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LG inaugurates 3-day long Amrit Yuva Kalotsav at Srinagar

The festival of music, dance and drama commemorates 75 years of India's Independence

■ HT News Network

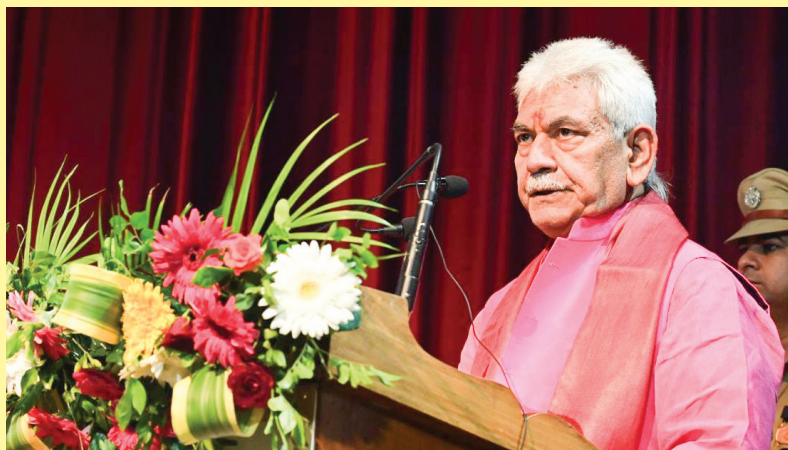
SRINAGAR, JUL 18: Lieutenant Governor Shri Manoj Sinha inaugurated the 3-day long Amrit Yuva Kalotsav, organised by Sangeet Natak Akademi, New Delhi and J&K Academy of Art, Culture & Languages, at Tagore Hall, Srinagar, today. The festival of music, dance and drama commemorates the 75 years of India's Independence. In his address on the occasion, the Lt Governor commended the endeavour of Sangeet Natak Akademi and J&K Academy of Art, Culture & Languages for providing a platform to young artists from across the country to showcase their talents. He said, the young artists from different states and UTs are getting an opportunity to fill crores of souls with their performances. "Music, dance, theater are not merely art forms but these

TURN ON.....PAGE 02

Ganderbal, Bandipora, Kulgam To Get Cinema Halls In September: LG Sinha

■ HT News Network

SRINAGAR, JUL 18: Jammu and Kashmir's Lieutenant Governor Manoj Sinha Tuesday said that art is flourishing in Kashmir and that Cinemas are coming up in every city and town while Ganderbal, Bandipora and Kulgam districts will get Cinema halls in September this year. "Artists suffered a lot during Covid pandemic. Now I am happy to see the artists coming from other parts of the country to Kashmir to showcase their art and to learn new art as well," said LG while addressing a Amrit Yuva



Kalotsav at Tagore Hall, Srinagar. The LG said that earlier, Pulwama and Shopian districts got Cinema halls after which Baramulla and Handwara saw inauguration of Cinema halls recently. "In September this year, Bandipora, Ganderbal and Kulgam districts will get Cinema halls too," he said. Pertinently, in Srinagar a Cinema is already functional. The LG said that peace was imperative for development and promotion of art. "Nothing can happen without peace. Today, one can see youth

TURN ON.....PAGE 02

NEWS BRIEF

Muharram preparations begin in Srinagar

SRINAGAR, JUL 18: Preparations for Muharram has started with people hoisting black banners and flags in Srinagar. Muharram marks the arrival of the new year in Islamic lunar calendar. The tenth day of Muharram is called Ashura and Muslims commemorate the day as the martyrdom anniversary of Hazrat Hussain (RA) and his companions in Karbala. As per the news agency—Kashmir News Observer (KNO), big black banners with quotes of Hazrat Hussain

TURN ON.....PAGE 02

Tral-Pahalgam road still a distant dream

PULWAMA, JUL 18: For decades, residents of Pahalgam and Tral have been demanding the construction of Tral-Pahalgam road but nothing has moved on the project so far. As per news agency—Kashmir News Observer (KNO), residents of Lihindajan, Walarhama, Sallar, Kular, Liver and its adjacent areas in Pahalgam and Bugmud, Karmulla, Panner, Mandoorra, Bhatnoor and its adjacent areas in Tral said that successive governments promised them that road between Tral and Pahalgam will be constructed. They said that only a nine kilometre road needs to be constructed from Bhatnoora in Tral to Lehandajan

TURN ON.....PAGE 02

Jammu Crime Branch detains fraudster under PSA

JAMMU, JUL 18: The Economic Offences Wing of the Jammu Crime Branch detained a fraudster on Tuesday under the Public Safety Act (PSA). The Crime Branch spokesman said that the Crime Branch Jammu recommended the detention of Saroop Lal, 60, of Ward No. 4, Rajiv Colony, Bari Brahmana, under the Public Safety Act. District Magistrate Jammu issued a detention order against the notorious Conman Saroop Lal, who is involved in nine FIRs and two Preliminary Verifications in the Crime Branch, Jammu, he said. The spokesman added that ex-serviceman Saroop Lal filed his first FIR in Crime Branch Jammu in 2006

TURN ON.....PAGE 02

4 Militants Killed In Poonch Were Active For Long Time: Army



■ M S Nazki

POONCH, JUL 18: Four foreign militants were killed in an encounter with the joint team of army and police in Surankote area of this district, officials said on Tuesday. Addressing a presser Commander of 6 Sector of army's Rastriya Rifles Surankote said that the group has been operating in Surankote for a long time and were disturbing the peace and tranquillity of the region. "Two recent

TURN ON.....PAGE 02

Rotational transfer of officers on sensitive posts

J&K Govt seeks details after MHA directive

■ HT News Network

SRINAGAR, JUL 18: In an exercise aimed at ensuring rotational transfer of officers working on sensitive posts, the Jammu &

TURN ON.....PAGE 02

Kashmiri Pandit killing case : SIA raids 10 locations as part of investigation

■ HT News Network

SRINAGAR, JUL 18: Jammu and Kashmir Police's State Investigation Agency (SIA) on Tuesday carried out searches at 10 locations, including the houses of active militants in south Kashmir, in the ongoing investigation into the killing of Kashmiri Pandit earlier this year, officials said. Kashmiri Pandit Sanjay Sharma, who worked as an ATM guard, was shot dead by suspected militants in the Achan area of south Kashmir's

TURN ON.....PAGE 02



Reaping peace dividends: Homestay facilities boost rural economy in Kashmir's border villages

■ HT News Network

KUPWARA, JUL 18: With tourism activities picking up pace in remote villages along Line of Control, homestay facilities have increased to host visitors in absence of hotels. "150 homestay facilities are offering their services to tourists in border areas like Teethwal and Keran," an official said. In February 2021, renewed ceasefire agreement between the armies of

TURN ON.....PAGE 02

Embracing AI to bring efficiency in working of government offices: CS



■ HT News Network

SRINAGAR, JUL 18: Chief Secretary, Dr Arun Kumar Mehta today launched 'JK

TURN ON.....PAGE 02

First batch of Hajj Pilgrims arrives in Kashmir

Div Com Kashmir, DIG Central & DC Budgam warmly receive the first batch at Srinagar Airport



■ HT News Network

BUDGAM, JUL 18: The Divisional Com-

missioner (Div Com) Kashmir, Vijay Kumar Bidhuri today received the

TURN ON.....PAGE 02



New IT Towers meticulously designed to soon come up in J&K and it will create more jobs and fuel tech growth: LG Sinha

SRINAGAR, JUL 18: Lieutenant Governor Shri Manoj Sinha chaired a review-cum-consultation meeting on Cyber Security, capacity building of knowledge based industries and reforms in School Education sector, at Raj Bhawan today.

The deliberation with officers of Industries & Commerce, Department of Information Technology and domain experts focussed on latest technological advancements, establishment of a Centre of excellence for cyber security and introducing academic courses on Artificial Intelligence, Coding, Big Data etc.

"New IT Towers meticulously designed for growth of the Information Technology industry will soon come up in J&K and it will create more jobs and fuel tech growth. Content creation and sharing with students on latest skills, awareness on IT Jobs and

opportunities for startups will propel the IT industry and will make J&K the hub of Information and Communication Technology", the Lt Governor said.

Discussing the reforms in school education, the Lt Governor said that there is a need to systematically identify and to bridge the gaps in School Education sector in terms of Infrastructure, Skill development at par with Global standards.

The Lt Governor also emphasised on improving the learning outcome, use of technology, focus on Emotional quotient (EQ) and Intelligence Quotient (IQ) to make learning a joyful activity.

"School education department, school management and education planners, domain experts should work together for quality education. Our prime objective is to be at par with best schools in the country in terms of well-



equipped laboratories and facilities," the Lt Governor said.

The Lt Governor directed the

school education department to introduce the reform in both Jammu and Kashmir divisions

on a pilot basis in selected schools.

He also suggested for creation of a database of alumni from IIT and IIM, who would subsequently adopt students from different schools for handholding and guidance.

Sh Alok Kumar, Principal Secretary School Education Department; Sh Pankaj Chandra, Vice Chancellor, Ahmedabad University; Sh Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Sh Vikramjit Singh, Commissioner/Secretary, Industries & Commerce Department, Ms Prerna Puri, Commissioner Secretary, IT Department; Sh Sanjay Gaden, J&K IT Consultant and Sh Vish Narayanan, IIT BHU Alumni & Startup Investor attended the meeting and shared their valuable inputs for the formulation of strategies in their respective sectors.

Districts, Municipalities, Panchayats with exemplary performance in tackling drug menace to be suitably rewarded: Dr Mehta

SRINAGAR, JUL 18: Chief Secretary, Dr Arun Kumar Mehta remarked that the Districts, Municipalities and Panchayats registering outstanding performance in dealing with narcotics would be suitably rewarded by the UT Administration.

The Chief Secretary made these remarks while chairing the 6th UT Level NCORD meeting attended by ACS, Home; Special DG, CID; Special DG, Crime; Principal Secretary, Forest; Principal Secretary, Education; ADGP, Kashmir/Jammu, Commissioner Secretary, RDD; Divisional Commissioner Kashmir/Jammu; DG Prosecution, Deputy Commissioners, District SPs besides other officers of the concerned departments.

During the meeting, Dr Mehta impressed upon the officers to take all the measures to eradicate the evil in its entirety. He asked them to put a fool proof system in place to convert most of the arrests into convictions. He told them to gradually increase the sanitized areas free from drugs and declare them as 'Drug Free' after due assessment.

He directed for framing well thought out guidelines for declaring the Panchayats as 'Drug Free' in consultation with different agencies like PRI members, Police, Health, Education, RDD, Revenue and Social Welfare Departments. He also took note of the pharmacy shops with functional CCTVs and maintenance of registers showing sale of scheduled drugs. He asked for fixing the timeframe to complete the process of having these installed at each chemist shop across the UT.

In order to ensure that the illicit trade of drug trafficking is curbed effectively the Chief Secretary asked the Police and District administration to attach the properties of drug dealers as provided under the relevant rules governing it. He observed that the wrongdoers needs to be dealt with iron hand to save our youth from becoming prey to their nefarious designs.

He made out that the 'Nasha Mukht J&K' is not a mere slogan but a goal to be achieved collectively. He called for practising social boycott against the drug peddlers or those engaged in this trade. He called upon the educational institutions to be vigilant and report any suspicious activity there to local police for investigation so that our Schools/Colleges do not become victims of such immorality.

While speaking in the meeting the ACS Home, RK Goyal advised the police administration to hold capacity building workshops for their officers dealing with PITNDPS Act so that they are sensitized about the nuances of handling such cases in a more professional manner. He said that each Panchayat should be declared 'Drug free' only when it is certified by the concerned institutions that there is no drug dealer, cultivator and consumer in the village.

While giving details of the performance registered by the Department in rooting out this menace the Special DGP, Crime, A.K Chaudhary gave out that a total of 1850 cases were registered in 2022 arresting 2756 involved persons and registration of 1410 cases till June this year thereby arresting 2068 persons named in the FIRs.

It was further given out that this year 251.42 Kgs of Charas, 124.47 Kgs of Heroin/Brown Sugar, 92.24 Kgs of Ganja, 3374.69 Kgs of Fuki/Poppy straw, 105588 Caps/Tabs/Injections/Bottles of contraband substances were seized under the NDPS Act up to June, 2023.

Moreover it was revealed that in order to plug any loopholes on part of administration action has been taken against IOs/prosecution in NDPS cases which have been dismissed by the trial courts for any shortcomings /discrepancies during investigation. A Total of 95 cases from UT have been identified so far out of which 74 have been referred to ADGP Jammu and 21 were referred to ADGP Kashmir for taking action against erring officials.

DC Srinagar Chairs NCORD meeting Emphasises on strengthening intelligence network to crack hotspots of drugs, obstructing drug-peddling

SRINAGAR, JUL 18: A meeting of District Level Committee of Narco Coordination Centre (NCORD) was today held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad at Conference Hall of DC Office Complex in order to discuss the comprehensive strategy to counter the menace of drug abuse in Srinagar.

The DC reviewed the implementation of the measures taken and progress achieved to eliminate drug abuse and its peddling from the Srinagar District particularly during the last two months.

The meeting among others was attended by Additional Deputy Commissioner, Syed Shabir Ahmad, Additional Deputy Commissioner, Syed Ahmad Kataria, Superintendent of Police, Arif Amin Shah, Assistant Commissioner Revenue, SDM East, Chief Education Officer, District Social Welfare Officer, DDMO Srinagar, besides Nodal Officer Colleges, representative from Private Schools Association, Incharge Drug De-addiction Centre SMHS Hospital, Incharge ATF, SKIMS Bemina and other concerned.

At the outset, the DC took a detailed appraisal from concerned members of NCORD Committee regarding the present scenario of drug related occurrences, areas of concern, age group of addicts, hot spots of drug abuse in the District.

The DC took feedback from the members of the Committee including SP Headquarter, Incharge Drug De-addiction Centre SMHS Hospital and Incharge ATF, SKIMS Bemina who presented the latest report related to action taken against drug addiction and drug trafficking in the last 2 months in the District.

On the occasion, the DC stressed upon the Officers of all the line Departments to further intensify IEC



activities, connecting communities including religious influencers and civil society members, besides holding capacity building programmes for Heads of Educational Institutions.

The DC also emphasised the Officers including Enforcement agencies for strengthening intelligence network to crack hotspots of drug abuse, obstruct drug-peddling, besides creating greater deterrence to combat dangerous trade of drug-trafficking.

The DC also called for attacking the problem of drugs from both supply and demand sides vital to contain the drug peddling and break the supply chain. He also called for stringent action against the culprits involved in the hazardous trade of drugs.

The DC asked the Revenue and Police authorities to pace up the process of the hotspots of the drugs

SIMILARLY, the DC also laid thrust on further intensifying IEC campaigns at Schools and Colleges levels to sensitize students and common masses about ill effects of drugs as well as encouraging healthy activities and hobbies to discourage drug abuse.

The DC asked the Chief Education Officer and Nodal Officer Colleges to conduct seminars, rallies and other programmes on the harmful effects of drug menace in all Government and Private Educational Institutions of the District so that youth is discour-

aged from tempting towards drugs. The DC stressed on adopting zero tolerance against the drug abuse in all Educational Institutions of the District.

The DC laid stress on identification of drug hotspots in the District and asked the enforcement agencies to conduct raids on such identified hotspots to nab the drug peddlers.

During the meeting, the DC also asked the RTO and Health Departments to constitute a special Joint team to conduct random testing of vulnerable groups including drivers of commercial vehicles.

The DC also emphasised on effective functioning of Addiction Treatment Facility Centres (ATFCs) to fight against drug addiction and mitigate the sufferings of the drugs affected persons. He also laid trust on ensuring proper counselling and rehabilitation for individuals struggling with addiction.

SP Headquarter, Arif Amin Shah apprised the meeting that as many as 13 new drug peddlers have been detained under Narco PSA since May, 2023, besides 9 accused detained under PIT NDPS. In addition, 60gms of heroin, Charas, 348.28 gm, 9.5 kgs of Bung Poppy, 800 psychotropic syrup bottles, 24860 capsules/tablets of psychotropic substances were recovered.

Militant attack: JK police attaches shopian SHO to Anantnag's RPHQ

SRINAGAR, JUL 18: Days after a militant attack, which left three migrant workers from Bihar wounded in south Kashmir's Shopian district, Jammu and Kashmir Police has attached Shopian Station House Officer (SHO) Ghulam Jeelani Bhat to Range Police Headquarter (RPHQ) Anantnag, pending an inquiry. "In view of the incident occurred on 13-7-2023 at about 2030 hours at Gagren Shopian, Inspector Gh Jeelani Bhat (AWP) (SHO P/S Shopian) PID No ARP-109258, is attached to RPHQ Anantnag pending inquiry," read an order issued by the Deputy Inspector General (DIG) of police south Kashmir range, Rayees Mohammad Bhat on Monday.

"This order shall have immediate effect," the order added.

On July 13 evening, three migrant labourers identified as Anmol Kumar, Pintu Kumar Thakur and Heralal Yadav, all residents of Supaul, Bihar were shot at and injured in a militant attack in Shopian district.

This was the third attack on non-locals and minorities in Kashmir this year.

On February 26, a Kashmiri Pandit working as a security guard at a bank was shot dead by militants at Achen in south Kashmir's Pulwama district.

Over three months later on May 29, Deepu, a resident of Udhampur, who was working at a private circus mela at an amusement park, was shot dead near Jagland Mandi in Anantnag town.

Since the abrogation of Jammu and Kashmir's special status in 2019, there have been a series of attacks on minority community members and non locals in the Valley.

Two Labourers Killed As Landslide Hits Construction Site In Udhampur

UDHAMPUR, JUL 18: Two labourers were killed and six others injured after a landslide hit an under-construction building in Jammu and Kashmir's Udhampur district on Tuesday, officials said.

A group of labourers were busy in construction work at Kallar near vegetable market in Udhampur town when they came under the landslide around 11.45 am, a police official said.

He said a rescue operation was launched immediately and six labourers were rescued in an injured condition and shifted to hospital.

Bodies of two labourers were recovered by a joint rescue team of police, the National Disaster Response Force (NDRF) and the State Disaster Response Force (SDRF) after several hours of search, the official said while identifying one of the deceased as Anirudh Kumar, a resident of Madhya Pradesh.



The identity of the other deceased is being ascertained, the official said.

Earlier, Additional Deputy Commissioner, Udhampur Joginder Singh Jasrotia who inspected the scene said nine labourers were at the scene when the landslide struck.

Meanwhile, a three-member inquiry committee has been set up by ADC Jasrotia to ascertain the facts related to the incident.

He asked the committee members to submit a comprehensive report with specific recommendations for lapses, if any, within a week. (Agencies)

Curbed drug menace to large extent in border areas: SSP B'la Seeks people's active cooperation to make Baramulla a drug-free district

BARAMULLA, JUL 18: Senior Superintendent of Police (SSP) Baramulla, Amod Ashok Nagpure on Tuesday said drug peddling and smuggling was a major challenge in the border areas but J&K Police with a sustained campaign has been able to curb the menace to a large extent.

Addressing the media persons on the sidelines of a free medical camp organised in Silikote village of Uri border town, the SSP, according to the news agency—Kashmir News

Observer (KNO) said, "The progress made in curbing drug peddling and smuggling in this north Kashmir district over the last six months would serve as a clear message to all people involved in drug menace to stop their illegal activities as they would soon face the consequences if they hadn't already." He warned that police would not tolerate drug-related offenses and advised those involved in illegal activities to abstain from it. He expressed optimism that

through the active cooperation of the people, the police would soon succeed in making Baramulla a drug-free district. The SSP said that in the past six months, they have filed 187 FIRs under the NDPS Act, leading to the arrest of 318 drug peddlers. "Among those arrested, 34 peddlers who are considered hardcore and repeat offenders have been charged under the NDPS Public Safety Act (PSA)," he said. Describing the strategies implemented to combat drug

abuse, SSP Baramulla said, "First, we focused on cracking down on the suppliers, considering it the initial part of their strategy. Also, to tackle the demand side, the police initiated an ongoing awareness program to combat the drug menace."

The presence of a drug de-addiction center in Baramulla, along with centers in Srinagar and Anantnag, further supports our goal of addressing the demand side while concurrently reducing the drug supply, he

added. He said Baramulla Police, led by DIG Vivek Gupta, conducted a free medical camp for the residents of Silikote village as part of the Government of India's border outreach program. "This initiative aims to address the concerns and issues of the locals by facilitating interaction between officials from different government departments and the community. The medical camp organized on this day falls within the framework of this program," he added—(KNO)

DC Kupwara reviews arrangements for Independence Day Celebration Asks officers to ensure foolproof arrangements

■ HT News Network

KUPWARA, JULY 18: Deputy Commissioner (DC), Kupwara, Ms. Ayushi Sudan, today convened a meeting of concerned officers to review the arrangements being put in place by different departments for smooth celebration of Independence Day 2023 in Kupwara district.

The meeting discussed threadbare various issues with regard to smooth conduct of the National Event.

The Deputy Commissioner received feedback from the officers with regard to preparations and gave necessary directions to the concerned officers to



ensure foolproof arrangements. She asked officers to work in tandem and coordination to yield better results.

The Deputy Commissioner directed the officers

of line departments to exhibit different schemes of their respective departments on the National Event.

She asked Chief Education Officer and other con-

cern to prepare variety of cultural programmes with special focus on patriotism and local culture. She directed them to ensure proper screening of cultural items and select vibrant and energetic items for the celebration.

The Deputy Commissioner stressed upon all officers and functionaries to ensure their presence at the venue on time.

Other officers were also directed to ensure foolproof and hassle free arrangements. SSP Kupwara, Yogal Manhas; ADDC Kupwara, Altaf Ahmad Khan, ADC Kupwara, ADC Handwara; DPO, District Officers, besides, Senior Officers from Army, CRPF, BSF and Police department.

DC Baramulla chairs District Level Cooperative Development Committee (DCDC) Meeting

Meeting aims at strengthening PACS as Vibrant Economic Entities in Baramulla: Dr Sehrish

■ HT News Network

BARAMULLA, JULY 18: In order to increase the viability of PACS and diversify their business activities to make them vibrant economic entities at village level, a meeting of District Level Cooperative Development Committee (DCDC) today met at DC Office Complex here under the chairmanship of District Collector/ District Development Commissioner Baramulla, Dr Syed Sehrish Asgar.

Additional District Development Commissioner Aijaz Abdullah Saraf; Deputy Registrar Cooperative Baramulla, Mohammad Arif Shah; Chief Executive Officer, Zila Panchayat, Addi-



tional District Magistrate (Revenue), Officers of Agriculture, Food and Civil Supplies, Animal Husbandry departments besides representatives of concerned departments were present in the meeting. The meeting was held to chalk out a com-

prehensive Action Plan for extending Multipurpose Primary Agricultural Cooperative Society (PACS) and Dairy/Fishery Primary Cooperative Societies covering all panchayat segments and villages in the district. During the meeting,

it was informed that there are a total of 31 PACS in the district wherein 32246 members are associated covering all the panchayat halqas of the district. It was also given out that a total number of Cooperatives registered till date stands at 83. Speaking on the occasion, Dr Sehrish deliberated on the objectives of the meeting and appealed to the committee members to lend their best efforts to achieve the objective of strengthening the cooperative movement and deepening its reach to the grassroots level as envisaged by the Union Ministry of Cooperation. She called for making primary agriculture credit societies (PACS).

PUBLIC NOTICE

Name Change in Electricity Connection

I inform to general public that my electric bill is on the name of GH AHMAD GANAIE S/O MOHAMMAD RAMZAN GANAIE R/O WAGOORA. bearing Consumer ID No. 0212040004158. Now I want to change my electric bill name from GH AHMAD GANAIE S/o MOHAMMAD RAMZAN GANAIE R/O WAGOORA to ABDUL AHAD MALLAH S/O GH AHMAD MALLAH R/O WAGOORA ...If anybody have any objection he/she may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

Name ...ABDUL AHAD MALLAH
S/o ...LATE GH AHMAD MALLAH
R/o WAGOORA
Distt...BARAMULLAH

IN THE COURT OF JUDICIAL MAGISTRATE FIRST CLASS KUPWARA

(PROCLAMATION REQUIRING OBJECTIONS FROM GENERAL PUBLIC)

FROM THE OFFICE OF THE
ADVOCATE MANZOOR AHMAD KHAN
IN THE CASE OF

Javeed Ahmad Khatana (Applicant)
Son of Bashir Ahmad Khatana
R/O Zangli Kasheera Kupwara

Verses

Registrar, Births and Deaths B. D. O Kupwara

Whereas application has been made before this court that Javeed Ahmad Khatana Son of Bashir Ahmad Khatana R/O Zangli Kasheera Kupwara was born on 05-10-2003 and the applicant has sought a direction from this court for registration of the birth particulars of Javeed Ahmad in the concerned Register of Births and Deaths. Proclamation is hereby made that any person/s having objection(s) to this application may appear before this court Date 26.7.23. (or before me) to file objections within 07 days of this publication.

Sub Judicial Magistrate Kupwara

PUBLIC NOTICE

Name Change in Electricity Connection :

It is being made public through this Public Notice that an electricity Connection in the name of Muhammad Lateef Reshi S/o M Sultan Reshi R/o kundalpora Sozaith bearing Consumer No / ID- 0206050013726 Needs to be changed into the name of Mrs Maryam, Wife of - Mohammad Sadiq Malik R/o Shoragari mohalla Nawab bazar Srinagar At Present - Sozaith Srinagar.

Anybody having any objection in this regard can contact electric Sub-division Office Narbal within seven days of publication of this notice. No objection shall be entertained after the said time period in any manner.

Name ,Mrs Maryam,
Wife of - Mohammad Sadiq Malik
R/o Shoragari mohalla Nawab bazar Srinagar
At Present - Sozaith Srinagar.

PUBLIC NOTICE

I have lost Number My Driving Licence Bearing Licence No JK 07 20170009280 some where at Home . Now I am applying for its duplicate if anybody have any objection in this regard He//She may contact with ARTO Kargil within seven days from the publication of this notice after that no objection will be entertained

Name.....Mehmood Hussain
S/O Ghulam Abass
S/OTrespone

Subject-Grant of Registration of the Paying Guest house/Home Stay under the name & style "KARAM SULTANATE" Situated at Rajbagh Srinagar

PUBLIC NOTICE

Whereas, I Naseema Yousef W/o Mohammad Yousef Tantray R/O Rajbagh Srinagar, intends to apply in the office of Prescribed Authority of Directorate of Tourism Kashmir for registration of my proposed Paying Guest House/ Home Stay situated at Rajbagh Srinagar 190008 under Tourist Trade Act 1978/82/2011.

Whereas, "KARAM SULTANATE" will submit Landownership Certificate from Concerned Tehsildar with attested photographs of the unit through Dy. Commissioner concerned, Rent/Lease Deed/Partnership Deed/issued by concerned Sub-Registrar, Judicial Magistrate (if applicable) NOC from the owner to the effect that the property can be used as Home stay), Character Certificate of the applicant from the concerned Police Station, undertaking from the owner as self declaration, Public Notice inviting objections, if any in print media, list of family members Name, Age, and Photograph self attested by owner, Photographs of the unit as mentioned in the application (each of exterior and individual bed rooms and bathrooms), Inspection report by the Committee (The recommendation of the inspection Committee shall decide whether to issue a registration to the unit or not keeping in view, the type of accommodation and amenity, adhar card. Now before my case is processed for registration by the Prescribed Authority. The matter is hereby notified for information of general Public/organizations for objections if any and the same should reach to the office of Prescribed Authority within a period of 7 days from the publication of this notice in leading local newspaper of the Valley. Objections received beyond the period of 7 days from the date of publication shall not be entertained and the case shall be processed under rules as per merit.

HT - KASHMIR

DDC Chairperson Ganderbal inaugurates H&WC at Lar Urges locals to avail benefit of services at centre

■ HT News Network

GANDERBAL, JULY 18: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq today inaugurated the first of its kind Ayush Health and Wellness Center (H&WC) at Lar Ganderbal.

While dedicating the institution to the public, the DDC Chairperson said that the AYUSH system of medicine has been traditionally used for healthcare through centuries. She said that the health promotive, preventive and curative roles of Ayush systems are the reasons for its acceptance among the masses.

DDC Chairperson urged people to avail benefits of the facilities at the wellness centre which includes Preventive, Promotive and Curative services and integrates Allopathic, AYUSH and Naturopathic systems for holistic approach towards health and wellbeing of a person and community.

"It is a good opportunity for people of Lar to avail services of Ayush like OPD services, Ayush Medicines, Panchkarma, Yoga etc" she added.



The DDC Chairperson said one of the objectives of establishing H&WC is to promote social connectivity and wellbeing and wellness of people of the district.

She enjoined upon the Health functionaries to work in a mission mode for effective and efficient functioning of the Centres to serve its purpose in the larger interest of the people.

She also emphasised on giving focused attention towards vulnerable groups including socially and marginalized weaker sections of society.

The facilities like cupping, massaging, yoga, gym and Ayush medical consultation are also available for the locals.

Meanwhile, the local people of Lar and adjoining areas have hailed the initiative taken by DDC Chairperson and District Administration and hoped that people visiting these wellness centres will be benefited.

Nuzhat Ishfaq stated that further steps will be taken for promoting Health and Medical tourism in Ganderbal district.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER SPEICAL SUB DIVISION TANGDAR

NOTICE INVITING E-TENDER

NIT No.65-SSD/TDR/ of 2023-24 e-tendering Enddt. No:1864-74 DATED:18.07.2023

For and on behalf of Lieutenant Governor of J&K Union Territory, e-tenders are being invited on an percentage basis (as applicable) from approved and eligible Contractors registered with the J&K Government, CPWD, Railways, and other State/ Central Governments for the following works:-

S. No.	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/Doc (In rupees)	Earnest Money (In rupees)	Time of Completion In days	Class of Contract	Major Head of Account
1	2	3	4		5	7	8
01.	Construction of road form New food store Khudpora to Middle School baghpati Suliman via HO M Yaseen lone & others	3.00	200	6000/-	15 days	DEE	Capex Budget

Position of A.A. Accorded
Position of funds Available

1. The bidding documents, which would include qualifying information, eligibility criteria, specifications/drawings, a bill of quantities (B.O.Q), a set of contract terms and conditions and other details, can be viewed/downloaded from the departmental website www.jktenders.gov.in on the dates listed below:-

01.	Date of issue of Tender Notice	18.07.2023
02.	Period of downloading of bidding documents	18.07.2023
03.	Bid submission start date	18.07.2023
04.	Bid submission end date	26.07.2023
05.	Date & time of opening Bids (on line)	27.07.2023 at (10.AM) in the Office of the Executive Engineer Spl Sub Div Tangdar

Terms and Conditions :-

The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contract along with Cell No, NIT No. & Sr. No of NIT) in favour of Executive Engineer Spl Sub Div Tangdar (tender inviting authority) and Earnest money / Bid security in shape of CDR/ FDR pledged to Executive Engineer Spl Sub Div Tangdar

3. At the time of tendering, all bidders must upload earnest money/ bid security equal to 2% of the Advertised Cost in the form of CDR/ FDR pledged to the tender receiving authority, i.e. Executive Engineer Spl Sub Div Tangdar. The successful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/ bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the total cost, which will be released after successful completion of the DLP/ Maintenance Period.

4. Unbalanced bid: in case bid of the lowest bidder is found unbalanced, the successful bidder shall have to produce additional performance security in shape of CDR/ FDR within 02 days after opening of price bids as per following break up;

S no	%age or unbalanced bid viz advertised cost on account of low rats	Additional ; performance security
1	Upto and including 15% below	nil
2	Greater than 15% and upto 20% below	5%
3	Greater than 20% and upto 25% below	10%
4	Greater than 25% and upto 30% below	15%
5	Greater than 30% below	20%

5. No bid shall be accepted if enlistment card is not found in JKPWDOMS online of those departments which have been serving the said portal as per circular instruction issued by department Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022

6. 1st lowest bidder will submit the CDR/ FDR within two days after opening of tender failing which 2nd lowest will be approached. Besides 1st lowest will be debarrd from participating in tendering process for one year in this division.

7. The date and time of bid opening shall be notified on the Web Site www.jktenders.gov.in and automatically communicated to bidders via an e-mail message sent to their e-mail address. Responsive bidders' bids will be opened online on the same Web Site in the Office of the Executive Engineer Spl Sub Div Tangdar (tender receiving authority).

8. Bids for the work shall be valid for 120 days from the date of opening of Technical bids.

9. Instruction to bidders regarding e-tendering process.

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

6.2 In order to participate in the bidding process, bidders must obtain a Digital Signature Certificate (DSC) under the Information Technology Act of 2000. Any approved Vendor can provide bidders with a digital certificate.

6.3 Bidders must submit their bids in electronic format with a digital signature online. No physical bids will be accepted.

6.4 Bids will be opened online in accordance with the time schedule specified in Para-1.

6.5 Bidders must upload online scanned copy of all required documents (within the document upload limits) with their technical bid. Note: - Scan all the documents on 100 dpi with black and white option.

10. The department will not be held responsible for any delays in online submission due to unanticipated circumstances.

11. The original Treasury Challan (Cost of tender document) and other Uploaded bid documents shall have to be produced on demand by the successful bidder at the time of contract signing, and in the case of unsuccessful bidders, 2 percent EMD in the form of CDR/ FDR pledged to the tender receiving authority, i.e. Executive Engineer Spl Sub Div Tangdar, will be released only after production of Original Treasury Challan of uploaded Scanned copy (Cost of tender document).

12. Bidders are advised not to change the contents of the BOQ (Bill of Quantities). They should never attempt to create similar BOQ manually.

13. Bidders should be fully cognizant that if the documents uploaded/ submitted on the basis of which the contract was awarded are later discovered to be fake/ not genuine, the contract will be cancelled and the Contract/ bidder will be blacklisted from participating in this Division/ Department for a period of three years, in addition to the performance security deposited for the said work being forfeited.

14. Price escalation and Taxes: The bidder's percentage shall be deemed to include price escalation and all taxes up to the completion of the work. Taxes shall be deducted from the Contract's bills on the gross amount of the bill at the time of recovery at the rates in effect at the time of recovery.

15. Bidders are advised to use the "My Documents" area in their R&B e-Tendering portal user account to store any required documents.

16. All bidders must UPLOAD the following information and documents with their bids, in addition to the qualification criteria / qualification information. (All documents pertaining to the bid must be in English):

All bidders must submit copies of original documents defining their constitution/ legal status, place of registration, and principal place of business, as well as their cell phone number and e-mail address.

A valid Contract/ Firm Registration Certificate issued by a competent authority in accordance with the Contract Registration Act. Treasury Challan & Earnest money

Valid PAN Card

A Civil Contract who does not own HMP and is bidding for Bitumen Macadam Works is required to upload an MoU with HMPO, from whom the material/ machinery for the subject work will be procured. The Memorandum of Understanding must be registered and duly executed in the Honble Court of 1st Class Magistrate, specifying clearly that failure on the part of the HMPO shall be deemed failure on the part of the bidder, and vice versa.

Scanned copy of GSTIN registration and most recent clearance certificate FORM GSTR-3B from the previous quarter or month, whichever is applicable.

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

18. Bidders are expected to submit technical bids along with scanned copies of all required documents. No document (s) that have not been uploaded will be accepted in hard copy for evaluation consideration. However, if need arises, Hard copies of any specific supporting documents, on the other hand, may be required on demand in support of documents posted online for clarification during technical evaluation.

manufacturing laying/ spreading and rolling temperatures are kept within the specified limits.

19. The bidder should visit and examine the site of work and its surroundings before submitting a bid, and no claim based on constrained site conditions will be entertained after the bid is accepted.

The location of the Hot mix plant of adequate capacity capable of yielding a mix of proper and uniform quality, from which bituminous macadam is to be transported to the site in clean, tarpaulin covered vehicles/ Tipper, and shall be placed in such a way that the manufacturing laying/ spreading and rolling temperatures are kept within the specified limits. DIPK-

5304/23
Date: Jul 18 2023

Executive Engineer
Spl Sub Div Tangdar

MP Er. Gulam Ali Khatana reviews developmental scenario in Ramban

Urges officers to work towards uplifting living standard of common man and endorse spirit of social justice

HT News Network

RAMBAN, JULY 18: Member of Parliament Rajya Sabha, Er. Gulam Ali Khatana today chaired a meeting of the district administration to review the developmental scenario in District Ramban.

The meeting was attended by Deputy Commissioner, Mus-sarat-Ul- Islam; SSP Mohita Sharma; ADDC, Rajinder Sharma; ADC, Harbansh Sharma; CPO, Kasturi Lal, DDC members, BDCs, PRIs and other district officers.

The MP took a detailed assess-

ment of the ongoing development projects being executed by the Rural Development Department, Education, ULB, YSS, Health, Jal Shakti, Power Development, Forests, Agriculture and allied departments.

The Deputy Commissioner briefed the MP about the status of developmental programmes being implemented in the district. The MP was also given a thorough presentation on the implementation of Centrally Sponsored Schemes (CSSs) and other beneficiary oriented schemes.

Speaking on the occasion, Khatana expressed his satisfac-



tion over the pace of progress on several development works.

Seeking feedback on each project, he called upon the officers to identify the bottlenecks, if any and take necessary corrective measures to achieve set targets in a given time frame.

He urged all the officers to work with a vision to uplift the standard of living of the common masses, especially people belonging to poor sections of the society and endorse the spirit of welfareism and social justice.

He impressed upon the officers to become people friendly and serve them with dedication

and compassion.

MP Khatana exhorted the officers to expedite the ongoing works for timely completion and dedication to the public. He also asked the officers to remain available for the people and ensure the genuine and timely redressal of their issues/ demands. He reiterated the government's unwavering commitment of enhancing the quality of life of the residents and ensuring holistic development in all aspects of their lives.

The MP reviewed achievements under Swachata Abhiyan and asked EOs of the MCs to ensure door to door collection, segregation and scientific disposal or recycling of the waste.

He emphasized on extending adequate benefits to the deserving under Forest Rights Act and other such initiatives of the UT and Union government. The MP, while reviewing the education sector, instructed the officers and the district authorities to ensure the delivery of quality education in all the educational institutions in the district for its future prosperity. The MP reviewed achievements under Swachata Abhiyan and asked EOs of the MCs to ensure door to door collection, segregation and scientific disposal.

Kishtwar: DDMA discusses plan for restoration of damaged bridges

HT News Network

KISHTWAR, JULY 18: Additional District Development Commissioner (ADDC) Kishtwar Sham Lal today chaired a meeting of District Disaster Mismanagement Authority here in his office chamber to discuss the action plan for taking up restoration works of bridges under State Disaster Response Fund (SDRF).

Threadbare discussions were held regarding the restoration work of 8 damaged bridges which were washed away due to recent flash floods in Tehsil Bunjwah of District Kishtwar.

The ADDC directed executing agencies to submit the estimates of all cases (works) at an earliest to his office for grant of necessary approval/clearance.

The meeting was attended by ADC, Inderjeet Singh Parihar; ACR, Varunjeet Singh Charak; DFO Kishtwar, Sagar Singh; AO DC Office, Imran Ahmed Kitchloo; Tehsildar Bunjwah Irshad Ahmed, besides other concerned officers.

DCDC discusses implementation of "World's Largest Grain Storage Plan" in Samba

HT News Network

SAMBA, JULY 18: The District Cooperative Development Committee (DCDC), which met today here under the chairmanship of the Deputy Commissioner Samba, Abhishek Sharma, discussed revival of the Cooperative sector and action plan for the implementation of the prestigious "World's Largest Grain Storage Plan" in the Cooperative Department.

The Concerned departments were directed to identify land for a modern Grain storage unit in District Samba. The chosen site will align with the "World's Largest Decentralized Grain Storage Project" initiated by the Ministry of Cooperative.

The meeting stressed on putting in extra efforts to establish new Farmer Producer Organizations (FPOs) and raise awareness among farmers and the public in collaboration with NABARD.

The DC informed that the PACs will now be eligible for operating retail Petrol and LPG outlets for which a process has been initiated to identify eligible PACs.

Five PACs from District Samba were nominated for Jan Aushadi Kendras to improve access to generic medicines in rural areas. The Deputy Commissioner expressed gratitude to all participants and emphasized the DCDC's commitment to foster cooperative growth and uplift the agricultural landscape in District Samba.

ADDC, ACD, ACR, CAO, CHO, CSHO, CAHO, DDM NABARD, Lead Bank Manager, AD Fisheries, Dy Registrar Cooperatives, Assistant Registrars Samba district and other concerned officers attended the meeting.

Director Horticulture launches Plantation Drive in Dansal

HT News Network

JAMMU, JULY 18: The Department of Horticulture Jammu is conducting a series of plantation drives in the Sub-tropical areas of Jammu Division to promote plantation of fruit plants in the farmers' fields amid the Rainy season.

In this context, the Director Horticulture Jammu, Ram Savak, today started the plantation drive at three different farmers' fields located at Bajalta, Chak-Rakhwala and Ban area of Dansal block. By planting saplings, the director initiated the compact plantation over an area of 50 kanals. Chief Horticulture Officer Jammu, Ashwani Sharma, DLSMS Jammu, Sandeep Gupta, Horticulture Development Officer, Sandeep Sharma and a large number of farmers of the area were

present.

During the programme, the Director stressed the need to encourage High Density Plantation in the area. He said that the rainy season is very suitable for new plantations especially in the kandi area and the farmers should adopt a cluster approach to establish new orchards and take benefit of all the departmental schemes.

Awareness cum interaction programme was also conducted at Ban, where a large gathering of farmers including women and Sarpanch of the panchayat Ban, Rajinder Singh were present.

During the interaction with the farmers, the Director briefed them about the recently launched Holistic Agriculture Development Programme providing incentives/ assistance to the farming community to enhance their income.

District Committee discusses revival of Cooperatives, implementation of "World's Largest Grain Storage Plan" at Doda

HT News Network

DODA, JULY 18: Deputy Commissioner Doda, Vishesh Mahajan today chaired a meeting of District Cooperative Development Committee (DCDC) to discuss the rejuvenation of Cooperative Societies in the District and implementation of World's Largest Grain Storage Plan in the Cooperative Sector. It was informed in the meeting that the district has 27 registered Cooperative Societies, out of which 26 are functional and are making profit for them. New cooperative societies have been proposed in the Agro sector, Jan Aushadhi, and other such fields of business viable in the district. The Cooperative department has recovered an amount of Rs 14 lakh from NPAs out of the total 27 lakh out-



standing amount. The information was provided by the Deputy Registrar Cooperative, Sumit Kumar, while briefing the meeting about the departmental activities in the district. The DC appreciated the efforts of the department for making more than 50 percent recovery of NPAs and asked the functionaries to rejuvenate the existing cooperative societies to enhance their sphere of activities/

business, negotiation capacity and profit making/ earning capacity. He advocated for new cooperatives in the field of Agri-tech and Agro based sectors. He asked for developing a cooperative platform for catering the surplus milk production and vegetables in the district. Detailed discussion was held with the members of the District Cooperative Development Committee on the imple-

mentation and monitoring of the World's Largest Grain storage Plan. The Deputy Commissioner directed the Cooperative Department to coordinate with Agriculture Department and other Line Departments in identifying PACS which show increasing trend in Grain Production for considering such PACS in World's Largest Grain Storage Plan in the local Cooperative Sector.

The Agriculture Department was asked to submit the Block-wise data of Grain Production so that deserving PACS may be identified and put in Plan accordingly.

The DC emphasised on opening of Jan Aushadi centres by the cooperatives and laid emphasis on roping in pharma graduates in such cooperatives so that the best medicine at the best price could be made available to the deserving.

ADC Ramban reviews Muharram arrangements

HT News Network

RAMBAN, JULY 18: Additional Deputy Commissioner Ramban, Harbans Lal Sharma today chaired a meeting of officers and representatives of Shia Federation here to review arrangements put in place for Muharram-ul-Haram starting from 19th July.

Chief Medical Officer Dr. Kamal Zadu, Executive Engineer JPDCL, Jal Shakti, CEO MC Ramban, Tehsildar, Dy.SP traffic, Dy. SP Hqtr. and other concerned officers attended the meeting.

The meeting discussed demands projected by the representatives of Shia associations for the smooth conduct of Muharram.



The meeting discussed arrangements for power supply, water supply, renovation of roads, provision of ration, firewood, sanitation, street lighting and medicare facilities.

The ADC instructed Jal Shakti and JPDCL to ensure uninterrupted power and water supply, while the health department was asked to ensure availability of healthcare facilities at

places of congregations.

He asked the concerned departments to ensure that the arrangements pertaining to their departments are put in place well in time.

Municipal authorities were instructed to ensure cleanliness in and around Imambargah Chanderkote. The Police and Traffic department was also asked to provide fool proof security and traffic arrange-

DDC reviews arrangements for Budha Amarnath Yatra in Rajouri

HT News Network

RAJOURI, JULY 18: District Development Commissioner of Rajouri, Vikas Kundal, today chaired a meeting to review the arrangements for the annual Budha Amarnath Yatra.

During the meeting, the DDC exhorted the officers to make the arrangements pertaining to their departments well in time to avoid any inconvenience to the pilgrims. The DDC stressed the need for foolproof security arrangements, adequate medical facilities, and other essential services to be provided to the pilgrims.

The officers were also reminded of the importance of putting all necessary



arrangements in place well in advance. The DDC urged them to work diligently and leave no stone unturned in their efforts to make the yatra a fulfilling and memorable experience for everyone who embarks on this spiritual journey. The Budha Amarnath Yatra is a highly revered pilgrimage that draws devotees from all over the region. It is a time when the faithful seek

spiritual enlightenment and connect with the divine. Ensuring that all arrangements are in place is crucial to the success of the yatra and the safety of the pilgrims. With the efforts of the officers and the support of the local community, the Budha Amarnath Yatra is expected to be a fulfilling and memorable experience for all those who undertake it.

95th ICAR day celebration and Technology demonstration concludes at KVK Samba

HT News Network

SAMBA, JULY 18: Krishi Vigyan Kendra, Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu today concluded 3-day celebrations of 95th ICAR day by organizing technology demonstrations from 16th-18th July, 2023.

More than 300 farmers/ farm women enthusiastically participated in these programmes held at KVK premises under the leadership of Prof. B.N. Tripathi, Vice-Chancellor, SKUAST-

Jammu.

The day event witnessed a display of novel and innovative technologies including specimens, exhibits and agricultural tools and implements for the farmers.

The concluding day of the programme began with a welcome address by Dr. Sanjay Khajuria, Chief Scientist & Head, KVK Samba. He welcomed the farmers and highlighted the importance of new and innovative technologies in agriculture particularly in Samba district for enhancing the income of the farmers. He emphasized upon the need to include



new and innovative technologies in agriculture to improve the profitability in the agriculture sector. He elaborated upon the various initiatives undertaken by the KVK during the last 03 days like organization of training and awareness pro-

grammes, demonstration on processing and value addition of kandi fruits like mango, citrus fruits, kisan goshti, exhibition of the latest technologies for the benefit of the farmers. A series of the expert lectures were also delivered by the

KVK scientists for the farming community of the Samba district.

Dr. Neerja Sharma, Senior Scientist (Horticulture) discussed in detail about the value addition of the fruits and vegetables in the Samba district and various post harvest measures to improve the income of the farmers.

Dr. Abhay Kumar Sinha, Senior Scientist (Agricultural Engineering) elaborated upon the various aspects of farm mechanization in the field of agriculture like tractors, tillers, farm machinery banks, custom hiring centers, innovative

farm tools and their role in reducing the farm drudgery to a greater extent.

Dr. Saurav Gupta, Scientist (Entomology) gave detailed information about the importance of innovative farming as it offers a solution to various problems, such as food security, farmers' distress, and health problems arising due to pesticide and fertilizer residue in food and water, global warming, climate change and natural calamities. He also discussed different ways to control various insects - pests and diseases of Chickpea through various innovative farming,

RAC approves 21 cases at Doda

HT News Network

DODA, JULY 18: District Rent Assessment Committee (RAC) today reviewed and approved 21 rent assessment cases of buildings being used by various government departments here at its meeting chaired by Deputy Commissioner, Vishesh Mahajan.

The cases discussed included those of the Health department, Education department, PWD, Youth Services and Sports department, Handloom department, Legal Metrology department, Handicraft department, Agriculture department, and Sheep Husbandry department. The committee deliberated on determining the appropriate rent for different structures housing the government offices in the district. Deputy Commissioner instructed the committee members to conduct thorough title verifications for all the fresh assessments within a specified timeframe. Additionally, he urged the planning section to incorporate new and revised entries to facilitate better understanding for committee members in future meetings.

EDITORIAL

Need to Discourage
Unhealthy Competition
among Students :
What Next

Recently declared results of 10th and 12th examination have once again brought to the forefront, the issue of unhealthy competition among students. The unrelenting pursuit of higher marks has permeated our education system, leading to negative consequences for both students and society at large. The emphasis on achieving top grades has overshadowed the significance of holistic development, fostering a hyper-competitive environment that undermines the true purpose of education.

Unhealthy competition instills in students a singular focus on achieving the highest possible marks, disregarding the joy of learning and personal growth. The pressure to outperform peers and secure coveted seats in prestigious institutions has created a culture where success is solely measured by numerical scores, neglecting the diverse talents and skills that individuals possess.

This obsession with marks has resulted in a variety of adverse effects. Mental health issues, such as anxiety, stress, and depression, are increasingly prevalent among students. The constant fear of failure and the overwhelming burden of expectations take a toll on their well-being, hindering their overall development. Additionally, unhealthy competition fosters a cutthroat atmosphere, eroding the spirit of cooperation and collaboration among students.

The relentless pursuit of high marks also skews the education system itself. It encourages rote learning and memorization, prioritizing regurgitation of facts over critical thinking and creativity. Teachers, compelled to focus on exam-oriented teaching, are unable to nurture students' natural curiosity and explore a wide range of subjects. This not only stifles intellectual growth but also hampers the development of essential skills such as problem-solving, communication, and teamwork.

Moreover, unhealthy competition distorts the purpose of education. Education should aim to cultivate well-rounded individuals capable of contributing to society, rather than merely producing high achievers. By fixating solely on exam results, we undermine the potential of students to develop their unique talents, passions, and interests. This narrow focus neglects the importance of character-building, moral values, and social responsibility, resulting in a generation ill-equipped to tackle real-world challenges.

Addressing the issue of unhealthy competition requires a holistic approach involving students, parents, educators, and policymakers. It is imperative to shift the narrative from grades to holistic development, recognizing that success encompasses more than just academic achievements. Encouraging students to pursue their passions and interests, engaging in extracurricular activities, and promoting a healthy work-life balance can contribute to their overall well-being and personal growth.

Furthermore, the education system should emphasize skill-based learning, critical thinking, and creativity. Assessments should focus on evaluating students' comprehension, analytical skills, and practical application of knowledge, rather than solely relying on memorization. Encouraging project-based learning, collaborative assignments, and open-ended questions can foster a deeper understanding of subjects and promote creativity and innovation.

Parents and educators also play a crucial role in nurturing a healthy learning environment. Encouraging children to explore their interests, supporting them emotionally, and instilling a love for learning can help alleviate the pressure of unhealthy competition. By celebrating individual progress, effort, and character development, parents can foster a sense of self-worth beyond numerical achievements.

The recent examination results have once again exposed the dark underbelly of unhealthy competition in our education system. The myopic focus on marks undermines the true purpose of education and places immense pressure on students, leading to detrimental effects on their mental health and overall well-being. It is imperative that we collectively work towards creating an educational ecosystem that values holistic development, creativity, and character-building. Only then can we provide a nurturing environment that allows every student to reach their full potential and contribute meaningfully to society.



VIJAY GARG



Students get hooked on computational studies easily as it is versatile and offers numerous opportunities to solve problems across various fields

In today's digital age, people from every walk of life are familiarising

leveraged to solve their problems. Moreover, it nurtures creativity and curiosity to explore new questions and delve deep into understanding its intricacies.

Students get hooked on computational studies easily as it is versatile and offers numerous opportunities to solve problems across various fields, including Physics, Chemistry, Biology, Engineering, Economics, Management, and Social Sciences.

Computational studies provide a platform for students to implement solutions that are crafted from computational thinking. This virtual envi-

ronment is safer, faster, and more cost-effective than traditional laboratory experiments. Students immerse themselves in this exciting field of study and enjoy tackling new challenges as it offers them the opportunity to experience contemporary technologies.

Several universities have introduced Computational Thinking concepts to students from different branches of study such as Data Science, Psychology, Economics, Management, and Design. Students are encouraged to identify complex problems from a domain of their interest. The concepts absorbed in Computational Thinking

are applied to understand the problem and develop possible solutions in a way that a computer, a human, or both, can understand its implementation. Moreover, students are introduced to an open-source environment to build digital products using tools such as 3D models, Augmented Reality, Chat Bots, Web page development software, Face tracking software, Image tracking software, and IoT tools to implement solutions. Some interesting problems solved by students include supply chain optimisation, searching for a bus in the stand and employing Vitruvian Man golden ratio to design a logo, etc.

Computational thinking is an essential skill for students to develop as it promotes problem-solving, critical thinking, logical reasoning, creativity, and innovation. It also supports technology and data literacy, prepares students for the future workforce, supports scientific discovery creates an urge to reach out for social good and enhances learning across domains. Moreover, it is a fun and engaging way for students to learn!

Vijay Garg Retired
Principal Educational Columnist
Malout Punjab

WHY COMPUTER
STUDIES IS GAINING
POPULARITY

themselves with computing in some form or the other. Much like reading and writing, computing is being adopted as a fundamental tool for finding solutions to everyday problems.

Computing devices gained popularity and burgeoned into widely used tools to solve personal and industrial problems in the 21st century. Efforts are being made globally to adopt digital gadgets in K 12 and Higher education curricula to enable problem-solving via digital tools. In India, the National Education Policy (NEP 2020) also emphasises the same.

Computational study is often confused with computer programming. Computer studies is a thought process, whereas computer programming involves the mastery of programming languages to logically implement solutions. According to Jeannette Wing (2000), Computational Thinking is a process that enables us to take a complex problem, understand it and develop possible solutions that a computer, human, or both, can understand.

Hemmendinger (2010) referred to computational studies as a method that teaches students to think like an economist, a physicist, or an artist, to understand how computation can be



BLOCKCHAIN TECHNOLOGY IS
THE NEED OF THE HOUR



ER ALJAZ AHMAD



Blockchain technology is the technique in which various block can be used for the data storage. These blocks are interconnected each other. Blockchain technology is a way of creating a secure and transparent record of transactions. It does this by using a decentralized system where each participant in the network has a copy of the ledger. This means that any changes to the ledger are visible to everyone in the network, and cannot be easily altered or deleted.

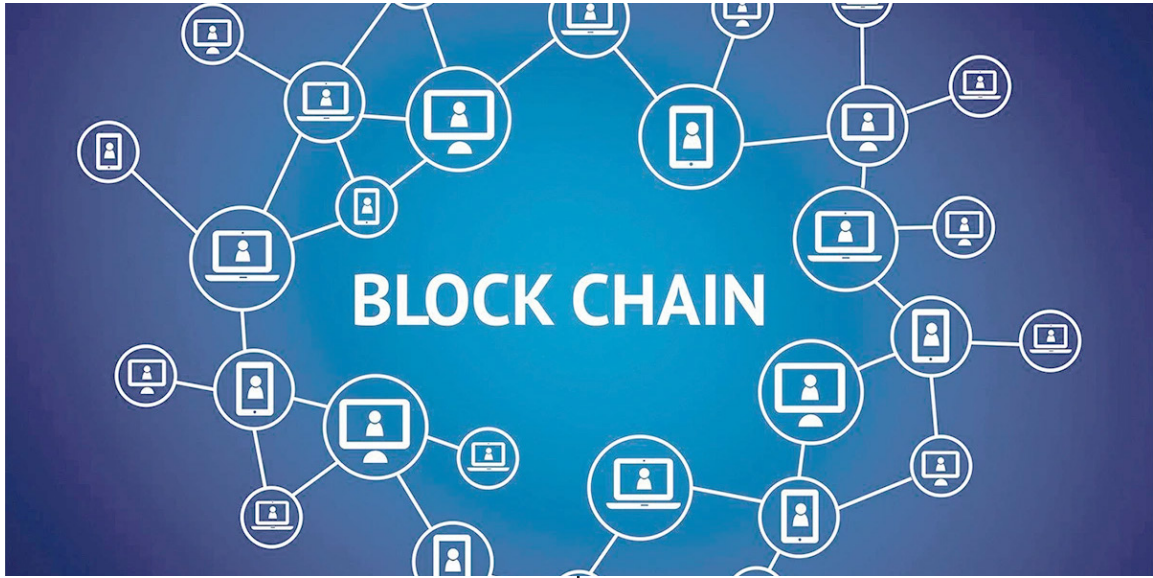
Blockchain technology has been gaining popularity because it has the potential to solve many of the problems associated with traditional centralized systems. For example, it can increase transparency, reduce fraud, and improve security.

There are many potential applications for blockchain technology, such as in finance, supply chain management, and voting systems. It is also being used to create new types of digital assets, such as cryptocurrencies.

Overall, blockchain technology is seen as a potentially transformative technology that could have a major impact on many different industries. As such, it is considered to be a need of the hour, and its development is being closely watched by many experts and analysts.

Blockchain technology is becoming increasingly popular because it offers a secure and transparent way to store and transfer information. This technology is used in various fields such as finance, healthcare, and supply chain management because it can prevent fraud, reduce costs, and improve efficiency. Additionally, blockchain is decentralized, which means that there is no single point of failure, making it less vulnerable to hacking and other cyber attacks. Overall, blockchain technology has the potential to revolutionize the way we do business and interact with each other online.

Blockchain technology is a revolutionary innovation in the world of digital transactions. Put simply, it is a decen-



tralized, digital ledger that stores data in a secure and tamper-proof way. This technology is rapidly gaining popularity and is being adopted by many different industries, from finance and banking to healthcare and real estate. Here, we will discuss some of the different types of blockchain technology.

Public Blockchain

Public blockchains are open to anyone who wants to join the network. This means that anyone can read, write, and verify transactions on the blockchain. Public blockchains are completely decentralized, and all participants have equal rights to access and interact with the network. Bitcoin is the most well-known example of a public blockchain.

Private Blockchain

Private blockchains, on the other hand, are closed networks that are only accessible to a select group of participants. Private blockchains are often used by enterprises and organizations to secure their internal data and transactions. Private blockchains can be customized to meet the specific needs of an organization, and they can offer faster transaction speeds and lower transaction fees compared to public blockchains.

Hybrid Blockchain

Hybrid blockchains are a combination of both public and private blockchains. They allow for certain parts of the network to be public while other parts are private. Hybrid blockchains are often used for supply chain management and logistics because they can offer the benefits of both public and private blockchains.

Permissioned Blockchain

Permissioned blockchains are similar to private blockchains, but they require permission to join the network. Only approved participants can read, write, and verify transactions on the blockchain. Permissioned blockchains are often used in industries where strict regulations and compliance are required, such as healthcare and finance.

In short, blockchain technology has many different types and uses. Understanding the differences between them is important when deciding which type of blockchain to use for a particular application. From public to private, hybrid to permissioned, blockchain technology has the potential to revolutionize the way we store and transfer data.

Author is the occasional writer from budgam. He is the engineer, quote writer, social worker, rather aljaz740@gmail.com

Racism In Britain Is Not A Black And White Issue. It's Far More Complicated

Tomiwa Owolade

Something was amiss but I couldn't say why. I was a sixth-form student and talking to a girl who told me with utter confidence that "white people can't be victims of racism". Racism is about power and privilege. White people have power and privilege. Black people and Asians don't. This means that only the latter group can be victims of racism; racism is the exercise of power and privilege against people of colour.

I nodded at the time – she almost convinced me. Almost. I admired her clarity but felt her account was too neat. I liked her passion but thought it was painfully misguided.

It has only been over the past few years that I have been able to say exactly why she is wrong; why her account of racism is provincial rather than progressive; why combating material inequalities should be based on truth rather than distorted narratives.

The year 2021 was a strange time to be alive. The interregnum between lockdown and "back to normal". The last full year of Boris Johnson's slipshod government. The terrifying wildfires in Australia. Amid the chaos and change, though, something else seismic occurred that year. More than 14,000 people took part in the Evidence for Equality National Survey between February and October. They came from 21 ethnic backgrounds and all parts of the country. The survey report was released last week, and it claims to be the most comprehensive account of racial inequality in Britain for more than 25 years.

The research was carried out by academics from the universities of St Andrews, Manchester and King's College London, and published in a book called Racism and Ethnic Inequality in a Time of Crisis.

Nissa Finney is a professor of human geography at St Andrews and led the report. She argues that the "UK is immeasurably far from being a racially just society. The kinds of inequality we see in our study would not be there if we had a really just society."

The figure from the report that has most grabbed the headlines is this: more than a



third of ethnic minority people in Britain have experienced some form of racist abuse.

The two groups most likely to say they have experienced racist abuse are Traveller communities and Jewish people

The standard progressive response would be that this is awful but not surprising. We all know we live in a racist society; anyone who denies this is deluded and complicit with racism. Any racial abuse against any individual is morally abhorrent, and civil society has a moral duty to oppose prejudice. We should try to get the number of people who experience racism as close to zero as we possibly can. But something again nagged at me in the way many have presented the evidence from this survey. Because the corollary of one third of ethnic minority people

reporting that they have experienced racist assault is that two thirds of ethnic minority people have not.

This does not mean that there is no racism in Britain. The recent Casey report, for instance, affirmed the existence of institutional racism in the Metropolitan police. But the Evidence for Equality National Survey report complicates some of the underlying assumptions that many ostensibly progressive people espouse on racial inequality in Britain. One is a narrow idea of what constitutes racism.

Anyone who is white is privileged, we are told, and racism only affects people of colour. The problem with this view is that there are certain minorities who are seen as white and yet experience prejudice. In fact,

the two groups most likely to say they have experienced racist abuse, according to the survey, are Gypsy, Traveller and Roma communities and Jewish people.

More than 60% of Gypsy and Traveller people reported that they had experienced some form of racist assault. More than 55% of Jewish people report the same.

But we also find striking differences within groups we often unthinkingly group together.

White Irish people are more likely to say they have experienced prejudice in Britain than black African people

Black Caribbean people, for instance, are more likely than black African people to say they have experienced racism – nearly 50% for black Caribbean people and more than

30% for black African people. Which also means that more than half of black Caribbean people and two thirds of black African people say they experienced no racist assault. All of this from a survey many have used to conclude that Britain is far from being a racially just society.

Remarkably, the survey found that 40% of white Irish people reported experiencing some form of racist assault in their lives. This means that white Irish people are more likely to say they have experienced prejudice in Britain than black African people and all Asian ethnic groups: Indian, Pakistani, Bangladeshi, Chinese and other Asian groups.

One response to this is obvious. Some minority groups might under-report their experience of racist abuse, others might over-report. We shouldn't take the survey as an objective account of racism in Britain. But the problem with this point of view is that the report has already been used to advance the claim that Britain is still plagued by racism – and the very same people who make this claim also emphasise only one kind of racial inequality, one that puts black and Asian people at the very bottom of society, and "white" people at the top.

If the latter is true, then we need to discard the report as useless. If the report is useful, we need to recalibrate how we think about racism. We can't think both that the report is helpful and still cling to that narrow account of racism.

There are racial inequalities in our society. This much is true. But this should be approached with subtlety rather than simplicity. This is because ethnic minority people in this country have diverse experiences and any commitment to fighting racial disadvantage needs to incorporate this complex truth if it wants to be truly effective.

Morally speaking, racism is a black and white issue. But when it comes to how it manifests itself, it is multidimensional. The most comprehensive survey on racial inequality for nearly 30 years needs to be examined comprehensively.

Tomiwa Owolade is a contributing writer

The Rhythm Of Pain

Review By Subash Singh Parajuli

(Poet and Critic)

The Rhythm of Pain is an agony against women's suppression.

The Rhythm of Pain is a vibrant poetry anthology that explores a range of suppressed emotions, experiences of melancholy, the personification of womanhood and an insightful realization of women's freedom. This heart-rending anthology of poetry by Ranjana Niraula elicits a masterpiece of her poetry crafting with such a flow of rebellious and delicate philosophical notions about women's empowerment and the enigma of male chauvinism that is published by an Indian Vitasta Publication which consists of thirty poems.

In the gracefully presented lyrical and insightful collection of poems befittingly titled 'The Rhythm of Pain'. The poet has effusively professes and honours her deep understanding of liberation for women and rebellion and thought-provoking ideology in the male-dominated society when she has ecstatically felt herself in numerous cases. Readers are enticed to explore through her vast experiences, deep knowledge, rich descriptions, unique perspectives, and ingenious prowess of imagination and the bewitching exquisiteness of an assortment of delectable about women's empowerment equally calls for the necessity to acknowledge women's power and dimensions of colours to drive the profound society that they impart and the unwavering love and hope they robustly stand for.

Ranajan's poems sincerely try to dig out the holistic approach, ranging from the

perspective of biology, psychology, anthropology, sociology, and history amongst others like the French writer Simone de Beauvoir's book "The Second Sex" which still stands supreme for its highly comprehensive work on gender. She initiates the book by explaining how women are not allowed to exist in their genuine sense. What becomes of a woman is a social construct. The woman is what man will enable her to be. Human Society is anti-physics in a sense, it is against nature; it does not passively submit to the presence of life but instead takes over the control of the environment on its behalf. This arrogation is not an inward, subjective operation; it is accomplished objectively in practical action. She tries to explain gender discrimination in the human mind through this viewpoint. Is it in human nature to restrict the world? And the other? Or for Us? The poetess raised the voice of such melancholic sentiments through each poem about how women are oppressed by putting off opportunities to foster their inborn talent and differentia to be self-reliant in this contemporary society.

This is a book that alarms the charismatic power and complexity of women who are misunderstood and hailed as subordinate ones. Her poetry sharply points out the harsh reality of the contemporary situation of Nepali Women's position despite being educated and self-reliant in particular areas still they are prolonged to tackle gender discrimination.

Some of the poems inspire a deeper appreciation and respect for women and their strive in all their glory, at the same time there are intense reflections of despair and irony appealing for liberation and independence from man supremacy. The riveting poems proudly showcase the versatility of women's voices in different hues and seasons, and since historical years how they are behaved toward and confined in the name of systematic laws and taboos culture and traditions that evoke various emotions of agony, sorrow, discomforts, sentimentality, outrage, suffering in the writer and through her experience in the readers. Ranjana's poems are rich with sensory details and poetic devices such as imagery, metaphor, dialectics personification and alliteration. She astutely invites her readers to ponder philosophically and rationally over the ethics of women's freedom alarming to be more friendly and supportive of their injustice to justify.

One of the strengths of this collection is the diversity of voices and perspectives that the poets' heart sees and eyes felt about the women's identity crisis that is represented in lyrical forms. The poems range from deeply personal reflections and experiences of the universality of women's subordination in life and the male expulsion towards women sentiments. Some of the poems are raw and visceral, while others are more abstract and philosophical as the poetess invoiced gender biases in terms of physical malice. Despite

the wide range of styles and approaches, the poems in this anthology pleaded for the emancipation of liberation from male Beaumont. Each poem offers a unique perspective on the experience of self-lived life, and many of them are deeply moving and thought-provoking for a world devoid of discrimination against women. In the course of reading this anthology, especially male readers can perceive the poetess's priority in a feministic ideology which appears as a sense of discrimination in males voices and their essentiality to run the human race nevertheless what the poetess encountered in her life she vehemently expressed through the medium of poetry in this anthology.

One of the standout poems in the collection is 'I am a Rhododendron' which portrays the sense of our perception of how Males are unaware of the dimension of women and their colours who paints men's living in exotic and vibrantly having faced multiple barriers to making them stand out in the nexus of society. Another notable poem is 'Life! A Celebration of Words explores the idea of life and how far we can get a form of transformation and renewal during our living after being free from conventional belief. There are some more poems which render in mind and heart after reading twice and thrice like 'Gautama, Why did you curse me?', 'I am the Lord of Myself', 'Another Morning', 'The request of a fetus', 'Slaughter House of Dependence', 'Tears Plead', 'Earth - wom-

an analogy.

The poem entitled 'Slaughter House of Dependence' is one of the best satirical pieces that set numerous questions about the women's prime responsibility and duties in daily lifestyle that they had to perform like a machine who is even tamed and treated as an animal in carnage to fulfil men's desired.

It is a very ironic verse about being a derailed daughter-in-law in their husband's house how a woman is tamed with many chores and how she retains to be a machine in twenty-four hours despite having many own dreams and passions to live independently. This poem marks the sense of equality and liberation and feminine ideology. Similarly 'Testimony of a sex worker' poem is a total description of a prostitute woman who how had to quench s thrust of sex of a male for her survival after being released from the brothel and how she is viewed with such an ill ideology in society.

Ranjan's poems constitute the pain and agony that females are carrying for ages which deprived the power of being independent and free to make their sky. Her poems rebel against the practice of unsystematic ordinances and the perception of males toward women which is unjustified in their lives. Each poem mostly ushered for spiritual awakening and a sense of empathy for the elimination of women's bigotry, and the sense of ill motives and beliefs must be adjourned for their upliftment with the magnetic power of the universe.

PM Modi takes a jibe at opposition's meeting in Bengaluru

■ HT News Network

New Delhi, July 18 (UNI) Prime Minister Narendra Modi on Tuesday took a jibe at the meeting of the opposition parties in Bengaluru and said, "Those who have gathered (the opposition), all of them stay silent when asked about their corruption charges."

"In democracy, it is of the people, by the people, and for the people. But for the dynastic political parties, it is of the family, by the family, and for the family," PM Modi said while inaugurating the new integrated terminal building of Veer Savarkar International Airport, Port Blair. Attacking the Congress party, the Prime Minister said, "Family first, nation nothing. This is their motto... There is hatred, corruption, and appeasement politics." "The country is a victim of dynastic politics. For them, only their family's growth matters, not that of the poor in the country," he said.

"Indians never lacked capabilities and capacities, but the corrupt Dynastic Parties always meted out



injustice to them and made India bear the consequences," the PM slammed.

The Prime Minister's remarks came following the 26 opposition parties holding a meeting on the second day in Bengaluru on Tuesday to chalk out a joint strategy to take on the BJP unitedly in the 2024 Lok Sabha elections.

"When their misrule in any one state is exposed, then these people from other states immediately start giving arguments in its defence," the PM alleged.

"They have only one ideology and agenda, which is to save your family and increase corruption for the family," he said.

Talking about the recent raid on ED in Tamil Nadu, he said, "There are several cases of corruption now being exposed, but they (the opposition) have already claimed a clean chit."

Prime Minister Modi said on Tuesday that the people of the country have once again made up their minds to bring back our government in the 2024 elections.

"In such a situation, some people responsible for the plight of India have opened their shops and sat down," he added. Prime Minister Modi said, "In the last nine years, we have not only rectified the mistakes of the old governments, but have also furnished new facilities

and avenues to people."

"Today, a New Model of Development has been introduced in India. This is a model of inclusion, a model of 'Sabka Saath, Sabka Vikas,' he added. The Prime Minister's remarks came following the 26 opposition parties holding a meeting on the second day in Bengaluru on Tuesday to chalk out a joint strategy to take on the BJP unitedly in the 2024 Lok Sabha elections.

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India, France Agree To "Co-Develop Next Generation Military Equipment"

■ HT News Network

New Delhi: India and France agreed to develop new generation military equipment as part of a long-term roadmap during Prime Minister Narendra Modi's visit to Paris, French Ambassador Emmanuel Lenain said on Tuesday.

The envoy also said that there is "real" political consensus in France on enhancing ties with India as he cited Modi's meetings with President of the French Senate Gerard Larcher, President of French National Assembly Yael Braun-Pivet and Prime Minister Elisabeth Borne.

"It shows that when it comes to India in France, there is real consensus. There is no difference. Everybody is so supportive and that is one of the trademarks of this partnership," Lenain said at a media briefing.

Prime Minister Modi visited Paris on July 13 and 14 during which both sides reaffirmed their commitment to expand overall strategic cooperation including in defence.

"Defence cooperation has always been very important



for the two countries as we feel that in order to be independent, we have to be secure. And in order to be secure, we need good equipment and technologies," Lenain said.

The Defence Acquisition Council, headed by Defence Minister Rajnath Singh, on July 13 accorded the approval for the purchase of 26 Rafale-M (naval variant) and the three-Scorpene submarine from France.

The envoy said the two countries are working on a roadmap to produce next-generation military equipment and technologies.

"We have decided to work and co-develop the next generation of equipment. And we are working on a roadmap in the defence field," he said without elaborating. At the same time,

Lenain said the defence cooperation between the two sides was much beyond one or two platforms as both sides are looking at expanding it significantly.

Ambassador Lenain described Modi's visit to Paris as a reflection of "trust and strong partnership" between the two countries.

"It was a very good and significant visit to send a strong message of trust and friendship," he added.

On the 1650 MW nuclear power project in Jaitapur in Maharashtra, the envoy said there has been some progress on it.

Both sides are engaged in talks to resolve all issues including those relating to civil nuclear liability, cost and techno-commercial matters. During Modi's visit, both sides agreed to

adopt a 25-year roadmap to set the course for the bilateral relationship up to 2047 to celebrate the centenary of India's independence and the centenary of the diplomatic relations between the two countries.

"The roadmap for the next 25 years will mean one century of bilateral relations. The roadmap is very very ambitious," Lenain said.

He said the two sides are committed to expanding cooperation in the Indo-Pacific as well.

Following talks between Prime Minister Modi and French President Emmanuel Macron, the two sides unveiled an India-France Indo-Pacific roadmap for boosting cooperation in the region.

"Our two countries believe in a free, open, inclusive, secure and peaceful Indo-Pacific region," the roadmap noted. "We believe that the India-France partnership will be a crucial pillar of the interconnected and intersecting arrangements in the Indo-Pacific region and indispensable for a peaceful and prosperous future for the Indo-Pacific region," it said.

SC to hear Rahul Gandhi's appeal on July 21

■ HT News Network

New Delhi, July 18 (UNI) Supreme Court on Tuesday agreed to hear on July 21 the appeal filed by Congress leader Rahul Gandhi challenging Gujarat High Court order that refused to put on hold his conviction and a two-year jail term in a criminal defamation case.

A bench of the Supreme Court, headed by the Chief Justice of India (CJI), Dr Dhananjaya Yeshwant Chadrachud, agreed to hear it on Friday, July 21.

Dr Abhishek Manu Singhvi, senior lawyer appearing for Rahul, mentioned the matter before the CJI bench, seeking hearing of the matter, and to this, the Apex Court agreed to hear his appeal on Friday, July 21.

Congress leader and disqualified Lok Sabha Member of Parliament (MP) Rahul Gandhi on July 15 knocked on the doors of the Supreme Court, challenging Gujarat High Court order dismissing his plea for stay of his conviction in the criminal defamation case over 'Modi surname' remark.

Arvind Kejriwal accuses BJP-led Centre for creating mess of every sector

■ HT News Network

New Delhi, July 18 (UNI) Delhi Chief Minister Arvind Kejriwal on Tuesday took a swipe at BJP-led Centre and accused the Modi government of creating mess of almost every sector.

Kejriwal, who is in Bengaluru to attend the two-day opposition leaders meet, to seek a plan to bring Opposition together to take on the ruling BJP in the 2024 Lok Sabha poll alleged that Prime Minister Narendra Modi got a chance to rule the country for 10 years but he has made a complete mess of almost every sector.

Kejriwal, replying to media queries, alleged that in every section PM Modi has created mess.

He alleged that high unemployment and inflation are in the country.

The people want to get rid of this government, so everyone needs to come together, claimed Kejriwal.

Govt with sick mentality had made UP sick: Yogi

■ HT News Network

Lucknow, July 18 (UNI) Chief Minister Yogi Adityanath on Tuesday criticised the previous government and said their sick-mentality made Uttar Pradesh sick, but today the state is heading in the direction of becoming a competent state. While citing statistics from the NITI Aayog, the CM said that UP has changed, it has moved out of the BIMARU state category and is heading in the direction of becoming a 'Saksham Pradesh'.

Handing over appointment letters to 1,573 Auxiliary Nurse Midwifery (ANM) health workers in an event organised at Lok Bhawan, he said, "In 2015-16, about six crore people, constituting 37.68 percent of the population, were below poverty line (BPL) in UP. With our efforts, the percentage of people below poverty line dropped from 37.68 percent to 22 percent in 2019-20 and currently it stands at 12 percent, to the surprise of everyone." He said that many of the states continue to carry the BIMARU state tag even today in the absence of the required development while UP has risen above it and is now connected positively to the process of development.

"BJP, Can You Challenge I.N.D.I.A.?" Mamata Banerjee After Opposition Meet

■ HT News Network

New Delhi: Top leaders of 26 Opposition parties today gathered in Bengaluru to decide on the contours of the front that will take on the BJP next year. They agreed on a name -- I-N-D-I-A (Indian National Developmental Inclusive Alliance).

"NDA, BJP, can you challenge I.N.D.I.A.?" Mamata Banerjee said at a press conference after the meeting ended. "We love our motherland. We are the patriotic people of the country. We are for the country, the world, farmers, for all," she said, adding that people -- Hindus, Dalits, minorities, farmers, in Bengal, and Manipur -- are under threat from the BJP, whose only job is "buying and selling governments".

Congress president Mallikarjun Kharge announced that the next Opposition meeting will be held in Mumbai, where an 11-member coordination committee will be set up. When asked who will lead the alliance, Mr Kharge said that a Convenor will be decided at the Mumbai meeting. "These are small things," he said. Delhi Chief Minister Arvind Kejriwal, Shiv Sena (UBT) leader Uddhav Thackeray, and former Congress president Rahul Gandhi also spoke



at the press conference. Several leaders were missing from the media interaction as they had to rush to the airport for their flights back home, Mr Kharge said. "The country's wealth is going to a select few. The fight is about two different ideas of India. We asked ourselves who the fight is between. Not between the Opposition and BJP. The voice of the country is being stifled. The fight is for the voice of the country. So this name was chosen - INDIA," Rahul Gandhi said. During the meeting, Congress president Mallikarjun Kharge had said his party wasn't interested in power or the Prime Minister post. Taking aim at the BJP, he said the ruling party's president and party leaders are "running from state to state" to patch up with old allies.

"Fight Between PM Modi And I.N.D.I.A": Opposition Coalition Has A New Name

■ HT News Network

New Delhi: I-N-D-I-A -- the Indian National Developmental Inclusive Alliance -- is what the united opposition front will be known as, 26 parties participating at the crucial meet in Bengaluru decided today, setting what Congress's Rahul Gandhi called a "Modi versus I.N.D.I.A" battle for the 2024 general elections.

"We are defending the Constitution, voice of Indians and the idea of India. You know what happens to anyone who wants to fight the idea of India... The fight is between NDA and I.N.D.I.A, Narendra Modi and I.N.D.I.A, his ideology and I.N.D.I.A. India always wins all fights," said Mr Gandhi. "The fight is about two different ideas of India... The voice of the country is being stifled. The fight is for the voice of the country. So this name was chosen -- I.N.D.I.A," he added.

The BJP -- which is gathering its allies together in Delhi -- scoffed. Drawing a parallel with the banned organization SIMI, the BJP's Amit Malviya said changing the UPA is just regrouping under another name.

"In 2024, country will elect Prime Minister Modi, the leader... The future of our country is too precious to be risked with one of the self serving, corrupt, dynastic



parties. It is apparent that they have come together to save their shrinking turfs, not serve the people," read his tweet.

The name for the united opposition was arrived at after much deliberation on Day 2 of the mega meeting.

Sources said the Left parties wanted the word 'Alliance' to be changed to 'Front' while some parties were not too keen on 'NDA' in the name. Shiv Sena UBT chief Uddhav Thackeray pushed for a name that would not have any mention of opposition.

It was Mr Gandhi who finally came up with the acronym, tweeted Jitendra Ahwad of the Nationalist Congress Party. "His

creativity was greatly appreciated," his tweet read..

"Chak de India," read a gleeful tweet from Trinamool Congress's Derek O'Brien soon after the name was decided on. "NDA can you challenge INDIA? BJP can you challenge INDIA?" questioned his boss, Bengal Chief Minister Mamata Banerjee.

Addressing the media after the meet, Congress chief Mallikarjun Kharge said, "The BJP wants to destroy democracy, Constitution, using autonomous bodies like CBI, ED, vigilance all such institutions against opposition party leaders and workers. This is a grave situation. We have come



Indian way of living. I agreed to his demand," she said.

After this Sachin went back to his hometown and a few days later, his father Netrapal came to her house, she said. "He took me to a court in Bulandshahr to meet a lawyer to start the court marriage process. When I showed them my papers, the lawyer told me that I could not marry Sachin because I was not an Indian citizen," she told the police.

After returning home, she said she was afraid that the lawyer might alert the police and she would be arrested. "On June 30, I borrowed money from Sachin's father for daily expenses and left the rented house with my children. We wanted to go to Delhi but were arrested soon after," she said.

together to save this situation. How to save the country and the people of the country -- this is the issue before us".

Asked who will lead the alliance, Mr Kharge said, "We are making a coordination committee of 11. At that meeting in Mumbai, we will decide on who the 11 will be, who the Convenor will be, etc. These are small things".

In her remarks at the press conference, Mamata Banerjee, while acknowledging all leaders present, referred to Rahul Gandhi as "our favourite". Today's meeting, she said, was "very good, constructive, fruitful". The next meeting in Mumbai will also focus on a Common Minimum Programme, she added. The opposition meeting coincided with the NDA meeting in Delhi, where the BJP, in a grand show of strength, has gathered together 38 parties.

Referring to the Delhi meet, Mr Kharge claimed the BJP is running scared. "Earlier, they (the BJP) never cared. They never spoke... Tukde tukde ho gaya tha (the NDA was in pieces)... Now PM trying to put them together. It shows he is afraid of the Opposition," Mr Kharge said. About the parties attending the NDA meet, he added, "Don't know who they are. If they are registered parties, I have not heard that there are so many parties in India".

Kerry seeks 'urgent action' as China, US revive climate talks

■ HT News Network

BEIJING: US climate envoy John Kerry held four hours of talks with his Chinese counterpart in Beijing on Monday, calling for "urgent action" as the two countries revived stalled diplomacy on reducing planet-warming emissions.

Climate talks between the two biggest greenhouse gas emitters came to a halt last year after Nancy Pelosi, then-speaker of the US House of Representatives, enraged Beijing by visiting self-ruled Taiwan, which China considers to be part of its territory.

Kerry, a former secretary of state, has enjoyed comparatively cordial and consistent relations with China despite Washington and Beijing locking horns over Taiwan and other issues.

Kerry met his Chinese counterpart Xie Zhenhua in Beijing, with the two men speaking for around four hours, state broadcaster CCTV said. Both countries "must take urgent action on a number of fronts, especially the challenges of coal and methane pollution," Kerry wrote in a tweet after the talks.

"The climate crisis demands that the world's two largest economies work together to limit the Earth's warming," Kerry tweeted. Beijing said after the talks that "climate change is a common challenge faced by all mankind".

China would "exchange views with the



United States on issues related to climate change, and work together to meet challenges and improve the wellbeing of current and future generations", foreign ministry spokesperson Mao Ning said.

US National Security Adviser Jake Sullivan told CNN on Sunday Kerry would press Beijing not to "hide behind any kind of claim that they are a developing nation" in order to slow-roll efforts to cut emissions.

"Every country, including China, has a responsibility to reduce emissions," Sullivan said. "And the world, I do believe, should step up and encourage — indeed, pressure — China to take far more dra-

matic action to reduce emissions." China has long used its official status as a developing nation to justify its high emissions, with Sullivan saying "there is more work for them to do on that front". "Secretary Kerry will make that point when he's in Beijing," he said. Kerry's trip follows two other high-profile visits by US officials — Secretary of State Antony Blinken and Treasury Secretary Janet Yellen — that were aimed at stabilising US-China ties.

His visit to China came as the Northern Hemisphere endured record-setting summer heat waves, which scientists have said are being exacerbated by climate change.

"The Kerry visit and the resumption of climate interaction underscores the critical importance of coordinated efforts to address the climate crisis," Chunping Xie, Senior Policy Fellow at the Grantham Research Institute on Climate Change and the Environment, said in written comments.

"It also demonstrates their shared determination to navigate a complex geopolitical relationship to promote the common good," said Xie. Kerry met his Chinese counterpart Xie Zhenhua in Beijing, with the two men speaking for around four hours, state broadcaster CCTV said. Both countries "must take urgent action on a number of fronts, especially the challenges of coal and methane pollution," Kerry wrote in a tweet after the talks.

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Japan, Taiwan fear Russia, China to start regularly patrolling Asian waters

■ HT News Network

Tokyo, July 18 (UNI) A joint Chinese-Russian exer-



cise in the Asian region has raised concerns among some states that Russian and Chinese air and naval forces will soon be patrolling the area regularly, the Financial Times newspaper reported on Tuesday, citing officials.

On July 15, the Chinese Defense Ministry announced that the Russian Armed Forces would participate in the "North. Interaction-2023" military exercises organized by China in the Sea of Japan.

The framing of the drill and increasingly frequent Russian military movements in East Asian waters

and airspace raise concerns that Russian and Chinese air and naval forces could soon be patrolling the area regularly, the newspaper



reported, citing Japanese and Taiwanese government officials.

The news outlet sees this drill as more provocative, since Russia increased its military participation in the exercise and the event is taking place in an area where Russia and Japan have territorial disputes.

Japan no longer has illusions that it can develop relations with Russia to balance China and is now convinced that there is a treat on two fronts, a senior Japanese government official was cited by the Financial Times as saying.

At the same time, China

sees its growing cooperation with Russia as a response to US hegemony and pressure from NATO, the newspaper quotes Chinese defense experts as saying.

Russian officials have also said that military cooperation with China is a response to the aggressive build-up of US military potential in Asia. At the same time it was underscored that neither Russia, nor China are planning to create any alliances and new dividing lines in the region. The news outlet sees this drill as more provocative, since Russia increased its military participation in the exercise and the event is taking place in an area where Russia and Japan have territorial disputes. Japan no longer has illusions that it can develop relations with Russia to balance China and is now convinced that there is a treat on two fronts, a senior Japanese government official was cited by the Financial Times as saying.

At the same time, China sees its growing cooperation with Russia as a response to US hegemony and pressure from NATO.

South Korea flood deaths cast doubt on readiness for extreme weather

■ HT News Network

SEOUL/BEIJING: South Korean President Yoon Suk Yeol on Monday blamed authorities' failure to follow disaster response rules as the death toll from days of torrential rain rose to 40, including a dozen people found dead in a submerged underpass.

Deluges have pummeled central and southern regions since Thursday as the rainy season that started in late June reaches its peak. The interior ministry has also reported nine people missing and 34 injured across the nation.

Twelve deaths, including three bodies found overnight, occurred in a tunnel in Cheongju, 110km south of Seoul, where 16 vehicles, including a bus, were swamped by a flash flood on Saturday after a river levee collapsed. The incident fuelled questions over South Korea's efforts to prevent and respond to flood damage.

Some drivers who use the road regularly blamed the government for failing to ban access to the underpass



even though floods were widely forecast. Yoon, just back from an overseas trip, on Monday convened a disaster response meeting and conceded the situation was made worse because of poor management of vulnerable areas.

Tens of thousands of people were evacuated in southern China and Vietnam on Monday as a typhoon barreled towards land.

The China Meteorological Administration said typhoon Talim made landfall on the coast of Guangdong province at around 10:20pm.

Powerful winds, storm surges and lashing rains were forecast to hammer the southern coastline from Guangdong to Hainan prov-

inces on Monday night, it said.

The forecaster had issued an orange alert, the second-highest warning in a four-tier colour-coded system.

It said the storm was expected to lose speed by Tuesday morning and "weaken and dissipate over northern Vietnam" on Wednesday. Deluges have pummeled central and southern regions since Thursday as the rainy season that started in late June reaches its peak. The interior ministry has also reported nine people missing and 34 injured across the nation.

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Gaza's 9,000 cancer patients suffer from medicine shortages: health official

■ HT News Network

GAZA, July 18 (UNI) The lack of medicines threatens the lives of more than 9,000 cancer patients in the Gaza Strip, warned a senior Palestinian health official on Monday.

"Cancer patients in the Gaza Strip suffer from a lack of diagnostic and treatment capabilities, with the increasing number of cancer patients among the population of the Gaza Strip," said Subhi Skaik, the director general of the Gaza Cancer Center, at a press conference.

Skaik highlighted the high rate of tumours, citing data from the World Health Organization. The incidence of cancer in the Strip has reached 91.3 per 100,000



residents in 2021 and is projected to double by 2040. The current cancer death rate is 12.5 per cent.

Additionally, the patients in Gaza lack access to radiotherapy and nuclear medicine for diagnosis, said the official. Israel's travel restrictions further impede

them from accessing life-saving treatment in the West Bank or East Jerusalem. The health official called on the international community and the authorities concerned to intervene urgently to save the lives of cancer patients in the Strip.

Since 2007, some 2 mil-

lion Palestinians residing in the coastal enclave have been under Israeli blockade after the Islamic Resistance Movement (Hamas) seized control of the territory. Skaik highlighted the high rate of tumours, citing data from the World Health Organization. The incidence of cancer in the Strip has reached 91.3 per 100,000 residents in 2021 and is projected to double by 2040. The current cancer death rate is 12.5 per cent.

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Israel recognises Western Sahara as Moroccan territory

■ HT News Network

RABAT: Israel has recognised Morocco's sovereignty over the disputed territory of Western Sahara and is mulling opening a consulate there, a statement from the Israeli prime minister's office said on Monday.

The announcement confirmed a statement earlier from Morocco's royal palace, which said Israel's position had been expressed in a letter to King Mohammed VI from Israeli Prime Minister Benjamin Netanyahu. Israel was considering opening a consulate in Dakhla, the statement said. Morocco considers Western Sahara its own territory, but the Algerian-backed Polisario Front wants an independent state there. In 2020, then-US president Donald Trump recognised Morocco's claim to the territory in return for Morocco's resumption of diplomatic ties with Israel. The Israeli position "will be sent to the United Nations, regional and international organisations", the statement from Morocco's royal palace quoted the letter as saying.

Twenty-eight other countries — mostly African and Arab — have opened consulates in Dakhla, in what Morocco sees as tangible support for its Western Saharan rule.

Israel's position on Western Sahara was "clear-cut" and adds to the momentum in Morocco's favour, after Washington and Madrid, in addition to other European capitals, supported its plan for the territory, a senior Moroccan government official said.

BRICS leaders to discuss admission criteria of new states

■ HT News Network

Montevideo, July 18 (UNI) The leaders of the BRICS countries will discuss at the summit in South Africa the admission criteria for new participants, taking into account the numerous requests to join the organization, Brazilian Foreign Minister Mauro Vieira told Sputnik.

"The number of countries interested in joining BRICS testifies to its importance on the world stage. Now we need to discuss and agree on the criteria for evaluating these applications, which will be done at the summit of the presidents [in South Africa in August]," Vieira said.

Brazil, in particular, supports the application of its strategic partner — Argentina, the minister added.

"But first, as I have already said, we need to develop a roadmap for the future of the group and reach a consensus on the criteria, taking into account the numerous requests we receive," the minister concluded.

Illegal weapons seized in Afghan

■ HT News Network

Kabul, July 18 (UNI) The Afghan security forces have seized a variety of arms and ammunition during a series of operations in southwestern Nimroz province, the General Directorate of Intelligence (GDI) said in a statement on Tuesday.

The confiscated weapons included 107 pistols, 24 assault rifles, and a good quantity of munitions, such as cartridges and bullets, the statement added.

The statement did not mention if anyone had been arrested during the operations.

The Afghan caretaker government, which vowed to collect arms and ammunition from anyone outside the security forces, has discovered and seized thousands of light and heavy weapons including tanks since it took over power of Afghanistan in August 2021.

Japan, France to conduct joint air force training from July 26-29

■ HT News Network

Tokyo, July 18 (UNI) The Japanese and French air forces will conduct the first bilateral training from July 26-29 aimed at improving tactical skills and deepening defense cooperation, Japan's Air Self Defense Force (JASDF) said on Tuesday.

"JASDF will conduct a bilateral training with the French Air and Space Force as follows. Conduct bilateral training with the French Air and Space Force (FASF) to improve JASDF tactical skills and promote mutual understanding, and further deepen defense cooperation to realize a 'Free and Open Indo-Pacific,'" the air force said in a statement.

The training will be conducted at the Nyutabaru air base in the Japanese southern prefecture of Miyazaki and in the airspace around the Kanto region, the statement read.

Japan will provide seven aircraft for the military drills, including three F-15s fighter jets, and France will send two Dassault Rafale jets, a tanker aircraft and one Airbus A400M Atlas cargo plane, the document added.

Death toll from starvation cult in Kenya exceeds 403 people

■ HT News Network

Nairobi, July 18 (UNI) The death toll from the starvation cult in Kenya has reached 403 after 12 more bodies were found in Kilifi County in the country's southeast.

Coast Regional Commissioner Rhoda Onyancha said there were no new arrests so far, and the total number of people arrested remains at 37, including the cult leader Paul Mackenzie, the Citizen broadcaster reported on Monday.

In April, local media reported four people had starved themselves to death, as Mackenzie had preached they would "meet Jesus" that way. Another 11 cult followers were hospitalized. Shortly after, Mackenzie was arrested. In May, the Kenyan prosecutor's office said he would be charged with terrorism.

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DC Bandipora reviews preparations for Independence Day- 2023 celebrations

■ HT News Network

BANDIPORA, JULY 18: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Tuesday convened a meeting of concerned officers to review the preparations for celebration of I-Day, 2023.

The meeting discussed various preparations and arrangements to be put in place for the celebration of Independence Day-2023.

It was given out that the main

function of Independence Day will be held at SK Stadium Bandipora while similar functions will be held at sub divisional level and block level as well as at all Schools, Colleges, Government Institutions, Panchayats etc.

Dr. Owais directed the concerned to keep ready all the necessary arrangements including seating arrangements, PA system, uninterrupted power supply, drinking water, Medicare facilities, cleanliness and sanitation and other required arrangements.



The DC instructed concerned to ensure that all arrangements are made in advance for celebrations of Independence Day. He asked the R&B department to prepare the stage and make preparations for flag hoisting. Dr Owais stressed upon officers to put in place all necessary arrangements well in time for the smooth celebrations of Independence Day. He directed the concerned that the preparations and training for contingents should be started as soon as possible. The DC strictly directed all

the sectoral and district officers for flag hoisting at their respective offices, besides illuminating their offices and buildings. He also directed for the illumination of major bridges across the district. The meeting was attended by Nodal Officer Coordination Bandipora Mohammad Ashraf Hakak, Additional Deputy Commissioner Bandipora Umar Shafi Pandit, CO CRPF 3rd Battalion, ACR Bandipora, JD Planning Bandipora, DySP DAR, DySP HQ Bandipora and other concerned officers from Police.

DC Kulgam visits Imam Bara at Shahoo Sachan; takes stock of Muharram arrangements

■ Farooq Rather

KULGAM, JULY 18: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Imam Bara at Shahoo Sachan area of the district to oversee the arrangements put in place for ensuing Muharram-ul-Haram by various departments.

During his visit, the DC took detailed stock of arrangements put in place by various departments to facilitate the people during the days of Muharram-ul-Haram.

He instructed the concerned officers to synergize efforts to ensure smooth conduct of Muharram-ul-Haram and extend all requisite facilities to the devotees.

The Department of PHE and PDD were asked to ensure adequate water and electricity supply with fool-proof standby arrangements.

The concerned officers were directed by the DC to install street lights on roads leading to Imam baras and to provide requisite facilities to the people throughout the Muharram days.



He also interacted with the people and representatives of the Shia community and listened to their issues and demands.

ADC Viqar Ahmed Giri, ACR Mir Imtiyaz Ul Aziz, ACD Mohammad Imran, CMO, Tehsildar Devsar and Pahlloo, AEEs of PHE and PDD, and other officials accompanied the DC during the visit. The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Imam Bara at Shahoo Sachan area of the district to oversee the arrangements put in place for ensuing Muharram-ul-

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DLSA Gbl organizes Legal Awareness programme on NALSA Schemes

■ HT News Network

GANDERBAL, JULY 18: The District Legal Services Authority, (DLSA) Ganderbal, today organised a legal awareness programme on "NALSA Schemes, Concept of Free Legal Aid and Social Security Schemes", at Government Girls Higher Secondary School, Tullamulla, Ganderbal, under the auspices of J&K Legal Services Authority and as per the calendar of activities for the month of July, 2023.

The programme was held under the supervision of Chairman DLSA Ganderbal, Ritesh Kumar Dubey.

The objective of the programme was to provide knowledge and understanding of the NALSA schemes, free legal aid, and social security schemes provided by the government. Adv. Asif Mustafa, Assistant Legal Aid Defense Counsel, of DLSA Ganderbal threw light on the various NALSA schemes to ensure the availability of justice to all, regardless of their socio-economic background. He also emphasized the significance of social security schemes introduced by the government to help the vulnerable sectors of society, such as senior citizens, women, children, and persons with disabilities. He further highlighted how these schemes act as a safety net, ensuring basic welfare and financial assistance for those in need. Bilal Ahmad Bhat, Social activist also spoke on the occasion and highlighted the role of DLSA Ganderbal and the importance of providing free legal aid to the marginalized sections of the society in building a just and cohesive society.

DC Budgam chairs District Cooperative Development Committee meeting

■ Surkhhab Zehra

BUDGAM, JULY 17: The Deputy Commissioner (DC) Budgam, Akshay Labroo today chaired district level District Cooperative Development Committee meeting at Conference Hall here.

Stressing on the strengthening of the Cooperative movement at ground level, the DC directed on formation of FPOs in the district.

While FPOs already exist in 7 blocks of the district, instructions were given to the concerned agency to write about formation of the same in other blocks to the concerned central agency and ground work including mobilisation and registration for it be initiated simultaneously in all blocks.

The DC emphasised on timely adoption of model bylaws by all primary agriculture credit societies (PACS) to make them economic generation resources. He also directed for timely updating of data on the National Cooperative Database under phase - I and phase II in the district.

Instructions were given to all line departments to work in complete synergy for smooth convergence of PACS with schemes including PM-



Kusum besides identification PACS for setting up of Jan Aushadhi Kendras at all required spots in the district.

During the meeting, Deputy Registrar Cooperative Budgam, Abida Nabi presented an overview of the present status of cooperative societies in the district besides deliberating upon the work being done to strengthen the Cooperative movement across the district.

The DC directed the officers to ensure CSC registration of all the 54 PACS of District Budgam be completed by next week.

He also directed the Cooperative

Department to ensure higher registration of FPOs during the current financial year.

DC also reviewed the operation of Super Bazar, registration on GeM, and forming and revival of Cooperative societies.

Among others, the meeting was attended by the Additional District Development Commissioner, Dr Akramullah Tak; JD Planning, ACR, Chief Agricultural Officer, Chief Horticulture Officer, Chief Animal Husbandry Officer, LDM, DDM NABARD, District Head KVK, representatives of Cooperative Bank, JKMPCL.

DC Shopian emphasizes upon strengthening Cooperative movement in the district

■ HT News Network

SHOPIAN, JULY 18: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today presided over the District Cooperative Development Committee meeting at Mini-Secretariat here to discuss measures for development of the cooperative sector in the district. Deputy Registrar Cooperatives, Muzaffar Ahmad gave an overview of the present status of cooperative societies in the district and efforts taken by the department to revive and strengthen the societies. It was given 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 and efforts are on to give them required support for their upliftment and fillip.

The DC urged the cooperative department to prepare a holistic development plan for the societies in the district and focus on increasing membership. He further

directed the concerned officials to make efforts to revive the handloom and handicraft societies for strengthening 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.

Labour Deptt Shopian organises Awareness programme for Building & Other Construction Workers

■ HT News Network

SHOPIAN, JULY 18: Labour Department Shopian today organized an awareness programme for building and other construction workers at the Employment Office, Shopian. The event was aimed to educate participants about the registration/renewal process and welfare schemes provided by the Jammu and Kashmir Building and Other Construction Workers Welfare Board (JKBOCWWB).

Assistant Labour Commissioner (ALC) Shopian, Peer Zameer Ahmed addressed the participants, and provided detailed information about the registration process. He also explained the welfare schemes currently run by the JKBOCWWB for the welfare of the construction workers.

ALC also informed that 11000 construction workers are active in the district till date and stressed for online registration instead of visiting offices to save their pre-



cious time. He enlightened the participants about the welfare schemes of JKBOCWWB, both presently active and those planned to be implemented in the next financial year. On the occasion, Dr. Nida Yousuf, ALC, JKBOCWWB, apprised the participants about several upcoming enhancements to the welfare schemes, including an increase in the rate of scholarships for various classes. She also apprised them about the special scholarship of Rs. 50,000 for the wards of registered BOC workers who secure 90% and above marks in 10th and 12th class.

JKEDI's Startup Leadership Summit 2023 propels 5 J&K Startups towards funding

■ HT News Network



SRINAGAR, JULY 18: The Startup Leadership Summit organized by the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) has brought forth opportunities for the region's startup ecosystem in the shape of selection of 5 promising startups for funding, 2 startups for scale-up support and the enrollment of 12 startups into The India Network's Accelerator Program.

The two-day event which served as a platform for collaboration, knowledge sharing, and entrepreneurial growth was attended by visionary entrepreneurs, industry experts and investors.

During the summit, the selected startups were recognized for their exceptional potential and disruptive ideas across various sectors.

Through a rigorous pitching process, these exceptional startups stood out by presenting their compelling business plans and forward-thinking vision. These startups have been handpicked based on their innovation, potential for growth, and commitment to making a significant impact in their respective industries.

The program will provide the selected startups with unparalleled support, guidance and resources to fuel their entrepreneurial aspirations. By nurturing their ingenuity, offering mentorship from industry stalwarts, facilitating access to funding opportunities, and creating a vibrant ecosystem, the program aims to empower these startups to flourish and succeed in their ventures.

Director JKEDI, Ajaz Ahmad Bhat presided over the proceedings. He expressed deep admiration for the remarkable talent pool of startups and aspiring entrepreneurs who gathered at the Startup Leadership Summit, recognizing their exceptional potential and unwavering dedication to innovation and entrepreneurship.

"Their vision, passion, and commitment to making a difference in their industries are truly commendable. Through this platform, we aim to empower them with the necessary tools and knowledge to thrive and succeed as entrepreneurs. Under the visionary leadership of Hon'ble Lt. Governor, the J&K Government has become a strong catalyst for the growth of startups and the empowerment of entrepreneurs. We are steadfast in our commitment to continually enhance this supportive ecosystem, fostering innovation and driving entrepreneurial success in J&K," he said.

DC initiates installation of 600 Street Lights project for Budgam Town, drainage project at Humhama

■ HT News Network

BUDGAM, JULY 18: The Deputy Commissioner (DC) Budgam, Akshay Labroo today initiated the installation of 600 street lights mega project for Budgam town at Old Bus Stand Budgam. He said that the installation would enhance the lighting system and illumination of main town Budgam. The DC said that the street lights project was approved under the KLC funds utilization, after a need was felt regarding proper street lighting facilities in the main town. Later, DC also initiated the drainage construction project at Humhama Chowk under Humhama- Mirgund integrated road project.

PUBLIC NOTICE

I have lost my 8Th pass marks card . Now i am applying for its duplicate if anybody have any objection in this regard He/She may contact Concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

FAISAL SHAFI BHAT
S/O MOHD SHAFI BHAT
R/O DOLIPORA KAWACHECK

How does it matter if my fasting blood sugar is 120 mg/dL and post meal, a little short of 200 mg/dL? What’s there to worry about?

Dr. Ambrish Mithal

One of the most interesting aspects about being a doctor is the wide variety of people one meets every day. It enables us to observe how the same condition can elicit divergent responses from different people. This week I saw two patients who had just been detected to be “pre-diabetic” while undergoing a routine health check-up. Patient 1 was a 25-year-old man working in Gurgaon in a large firm. His reaction? “It’s prediabetes, not diabetes. It’s just some jargon that doctors make up. I don’t believe there is anything wrong with me and came to you because it was part of my corporate package.” Patient 2, a jittery, 35-year-old woman said, “I am doomed. Everyone in my family has diabetes. I don’t want to get diabetes, doctor, please do something about it.”

So, who was right in their approach? Let us first understand what prediabetes is. This means that your blood sugar is higher than usual but not high enough for you to be diagnosed with Type 2 diabetes. Prediabetes is also sometimes called borderline diabetes that most people tend to take casually.

The diagnosis of prediabetes is made by blood tests.

1. Fasting blood glucose 100 – 125 mg/dl (impaired fasting glucose, IFG)
2. Two hours after taking 75-gram glucose dissolved in water – blood glucose value between 140 and 199 mg/dl (impaired glucose tolerance, IGT)
3. HbA1c value between 5.7 to 6.4 per cent.

The global number of people with prediabetes probably exceeds a billion. With regard to India, the recently released ICMR – INDIAB study showed an overall prevalence of prediabetes of 15.3 per cent, while that of diabetes was 11.4 per cent. This indicates that more than 130 million people in India have prediabetes.

Why should we worry about it?

Prediabetes puts you at a greater risk of developing diabetes. A recent analysis showed that the yearly progression rate to diabe-



tes in individuals with prediabetes is 3.5-7.0 per cent vs 2 per cent/year in those with normal blood sugar values. It is important to

isolated rise in fasting glucose. Similarly, within the prediabetes zone, the level of HbA1c determines the risk for diabetes, with

betes. In a 10 year follow-up study from the Chennai-based CURES study, almost 20 per cent of those with normal baseline glucose

heart attack and stroke – by 20 per cent. Some studies suggest that microvascular complications like neuropathy and retinopathy may also start increasing in the prediabetes stage.

Is diabetes inevitable if you have prediabetes?

The answer is NO. Prediabetes can also be interpreted as “prevent diabetes.” It comes down to your choice. With lifestyle measures like diet and exercise, you can lose excess body weight and reverse prediabetes to normal, or at least remain in the prediabetes range for a prolonged period of time without converting to diabetes. If you choose to ignore and look the other way, you can go down the steep slope of diabetes and attendant complications.

Prediabetes truly offers a window of opportunity. Intervention at this stage can reduce the risk of not just conversion to diabetes, but also vascular complications. Intensive lifestyle interventions were able to reduce the risk of developing diabetes by 29 to 67 per cent in different populations. As a rule of the thumb, up to 50 per cent cases of Type 2 diabetes can be prevented or delayed if intervention is introduced at the right time.

Who should get tested for prediabetes?

Since prediabetes produces no symptoms, testing is the only way to diagnose the condition. Otherwise it can easily remain under the radar without being diagnosed. In India, everybody should test their blood sugar annually starting at the age of 25. Others who should test early and regularly are those who are overweight, sedentary or have a first degree relative with diabetes. Overweight children with a family history should be first tested during puberty itself. Women with a history of diabetes during pregnancy, large sized babies, or polycystic ovarian disease are particularly at risk.

What can you do if diagnosed with prediabetes?

In case lifestyle measures fail to stop the progress of prediabetes over three to six months, oral medication like Metformin or Acarbose can be used.

Many patients consider prediabetes as still a safe zone. Prediabetes can be interpreted as “prevent diabetes.” With lifestyle measures like diet and exercise, you can lose excess body weight and reverse prediabetes to normal, or at least slow down conversion to diabetes. So look at prediabetes as a window of opportunity, says Dr Ambrish Mithal, Chairman of Endocrinology and Diabetes, Max Healthcare

realise that all forms of prediabetes are not the same. If both fasting and post-glucose levels are high (combination of impaired fasting glucose and impaired glucose tolerance), the risk is the highest. This is followed by impaired glucose tolerance, with the lowest risk being in those with

the five-year risk being 50 per cent if the HbA1c is >6 per cent and 25 per cent if it is between 5.7 and 6 per cent.

The lifetime risk of developing diabetes if you have prediabetes is 70 per cent or greater. Indians may have higher and faster conversion from prediabetes to dia-

betes, whereas close to 60 per cent of those with prediabetes converted to diabetes.

The risks of prediabetes are not limited to the development of diabetes. Recent data suggests that prediabetes may increase the risk of vascular disease –

Why drinking water from a copper bottle every day may not always be healthy

Drinking water from copper water may seem like the new thing in the wellness world, but it’s a practice that has transcended generations. With its anti-bacterial properties, copper is said to act as a natural purifier for water and adds many health benefits to this basic necessity of life. Copper vessels and copper bottles have become common these days, but did you know drinking too much copper water can also be harmful for you?

Health Shots consulted Dr Venu Gupta, Senior Consultant, Department of Internal Medicine, Amrita Hospital, Faridabad, to weigh in on the side effects of drinking excessive copper water.

Dr Gupta says that copper water boosts haemoglobin count, regulates hypertension, fights infections, soothes joints, strengthens bones and maintains heart health. But drinking too much copper water can do more harm than good.

Torque - Copper Water Bottle with Ayurvedic Health Benefits (1 Liter x 1) | 100% Pure Copper Vessel with Leak Proof Cap | Office Bottle, Gym Bottle, Yoga Bottle, Hiking, Trekking, Travel Bottle

Torque - Copper Water Bottle with Ayurvedic Health Benefits (1 Liter x 1) | 100% Pure Copper Vessel with Leak Proof Cap | Office Bottle, Gym Bottle, Yoga Bottle, Hiking, Trekking, Travel Bottle

MILTON Copper Charge 1000 Water Bottle, 930 ml, 1 Piece, Copper | Leak Proof | Office Bottle | Gym Bottle | Yoga Bottle | Home | Kitchen | Hiking | Trekking Bottle | Travel Bottle



KC Pure Copper Designer Water Bottle with Advanced Leak Proof Protection and Joint Less, Ayurveda and Yoga Health Benefits. (1000ml, 1Unit) With Lacquer Coating (Pack of 1)

KC Pure Copper Designer Water Bottle with Advanced Leak Proof Protection and Joint Less, Ayurveda and Yoga Health Benefits. (1000ml, 1Unit) With Lacquer Coating (Pack of 1)

Here are some of the side effects of drinking water from a copper utensil.

1. Copper poisoning

Copper is an essential mineral that our body needs, but excessive copper water can result in copper poisoning. You might end up with nausea,

abdominal pain, diarrhea, and in extreme cases, it can even damage your liver, says the expert.

2. Digestive issues

Drinking water that is stored in copper bottles or containers for a long period can cause copper ions to leach into the water. This might cause digestive issues like gas, diarrhea or stomach camps, if it does not suit you.

3. Metal reactions

There are chances of copper reacting with other metals or minerals in the water. It leads to the production of compounds that can be potentially hazardous. For example, copper can combine with iron to form free radicals. This may harm cells and contribute to oxidative stress.

4. Allergic reactions

Some people are allergic to copper. In such cases, drinking copper water can cause skin rashes or irritation. drinking water from copper bottle Drinking from copper water bottle can lead to allergic reactions. Image courtesy: Shutterstock

5. Contamination risks

If copper bottles are not properly cleaned or maintained, it will allow bacteria or molds to accumulate. Drinking polluted water can lead to gastrointestinal illnesses, says Dr Gupta.

Black men are at an increased risk for melanoma, study finds

Black men are at a higher risk of death from melanoma than other racial groups, according to a study published Tuesday in the Journal of the American Academy of Dermatology (JAAD).

Across 205,125 cases of male patients diagnosed with cutaneous invasive melanoma from 2004 to 2018 tracked by the National Cancer Database, the five-year survival rate was the lowest for Black men at 51.7%. The rate of survival was the highest for white men, at 75.1%, compared to the other racial groups in the study.

White men are more likely to get melanoma, according to the CDC, the study found that Black people have a 26% higher risk of death from melanoma than the white population.

Cutaneous melanoma – a form of cancer that begins in pigment-producing cells – is the most aggressive and fatal form of skin cancer, according to the National Library of Medicine.

While gender and race are both predictors of survival in people diagnosed with cutaneous melanoma, less is known about the role



race plays specifically among men; that is what the study explored.

Although it is not clear what factors contribute to an increased mortality risk for Black men with melanoma, the study found that Black men were less likely to have private insurance, and men more broadly were less likely to seek medical care than women, which can result in men being diagnosed at a later stage, according to Ashley Wysong, chair of the department of dermatol-

ogy at the University of Nebraska Medical Center and a co-author of the study.

“Even after accounting

for later stages at diagnosis, men still have worse overall survival rates than women with melanoma, so we suspect that there are some unmeasured social, genetic, tumor-specific and potentially biological factors at play, such as hormones and the way the immune system responds to melanoma tumors,” Wysong said. Melanoma patients with darker skin often mistake their cancer for other skin conditions, which “can also delay care and definitive

NEWS

Skincare Tips: Follow These Tips To Manage Psoriasis During Summer



Psoriasis is a chronic autoimmune skin condition that causes the rapid buildup of skin cells. It results in patches of thick, red, scaly skin that can be itchy and painful. The condition can occur anywhere on the body but is most common on the scalp, elbows, knees, and lower back.

1. Stay hydrated

Drinking an adequate amount of water is vital to keep your skin hydrated during the summer months. Dehydration can worsen psoriasis symptoms, leading to dryness, flakiness, and itchiness. Ensure that you consume at least eight to ten glasses of water per day to prevent dehydration.

2. Be sun-safe

Psoriasis flare-ups can be triggered by exposure to sunlight. Therefore, individuals living with psoriasis should take extra care to protect their skin during the summer months. Wear protective clothing, such as long-sleeved shirts, hats, and sunglasses, whenever possible, and use sunscreen with an SPF of at least 30.

3. Use moisturisers

Apply moisturisers frequently to keep your skin soft and supple, which can prevent psoriasis flares. Look for products made specifically for sensitive skin that are free of irritating ingredients.

4. Avoid triggers

Certain things can trigger psoriasis flare-ups, such as alcohol, smoking, and stress. Avoid these triggers as much as possible and seek professional help to manage your stress levels.

5. Maintain a healthy diet

While there’s no specific diet for psoriasis, eating healthy can help boost your immune system and reduce inflammation. Incorporate leafy greens, fruits, and lean protein into your diet, and avoid processed and sugary foods.

6. Shower regularly

Regular showers can help keep your skin clean and prevent psoriasis flares. Use mild, fragrance-free soaps and avoid scrubbing too hard, which can damage your skin.

7. Keep your home cool

High temperatures and humidity can trigger psoriasis flares. Use fans or air-conditioners to keep your home cool and dry.

8. Seek professional help

If your symptoms become severe, seek professional help from your dermatologist or doctor.

Inter-District Cricket Tournament for officials of YSS Held At Islamia College Srinagar

SRINAGAR, JUL 18: The Department of Youth Services & Sports Kashmir Division conducted Inter-District Departmental Cricket Tournament at different venues in order to channelize & refresh the talent of the officials and provide them a better environment and chance to interact with each other through sports activities. The tournament is meant for officials which will really boost and help them in implementing the latest techniques/rules among the students while preparing them for basic level tournaments in a healthy way. Today a Quarter final of this tournament was played between District Srinagar V/S District Baramulla at Islamia College Ground Hawal. On the opening ceremony of the match the DYSSO Srinagar has emphasized to all the teachers/officials to strengthen the department at



grass root level and play a pivotal position in the institutions and take the department to the next higher levels. He also applauded the efforts of the Joint Director Kashmir on taking such initiatives in the department which will really encourage the moral of the officials who are part of this tournament. In the beginning of the match District Srinagar won the toss and choose the bat first. While bating they set a target of 192 runs in 20 over's. Adil Mushtaq REK remains the highest scorer with 49 runs while as Bilal Shamus PEM secured 45 runs. In reply of that District Baramulla collapsed at 150 runs all out in 17.04 over's. Adil Sofi REK from District Srinagar remain the highest wicket taker with 03 wickets. Now the District Srinagar will combat with District Bandipora in Semi finals at Bandipora on 20-07-2023.

Cummins backs 'good signs' from Warner as Australia look to avoid Ashes decider

LONDON: Pat Cummins expects David Warner to retain his place at the top of the order at Old Trafford as Australia look for the victory that will secure the Ashes and avoid the series from going to a decider. Warner's position has come under scrutiny after his double failure against Stuart Broad at Headingley - making it 17 times he has fallen to Broad - with Australia needing to work out if there is a way of getting Cameron Green back into the XI. Since 2021, Warner has averaged 28.17 in 23 Tests, and that includes his double hundred against South Africa during the Boxing Day Test at the MCG last year. In a clear sign that he remained in Australia's plans, he was part

of the slip cordon during practice on Monday and Cummins, although saying the selectors had not yet met, endorsed Warner's contributions in the series where he has put on opening stands of 61, 73 and 63 with Usman Khawaja. "We'll chat about it, but I imagine it will stay the same," Cummins said of the opening pairing. "I think [Warner] has been going really well. I thought at Lord's, he was really impressive. Last week, like many of us, he probably didn't contribute as much as he would have liked with the bat."

"He's been out there over the last couple of days putting in a lot of work, but I think this tour he has shown a lot of good signs and hasn't quite kicked on to make that big score. Some of those innings he's played under really tough circumstances has made it easy for [Steven] Smith to come in and score runs, or the like." If, as expected, Warner is retained, the only other way for Green to return would appear to be in place of Todd Murphy leaving Australia with an all-pace attack supplemented by Travis Head, who did have an extensive bowl in the nets on Monday. Murphy was lightly used at Headingley and Cummins appeared to hedge his bets slightly on what the decision could be.

One byproduct of the aggressive way England play is that their innings last fewer overs (they have batted more than 80 just once so far in the series, and that was by nine balls in

the second innings at Lord's) so there is less opportunity for a spinner to make an impact, particularly if conditions favour the quicks, although there's no doubt that if Nathan Lyon was fit, he would be locked in the side.

"Every situation is different," Cummins said. "We've played games with one quick; we've played some games with heaps of quicks. It's all really conditions based. As I said last week about Toddy, I would have loved to bowl him a bit more but there wasn't a heap of overs in the game, the ball seemed to swing and seam a little bit, so that's certainly something to weigh up this week."

Selection issues aside, Australia are entering a two-week period that will define how this tour - and this team - are remembered. If they can win at Old Trafford, the job will be complete before The Oval with a first series win in England since 2001. Fail from 2-0 up and the missed opportunity of 2019 will pale by comparison.

So much of Australia's planning for this tour has been based around them still being able to peak towards the end of the trip if needed, which is how things are playing out after they slipped up at Headingley.

The squad only came back together in Manchester on Sunday as most players took the best part of a week off. Some have questioned if that has been the best use of time with the series on a knife-edge.

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