Dr) Mirtunjay Principal GMC Udhampur and Dr Balikari Lal Choudhary Medical Superintendent for their all out efforts for organising this two Days State Level MDP at GMC Udhampur along with Team of AHA. The hard work of organising (Management team) for this MDP was also appreciated in Strong words. Later, momentos and Certificates were also presented to the Participants and Management Team. Vote of thanks was presented by Prof (Dr) Mritunjay Principal GMC Udhampur.

Statistics Directorate hosts training program on Baseline Survey

■ HT News Network

JAMMU, JULY 14: Directorate of Economics & Statistics today organized one day training programme on Baseline Survey for Knowledge, Attitude and Practices (KAP) of citizens regarding Election process in J&K UT for the field functionaries of Jammu division under the patronage of Director General, Economics & Statistics, Satvir Kour Sudan.

The Directorate of Economics & Statistics, J&K has been assigned the responsibility of conducting the Baseline survey prior to the upcoming General Elections. The main objective of conducting Baseline survey (KAP) has been to under-



stand the reasons for gaps in electoral participation, both at enrolment stage and voting; to understand the underlying reasons for low voter turnout and to identify the barriers to voting, level of knowledge and awareness among the voters about the electoral process, questions related to minimum age of registration to be a voter, qualifying date for registration, National Voters' Day, NOTA option, Braille on EVMS, and VVPAT.

The Director General, Economics & Statistics, J&K in her inaugural address emphasized on the importance of Baseline survey on KAP and highlighted that the survey shall be helpful in understanding the perceptions of people, both general and specific, about the elections, the electoral process and the initiatives undertaken by the Election Commission for enhancing the voter turnout for effective democratic governance.

Deputy Commissioner reviews implementation of Social Welfare Schemes in Poonch District

■ HT News Network

POONCH, JULY 14: To review the implementation of welfare Schemes for underprivileged, vulnerable, down trodden and weaker sections of society and process of extension of benefits of different Government schemes by the Social Welfare Department, the Deputy Commissioner, Poonch, Yasin M. Chowdhary chaired a meeting here in the Meeting Hall of the DC Office Complex. At the outset, the Deputy Commissioner took a comprehensive review of beneficiary oriented schemes. On the occasion, the District Social Welfare Officer gave a detailed PowerPoint presentation and apprised the Deputy Commissioner about the functioning of the Department and implementation of schemes including providing of Scholarships, National Social Assistance Programme (NSAP), Integrated Social Security Scheme (ISSS), Marriage Assistance Scheme (SMAS), Saksham/ SASCM, Nari Niketan, OSC, Mission Vatsalya and other schemes, besides disbursement of pension through different Social Welfare



schemes also came into discussion. The DC was informed that under Integrated Social Security Scheme (ISSS), a total of 9547 beneficiaries are covered in the District and monthly pension of Rs 1000 is given to beneficiaries of three categories viz OLD AGE PENSION for having age of 60 years for men and 55 years for women, PHYSICALLY CHALLENGED PERSON for disabled persons having disability 40% or more, WOMEN IN DISTRESS for widows, divorcees and destitute having meagre source of income. Similarly, as many as 6929 beneficiaries are registered under National Social Assistance Programme (NSAP) who are given monthly pension of Rs 1000 under three Components viz, IGNOAPS for old age BPL Persons for 60 years or more age,

DC Budgam inaugurates NTPHC at Mazhama

Says Dist Admin committed to provide better healthcare facilities to public

■ HT News Network

BUDGAM, JULY 14: The Deputy Commissioner (DC) Budgam, Akshay Labroo today inaugurated NTPHC at Mazhama in Magam area of the district.

Speaking on the occasion, the DC said that the District Administration Budgam is committed to provide better healthcare facilities to the general public of the district.

He said that all those health related assets which are completed or are nearing completion shall be commissioned on top priority to dedicate these assets to public welfare.

The DC said that in order to improve the health care system, healthcare related assets including PHC Kanir and other PHCs and NTPHCs were thrown open to provide better patient care to the people of the area.

He said that also a District Hospital project was approved by AC chaired by Hon'ble Lieutenant Governor recently and work on the same shall be started soon.

The DC called for the robust functioning of the NTPHC Mazhama and urged locals to avail benefits of all health related facilities and schemes at the health centre.

DDC Member Narbal, Reyaz Ahmad, SDM Beerwah, CMO, Tehsildar, SDPO and other officers, local representatives were present at the occasion.

CUK's Commerce deptt organises industrial visit for students

■ HT News Network

Ganderbal, July 14: To give an exposure to the students about the practical aspects of the industrial setups in the valley, Department of Commerce, Central University of Kashmir (CUK), organized a two-day industrial visit for the M. Com 4th and 2nd semester students to Fil Industries Pvt. Ltd at Rangreth on 13th and 14th of July.

Dean School of Business Studies, Prof. Fayaz Ahmad Nikka, flagged off the tour in the presence of HoD, Commerce, Dr. Mehraj-ud-Din and congratulated the department for organising such visits. He advised the students that these visits are significant and can provide them with practical insights into the functioning of industries, exposure to real-world scenarios, and an opportunity to interact with professionals. "Such tours allow them to bridge the gap between theoretical knowledge gained in the classroom and its practical application in the industry," He further advised the students to take full advantage of the visit to know more about the opportunities and challenges of entrepreneurs in the J&K.

Udhampur: District Skill Committee discusses Action Plan to promote Skilling among unemployed youth

■ Dr Abdul Qayoom

UDHAMPUR, JULY 14: A meeting of District Skill Committee was today held today here under the Chairmanship of Deputy Commissioner, Udhampur Sachin Kumar Vaishya to discuss the modalities for promoting skill development among the unemployed youth of the district identified under B2V4 initiative in his office chamber. Necessary directions were issued to the concerned departments dealing with skill activities on spot. The DC stressed that focus of skill development schemes should be to ensure creation of a robust skill ecosystem in the district, which will enable the youth to get maximum skill opportunities within their districts. He also finalised the proposals of short term courses as submitted by the District/ Sectoral officers dealing with skilling activities and directed the concerned department for organizing quality training programmes in their respective areas. Deputy Director Employment Udhampur was directed to organize Job fairs after completion of skilling training so that the skilled persons can earn their respectable livelihood. He further directed the concerned officers to pick up more potential courses for training youth in next year. The district/sectoral officers were directed to share the list of target beneficiaries as per SANKALP scheme within two days with DC office so that the same be checked by the tehsildars concerned. The DC directed to MGN Fellow Udhampur for formulating a comprehensive District Skill Plan by involving different line departments for widening the ambit of Skill Development programme under various schemes to create ample opportunities.

Mindful Eating Habits Can Offset Genetic Risk Factors for Obesity

Over the past two decades, rates of obesity among American adults have risen from 31% in 2000 to 42% in 2020, according to the Centers for Disease Control and Prevention Trusted Source.

The modern environment we live in has often been blamed for this rise in obesity, with its easy access to cheap, high calorie food and barriers to regular physical activity.

But genetics can also increase a person's risk of developing obesity. Some research estimates that genes account for 50% to 90% of people's weight differences.

According to the authors of a new study, strategies such as mindful or intuitive eating, taking smaller servings, and counting calories may counteract some of the effects of obesity-related genetics.

However, this varies from study to study, which suggests that other factors can influence weight, including conscious changes in eating behaviors.

Mindful eating behaviors can reduce obesity risk

In the new study, published July 6 in the International Journal of Epidemiology, researchers examined data on over 3,700 adults in the United Kingdom who participated in two separate studies.

Participants' weight and height were measured, and they provided a blood sample, which researchers used to calculate their genetic risk of obesity.

People also completed questionnaires that measured different eating behaviors, such as a tendency to engage in emotional eating or overeat due to hunger.

Researchers found that people with a higher genetic risk of obesity were more likely to have a higher body mass index (BMI).

BMI is a measurement Trusted Source to assess whether someone has obesity, overweight or underweight. It does not always accurately assess body fat, especially for certain racial/ethnic or other groups.

However, the study results also showed that for people who scored higher for certain types of eating behaviors — called "cognitive restraint" — the link between genes and BMI was reduced.

This included both flexible strategies — such as mindful eating, portion control, and chopping vegetables in advance for easier snacking — and rigid strategies like calorie counting.

"What we discovered for the first time was that increasing both types of restraint — [flexible and rigid] — could potentially improve BMI in people genetically at risk; meaning that restraint-based interventions could be useful to target the problem," study author Shahina Begum, a psychology PhD student from the University of Exeter in the United Kingdom, said in a news release.



What is mindful eating?

Mindful eating, often called "intuitive eating," is about consciously paying attention to what you eat without judgment.

Much like practicing mindfulness, mindful eating occurs when you are present with your food and taking the time to savor each bite in the moment.

A 2017 study published in Diabetes Spectrum defines mindful eating as "an

Gastroenterology Consultants in Chelmsford, Mass., said the study reinforces what is already known — that exercising restraint when it comes to eating may help some people maintain a healthy weight.

However, "eating patterns have a multifactorial component to them — behavioral, emotional, psychological, cultural, etc.," she said. "So it's hard to just use one measure, such as [restraint], to ensure the maintenance of healthy weight."

tion to hormonal cues, such as those for hunger and a feeling of fullness.

Dr. Amy Lee, head of nutrition at Nucific, agrees that being more in tune with your body and aware of your eating behaviors can help you shift how you eat. But she admits this can still be difficult for some people.

Calorie counting and other restrictive behaviors may also be helpful for some people, said Satcheck. In particular, understanding the calorie content of foods can help people become aware of the hidden calories found in energy-dense snack foods, she said.

However, rigid strategies are not typically recommended for longer-term weight loss, she said.

In addition, "there is always a risk of getting carried away with some of these [rigid] strategies that may lead to disordered eating," she said, "so it is important to not go to extreme measures."

Endocrinologist Dr. Beverly Tchang, an assistant professor of medicine at Weill Cornell Medicine in New York City, and advisor for Ro, said "...given the prevalence of disordered eating among people with obesity, and vice versa, it's important to be mindful of any weight management interventions that might be 'triggering' for the individual who might have a history of these habits."

Tips for weight maintenance

While nutrition and physical activity are the foundation for all weight management strategies, Tchang said there are a variety of tools to choose from, such as food logging or mindful eating.

"What works for one person may not work for another," she said. "So it's important to find what feels comfortable and sustainable for you."

Satcheck recommends starting with a balanced diet full of nutrient-dense foods, including a variety of vegetables and fruits, whole grains, and lean sources of proteins.

She also suggests planning your meals and snacks, and cooking and preparing your own food whenever possible. This can help you avoid gravitating to vending machines or fast food restaurants when hungry.

In addition, if certain cues "trigger" a desire to eat — such as driving by a coffee shop or being at your computer at certain times of day — try to change up those patterns, said Satcheck.

And get daily physical activity, she said, which plays an important role in weight maintenance.

Takeaway

In a new study on obesity, researchers examined data on over 3,700 adults in the United Kingdom.

A new study finds that people who are at higher risk for developing obesity can still mitigate this risk via eating behaviors. Strategies such as being mindful about what you eat, taking smaller servings and counting calories may even counteract

approach to food that focuses on individuals' sensual awareness of the food and their experience of the food."

Mindful Eating 101 — A Beginner's Guide

Many factors contribute to weight gain. Dr. Supriya Rao, a gastroenterologist and obesity medicine specialist at Integrated

However, being mindful of what we eat — as well as when we are eating and why — may help us maintain a healthy weight, said Jennifer Satcheck, PhD, a professor of prevention and wellness in the Milken Institute School of Public Health at the The George Washington University in Washington, D.C.

It's also important, she said, to pay atten-

Look Out For These 7 Most Common Food Allergies

A food allergy is a medical condition where the immune system reacts abnormally to certain food proteins, considering them harmful instead of harmless. When a person with a food allergy consumes the specific food, their immune system responds by releasing chemicals like histamines to fight off the perceived threat.

These chemicals cause various allergic symptoms that range from mild to severe, potentially affecting multiple body systems. The symptoms of a food allergy can vary widely, affecting different individuals in different ways.

They can include skin reactions like hives, itching, or swelling; digestive symptoms such as nausea, vomiting, or diarrhoea; respiratory symptoms like sneezing, congestion, or wheezing; and even more severe symptoms like difficulty breathing, drop in blood pressure, or anaphylaxis, a life-threatening allergic reaction. Keep reading as we list some of the most common food allergies.

1. Milk

Milk allergy is one of the most common allergies, especially in children. It occurs when the immune system overreacts to proteins found in cow's milk, with casein and whey being the most common triggers. Symptoms



can vary from mild to severe and may include digestive issues, skin rashes, and respiratory problems.

2. Eggs

Egg allergies mainly affect children but can also persist into adulthood. The immune system reacts to proteins in egg whites or yolks, resulting in symptoms such as hives, digestive distress, and respiratory issues. Fortunately, many individuals outgrow this allergy by the age of 5.

3. Peanuts

Peanut allergies are increasingly prevalent and lifelong in most cases. The proteins in peanuts can cause severe allergic reactions, including anaphylaxis, a life-threatening condition. Symptoms can range from skin irritations and gastrointestinal distress to respiratory problems. Avoidance is crucial, as even trace amounts of peanuts can trigger a response.

4. Tree nuts

This category includes allergies to various nuts, such as almonds, walnuts, cashews, and hazelnuts. Similar to peanut allergies, tree nut allergies can cause severe reactions and anaphylaxis. Cross-reactivity among different tree nuts is common, meaning if someone is allergic to one type, they may need to avoid all tree nuts.

5. Wheat

Wheat allergy is different from gluten intolerance or celiac disease. Individuals with wheat allergies react to proteins found in wheat, triggering symptoms like gastrointestinal distress, skin reactions, and in severe cases, anaphylaxis. This allergy can be challenging to manage, as wheat is a common ingredient in many food products.

6. Soy

Soy allergies are common, especially in infants and young children. Allergic reactions occur when the immune system mistakenly treats proteins in soy products as harmful. Symptoms often include hives, digestive issues, and respiratory problems. However, many individuals with soy allergies can tolerate soybean oil or soy lecithin, which are highly refined.

Vitamin D For Heart Health: Here's How It Works

Vitamin D greatly influences our heart health. Vitamin D is a fat-soluble vitamin that primarily plays a crucial role in regulating calcium and phosphorus levels in the body, which are vital for bone health. However, emerging research suggests that vitamin D may also have an impact on cardiovascular health. Continue reading as we discuss some ways in which vitamin D boosts our heart health.

1. Regulation of blood pressure

Vitamin D plays a crucial role in regulating blood pressure levels. Research has shown that individuals with vitamin D deficiency are more likely to have hypertension or high blood pressure. Vitamin D helps to maintain healthy blood vessel function and reduce inflammation, which in turn helps to control blood pressure levels.

2. Improved vascular function

Vitamin D has been found to enhance vascular



function by promoting the dilation of blood vessels and reducing endothelial dysfunction. Endothelial cells line the inner walls of blood vessels and are responsible for regulating blood flow. Vitamin D improves the production of nitric oxide, a molecule that helps to relax blood vessels, thereby improving their function and maintaining optimal blood flow throughout the body.

3. Reduction in Inflammation

Vitamin D possesses anti-inflammatory properties, which can help to prevent or reduce inflammation in the cardiovascular system. Chronic inflammation has been linked to the

development of various heart diseases, including heart failure, atherosclerosis, and coronary artery disease. By reducing inflammation, vitamin D can help protect against these conditions.

4. Lowered risk of coronary artery disease

Coronary artery disease is a condition characterised by the narrowing of arteries that supply blood to the heart. Vitamin D helps to inhibit the proliferation of smooth muscle cells in the arterial walls, which can lead to the formation of plaques. Vitamin D also helps to prevent the oxidation of LDL cholesterol, which is another significant

risk factor for coronary artery disease.

5. Reduction in blood clotting

Vitamin D has anti-thrombotic properties, meaning it helps to prevent the formation of blood clots or thrombosis. Blood clots can block the blood vessels that supply the heart and lead to heart attacks. Vitamin D aids in maintaining appropriate levels of clotting factors and inhibits the production of proteins that promote clot formation, reducing the risk of thrombosis.

6. Protection against heart failure

Studies have shown a potential link between vitamin D deficiency and an increased risk of heart failure. Vitamin D helps to regulate the system which controls blood pressure and fluid balance. When this system is disturbed, it can lead to heart failure. Adequate vitamin D levels help to protect against this condition by maintaining the proper functioning.

NEWS

Centre to rename National Health Mission as PM Samagra Swasthya Mission



The Centre is set to rename the National Health Mission as Pradhan Mantri-Samagra Swasthya Mission (PM-SSM). An announcement to this effect is expected to be made during the meeting of the Central Council of Health and Family Welfare (CCHFW) that will meet under the chairmanship of Health Minister Mansukh Mandaviya at Dehradun on Friday.

The CCHFW is an apex advisory body set up under Article 263 of the Constitution to provide support and advice to the Department of Health on policy formulation and to consider and recommend broad lines of policy in regard to matters concerning health. The health ministers of states are members of the CCHFW. The meeting of the CCHFW is part of the two-day Chintan Shivir organised by the Union Health Ministry on July 14-15. According to a source, the Mission Steering Group (MSG), which is headed by the Union Health Minister, has already approved renaming of the NHM as the PM-SSM. The MSG is the highest policy making and steering institution constituted under the NHM.

The NHM was launched as National Rural Health Mission (NRHM) by then Manmohan Singh government in 2005. This was one of the flagship programmes of the then UPA government. In 2013, the Centre included the urban component in the mission. Last year, the Centre had decided to extend the NHM till March 2026, with an overall allocation of Rs 2.75 lakh crore. While the NHM was focused on primary and secondary care, the PM-SSM is aimed at developing tertiary care capacities at the district hospital level. During the two-day Chintan Shivir, issues like medical, nursing and allied health education, National Organ Transplant Programme and District Residency Programme are expected to be discussed. Besides, a session on Non-communicable diseases (NCDs) and Sickle Cell Disease is also planned.

Water-Borne Diseases In Monsoons: Things To Keep In Mind

As the name suggests, water-borne diseases are diseases that are contracted through dirty water bodies. Water-borne diseases are contracted through various kinds of organisms and may last a few days or weeks. Are we prone to water-borne diseases in monsoon?

Yes, as the availability of unfit and unhygienic water is higher during monsoons, it makes it even more unsafe. Stagnant dirty water is ideal for many organisms to breed in. These organisms later cause water-borne diseases.

As we are even more exposed to water and humidity during monsoons, the probability of us contracting a water-borne disease is much higher than any other time of the year.

One may be prone to various diseases in monsoon and all year round. Let's discuss the most common water-borne diseases we may be prone to in summer. Typhoid is one of the most common monsoon diseases in India. One might contract typhoid by consuming contaminated food or unfit water.



Langer takes over from Flower as Lucknow Super Giants head coach

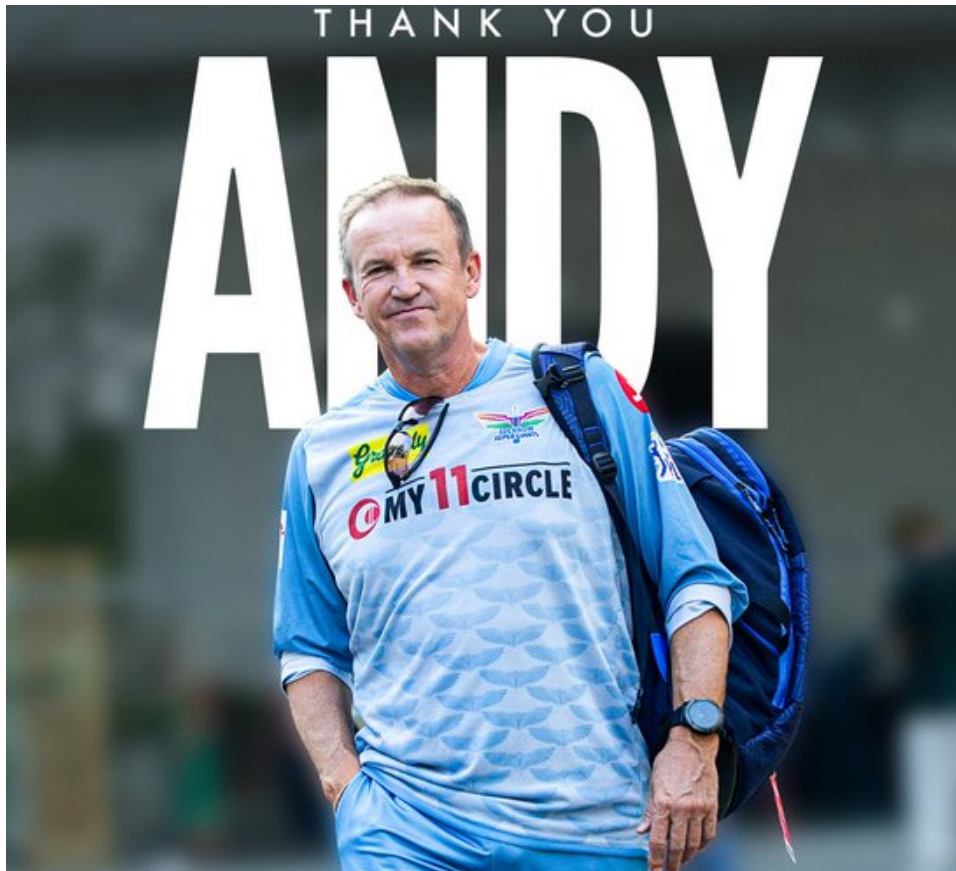
Langer replaced Andy Flower, who served as the head coach at Super Giants since the franchise became a part of the IPL in 2022. LSG did not renew Flower's contract after the end of the two-year term, during which they finished in the top four on both occasions.

"Lucknow Super Giants are on the journey of building a great story in the IPL," Langer said in a statement released by the franchise. "We all have a role to play in that journey and I am excited to be a part of the team moving forward."

Langer has never held a coaching role in the IPL but has a rich pedigree as a coach in T20 cricket, having helmed Perth Scorchers to three Big Bash League titles. He was also the head coach when Australia won the T20 World Cup for the first time in 2021 in the UAE. He resigned as Australia's head coach early in 2022 after rejecting a short-term extension offer.

He has previously worked with Gautam Gambhir, Super Giants' director of cricket, when Gambhir was trying to resurrect his international career in 2015. A casual chat on the sidelines of the now-defunct Champions League T20 in 2014, where Gambhir was captaining Kolkata Knight Riders and Langer coaching Scorchers, turned into a one-on-one mentorship a year later. Gambhir spent a fortnight in Perth then to work on some technical issues and mental toughness through mixed martial arts and gymnastics.

After the stint, Langer stated that he was "impressed with Gambhir's desire" to work on his game at that stage in his career, after having led Knight Riders to the IPL title twice apart from having played a key role in two



world titles with India - the 2007 T20 World Cup and the 2011 ODI World Cup.

Flower, who worked closely with Gambhir, had a good run with the franchise that finished in the playoffs in both their seasons. In 2022, their first

season in the IPL, Super Giants finished third, and in IPL 2023, they were knocked out in the Eliminator. One of the most established coaches in the T20 circuit, Flower is currently in a consultancy role with Australia at the men's Ashes.

Kieron Pollard: 'A lot of people are sprinting through those franchise doors'

It's been more than a decade since Kieron Pollard was branded a "mercenary" for choosing to chance his arm in the emerging T20 franchise market, rather than knuckle down in the West Indies national set-up and allow his future to be determined by the

vagaries of form and selectorial whim. But now, at the age of 35, as he sits in his hotel-room in Grand Prairie, Texas, awaiting his latest venture in USA's Major League Cricket (MLC), it's safe to say he feels vindicated - by the career he's made for himself on the one hand, but also by the path he's set for others to follow.

"I just sit back with a smile on my face, knowing that we were 10-15 years ahead of everybody," Pollard tells ESPNcricinfo, as he contemplates cricket's shifting sands, and the growing recognition that this generation of franchise-first cricketers are no longer simply seen as renegades by the wider game, but as pioneers in an ever-evolving sport.

"I got a lot of stick for it for various reasons, because certain persons couldn't see past their noses," he adds, recalling his run-ins with West Indies board members back in the day, not least in 2010, when he turned down a central contract that would have required him to renege on his T20 Blast deal with Somerset.

"But it is what it is. Hopefully, those persons now, who are speaking about all this as a 'big delight' and 'so amazing', hopefully they remember the words they were using not too long in the past, to describe myself and others who had a choice to make at that particular time."

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