



Srinagar

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Issue No: 168

Volume: 13

A Kohli Hundred
That Felt Like A New
Beginning

P|12

DC Srinagar reviews
arrangements for
forthcoming

P|3



Administration sensitive to needs of pilgrims: LG Manoj Sinha

- Interacts with officers, pilgrims, sanitation workers, service providers; Reviews arrangements for queue management
- LG discusses with the officers measures taken for comfortable stay, food, healthcare, connectivity, sanitation, water and other facilities for Yatris in case of bad weather
- Camp Directors are holding regular meetings with service providers, stakeholders and additional lanes have been added at check-points
- I am extremely proud of entire team, Shrine Board, JKP, CAPFs, Army, BRO, NDRF, SDRF, Mountain Rescue Teams, service providers, citizens for commendable work and ensuring smooth conduct of Yatra. Through our solidarity, resolve and preparation, we'll overcome any future challenges
- Pilgrims from across the country and abroad are now the Brand Ambassadors of J&K
- The economic activities associated with spiritual pilgrimage generate livelihood for the locals and spur tourist influx to the UT



HT News Network

SRINAGAR, JUL 22: Lieutenant Governor Manoj Sinha on Saturday said that administration is sensitive to the needs of pilgrims, responsive and has ensured

better arrangements for hassle-free Amarnath pilgrimage this year.

Sinha said this during his visit to Nunwan and Chandanwari Base camps in Anantnag district of Jammu and Kashmir.

TURN ON.....PAGE 02

Public Sector Banks Earlier Known For Huge Losses, NPAs; Now For Record Profits: PM Modi

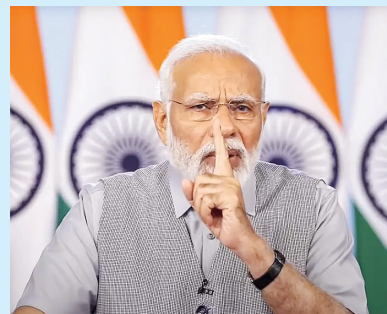
HT News Network

NEW DELHI, JUL 22: Prime Minister Narendra Modi on July 22 hit out at the previous UPA government, saying while it destroyed the banking sector with "scams" his dispensation has restored its good financial health, with India now known for the sector's strength.

Addressing a Rozgar Mela after giving appointment letters to over 70,000 recruits virtually, Mr. Modi noted that a large number of them have been employed in the banking sector as he highlighted how it was "destroyed" under the previous dispensation before his government took corrective measures.

He said that the "phone banking" scam was one of the biggest scams of the previous government as it broke the back of the banking system.

The idea of phone banking was



different for that government as loans of thousands of crores of rupees were given to favourites of some powerful leaders and families, and those loans were never meant to be returned, he said.

His government, Mr. Modi asserted, took several measures, including strengthening the management of banks, merging small banks and injecting professionalism, to help the sector.

TURN ON.....PAGE 02

NEWS BRIEF

Police destroy over 770-kg seized contraband in Udhampur

JAMMU, JUL 22: Police have destroyed over 770-kg of seized contraband on Saturday in Udhampur district of Jammu and Kashmir.

Senior Superintendent of Police, Udhampur, Dr Vinod Kumar said that the District Drug Destruction Committee headed by him and comprising of Anwar Ul Haq, Additional SP Udhampur, Gurmeet Singh DySP Hqrs Udhampur and Darshan Singh Senior PO Udhampur, conducted the destruction

TURN ON.....PAGE 02

ACB Arrests Clerk In Tehsildar Boniyar Office For Accepting Bribe

SRINAGAR, JUL 22: ACB traps and arrests Marefatul Haq, clerk in the office of Tehsildar, Boniyar for demanding & accepting the bribe of Rs. 10,000 from complainant for issuance of appointment order of Lumberdar.

A written complaint was received by Anti Corruption Bureau UT of J&K from the complainant alleging therein that he had applied for the post of Lumberdar Mohura in Tehsil Office Boniyar for which after qualifying

TURN ON.....PAGE 02

57 teaching, non teaching posts vacant in IIT Jammu: RTI Reply

JAMMU, JUL 22: Fifty seven positions of teaching and non-teaching staff are lying vacant in Indian Institute of Technology (IIT) Jammu, which is recognized as an "Institute of National Importance" under the "Institutes of Technology Act" of 1961.

Information regarding vacant positions of staff has been shared by the institute itself in response to RTI applications submitted by RTI activist Raman Sharma.

As per news agency—Kashmir News Observer (KNO), out of the two official letters issued by the Indian Institute

TURN ON.....PAGE 02

'Oppenheimer' Hollywood Movie draws House Full at Kashmir's only Big Screen

HT News Network

SRINAGAR, JUL 22: Director-writer Christopher Nolan's epic Thriller 'Oppenheimer' witnessed a full house in Kashmir's only multiplex.

This is the first time that a Hollywood movie is running houseful in Kashmir after the only multiplex was re-opened in September last year.

Vikas Dhar, who runs Kashmir's lone cinema theatre in association with Inox, said Oppenheimer is doing very well.

"Shah Rukh Khan-starrer Pathaan

TURN ON.....PAGE 02



80% Strokes Can be Prevented with Lifestyle Changes, Says DAK on World Brain Day

HT News Network

SRINAGAR, JUL 22: Doctors Association Kashmir (DAK) on the world brain day said 80 percent of stroke cases can be prevented through changes in lifestyle.

"Eating a healthy diet, exercising regularly, not smoking and maintaining the right weight can prevent most of the strokes," said DAK President Dr Nisar ul Hassan.

Dr Hassan said over the years stroke cases are on the rise in

TURN ON.....PAGE 02



Rains trigger flash floods at multiple places in J&K

HT News Network

SRINAGAR, JUL 22: Flash floods were reported at multiple places in Jammu and Kashmir on Saturday after possible cloudbursts in the upper reaches amid the intermittent rainfall while as the weatherman here has predicted erratic weather conditions till July 28.

TURN ON.....PAGE 02

Around 6,000 gazetted, non-gazetted posts vacant in J&K health dept

HC directs administration to list steps to fill vacancies

HT News Network

SRINAGAR, JUL 22: There are around 6,000 gazetted and non-gazetted posts lying vacant in the health department in the Union Territory of Jammu and Kashmir.

According to the status report filed by the Deputy Secretary to Government,

Health and Medical Education Department, dated May 29, 2023, which has been accessed by the news agency—Kashmir News Observer (KNO), around 2,700 vacancies are in the Kashmir division while there are 3,200 vacancies in the Jammu division.

As per the report, in respect of the

TURN ON.....PAGE 02

Amit Shah Inaugurates Centralised Security Control Centre For 66 Airports Under CISF Cover

HT News Network

NEW DELHI, JUL 22: Union Home Minister Amit Shah on Saturday inaugurated a centralised aviation security control centre here that will monitor all threats and social media chatter for the 66 civil airports currently under the CISF's security cover.

The aviation security control centre (ASCC) will access "24x7 real-time data monitoring

TURN ON.....PAGE 02



Cloudburst Triggers Flash Floods In Ladakh; No Loss Of Life Reported

HT News Network

SRINAGAR, JUL 22: A cloudburst triggered flash floods in the Union Territory of Ladakh, causing debris to flow into the main market area and throwing life out of gear, but there are no reports of any loss of life, officials said on Saturday.

The cloudburst hit the Gangles area of the Union territory late Friday night and left several parts of Leh town inundated, they said,

TURN ON.....PAGE 02



Kishanganga Project: Left homes for project; Govt, KPPA let us down, say residents

HT News Network

BANDIPORA, JUL 22: The residents of Badwan village in Gurez Tehsil of north Kashmir's Baniptora district Saturday accused the government and Kishanganga power project authorities (KPPA) of not fulfilling promises after they were forced to leave their homes for the project.

The Kishanganga power project involved construction of a dam, which according to them directly

affected the lives of the 158 households living in Badwan.

"We had to leave our ancestral lands and homes to make way for the dam. While we were compensated for their land and property, other promises made to us remained unfulfilled," the locals told the news agency—Kashmir News Observer (KNO).

The promises included government jobs or employment packages, scholarship schemes like

TURN ON.....PAGE 02

CONTINUE FROM FRONT PAGE.....

Administration.....

At the Nunwan Base Camp, the Lt Governor interacted with the pilgrims and reviewed arrangements for queue management, an official spokesman said.

In a review meeting held with the senior officers at the base camp, the Lt Governor discussed measures taken for comfortable stay, food, healthcare, connectivity, sanitation, water and other facilities for Yatris in case of bad weather.

The Lt Governor was briefed that the Camp Directors are holding regular meetings with service providers, stakeholders and additional lanes have been added at check-points.

He observed that administration is sensitive to the needs of pilgrims, responsive and has ensured better arrangements for hassle-free pilgrimage.

"I am extremely proud of entire team, Shrine Board, J&K Police, CAPFs, Army, BRO, NDRF, SDRF, Mountain Rescue Teams, service providers, citizens for commendable work and ensuring smooth conduct of Yatra. Through our solidarity, resolve and preparation, we'll overcome any future challenges," the Lt Governor said.

"Pilgrims from across the country and abroad are now the Brand Ambassadors of J&K. The economic activities associated with spiritual pilgrimage generate livelihood for the locals and spur tourist influx to the UT," he said.

The meeting also discussed the deployment of security and police personnel, Doctors, medical staff, rescue teams, and the steps taken to facilitate the smooth movement of yatris.

During his visit to Chandanwari Base Camp, the Lt Governor interacted with pilgrims, sanitation workers, service providers and took stock of the arrangements.

Over 3 lakh record breaking number of pilgrims performed Amarnath yatra till Friday.

Public Sector.....

Public sector banks were earlier known for losses running into thousands of crores of rupees and non-performing assets (NPAs), but now they are known for record profits, the Prime Minister said.

He also praised banking sector employees for their hardwork and commitment to serve people and execute various government schemes to help the poor and unorganised sectors through loans under the 'Mudra' scheme and to support women self-help groups.

Mr. Modi said India has emerged as a centre of global trust and attraction, adding that the country has to make full use of it. Opportunities are increasing in various fields, he said. (Agencies)

Hollywood.....

had attracted a huge rush at our cinema. We are quite surprised that Hollywood movie is attracting movie goers in Kashmir in such a large number," he said.

"Yesterday and today we had a full house. Tomorrow we are expecting a big crowd," he said, adding even before the release of the movie the tickets had sold out.

"It has been a learning for us that youth of Kashmir are preferring Hollywood movies also. It is quite a thrilling experience," Dhar said.

The multiplex at Srinagar Shivpora was reopened last year after a gap of 33 years.

In 1989 when militancy erupted in Kashmir, a little known militant outfit "Allah Tigers" imposed a ban on the film screening in the Valley and all the 13 cinemas including nine in Srinagar stopped screening of films.

In 1999, the J&K government offered packages to the theater owners for re-opening of cinemas. Three of them – Broadway, Regal and Neelam (all in Srinagar) re-opened . All the three were later shut after a cine-goer was killed in a grenade attack.

The union territory government plans to establish cinemas in every district of the region and already several multipurpose cinema halls have been reopened in several districts of Kashmir.

Only last week, Jammu and Kashmir Lieutenant Governor Manoj Sinha inaugurated 100-seater multipurpose cinema halls in Baramulla and Handwara towns of north Kashmir.

NIA Raids.....

Osama Bin Javed, were chargesheeted in the NIA Special Court in Uttar Pradesh's Lucknow on March 11, 2019 under various sections of Indian Penal Code and Unlawful Activities (Prevention) Act, 1967. Osama was killed in an encounter with security forces on September 28 in 2019.

Subsequently, on May 29, 2021, a Supplementary Chargesheet was filed against arrested accused persons Nisar Ahmad Sheikh and Nishad Ahmad Butt, both residents of J-K. A second supplementary chargesheet was filed against the arrested accused Danish Naseer on November 25, 2022.

Investigations have revealed that accused Kamruj was radicalized by Osama Bin Javed to join the Hizbul Mujahideen and both received nine months of physical and weapon-handling training by the cadres of the terror outfit.

Absconding accused Riaz, an active militant and district Deputy Commander of the Hizbul Mujahideen, along with another co-accused Mohammad Amin alias Jahangir Saroori, also

an active militant and District Commander of Hizbul Mujahideen, was involved in recruiting and training accused Kamruj and Osama Bin Javed in the forests of Kishtwar district of Jammu and Kashmir.

After completion of training, Kamruj was directed to set up bases and hideouts, and select targets in Uttar Pradesh, Assam and other parts of India for terrorist activities, said the NIA.

Accordingly, Kamruj had come to Uttar Pradesh's Kanpur city where he had also carried out reconnaissance of a few targets. (Agencies)

80% Strokes.....

Kashmir valley. Not only elderly, we are seeing an increase in the number of strokes among young people.

"One big factor for this spike is junk food which has largely replaced homemade food," he said, adding another reason for the surge in strokes is a sedentary lifestyle.

The DAK President said Junk food and physical inactivity is pushing more people towards obesity. "Weight gain has been linked to diabetes, hypertension, and high cholesterol which are the key factors that lead to stroke," he added.

"In order to reduce the burden of stroke in the community, it is important to encourage people to eat healthy food and stay active. People should take a diet rich in fruits and vegetables, limit salt intake and avoid fast foods," he said.

He said that stroke is a brain attack and is the leading cause of disability and second leading cause of death in Kashmir. "There is a dire need to make people familiar with the symptoms of stroke which can include face drooping, limb weakness, speech difficulty, numbness, confusion or trouble speaking, trouble seeing, trouble walking and severe headache," said Dr Nisar.

"Because of lack of awareness, many patients ignore stroke symptoms and don't seek medical attention in time which results in poor outcomes," said Dr Nisar, adding, "Time is the essence when it comes to stroke and sooner they receive treatment, the better the chances of survival," he said.

"Although the benefits of early treatment in these patients are clear, only a miniscule number of patients receive optimally timed treatment," he added.

Rains trigger.....

Reports received by the news agency—Kashmir News Observer (KNO) minor damage was caused by flash floods in Lolab areas this afternoon.

Crops and other agricultural damage was reported today after the flash floods hit Lolab villages this afternoon while several streams in Chirala Tehsil of Doda and other areas also witnessed flash floods.

Independent Weather Forecaster, Faizan Arif Keng told KNO that the flash floods have possibly triggered by cloudburst in upper areas.

Damage has been reported during the flash floods in the Doda today, reports said, adding that Thalela-Charela road has also suffered damage in the incident.

At least 97 families have been shifted to safer locations after water from Chenab river inundated Garkhal village in Akhnoor sub-division of Jammu district.

An official said that a massive rescue operation was launched in the village after the Chenab river breached the protection wall today.

He said that a few days ago, 43 families were shifted, however, due to heavy rainfall since morning the situation deteriorated further as Chenab river breached protection wall and inundated the village.

Sub Divisional Police Officer Akhnoor, Mohan Lal Sharma said 97 families have been shifted to safer places and temporary shelters have also been established for them.

He said that situation may escalate further in the village if more water flows in from Chenab river due to heavy rainfall.

Moreover, the flash floods due to cloudburst created panic among the villagers in Damhal Hanjipora area in South Kashmir's Kulgam district.

An official said that there has been a sudden down flow of water in many areas of Damhal Hanjipora due to cloudburst in upper reaches while no loss of human life has been reported so far. "Water gushed into residential houses, apple orchards, caused damage to the boundary walls of a Higher Secondary and Middle School in Khurbatpora while inundating the roads as well," he said.

He said the affected areas include Tangmarg, Korel, Chogalpora, Kurbatpora, Chachmulla and Jaibal area of Damhal Hanjipora. "Police under supervision of SDPO, Damhal Hanjipora and officials of district administration Kulgam immediately rushed to the spot and evacuated affected families to a safer place," official said, adding that Deputy Commissioner of the district was in constant touch with the ground staff.

Meanwhile, no fatality or injuries to anyone have been reported from the area till the report was filed.

Besides, the intermittent rainfall continued across Jammu & Kashmir today, bringing down the mercury in the Union Territory.

Director Meteorological department (MeT),

Sonum Lotus said that there is a possibility of intermittent light to moderate rain at scattered places of J&K on July 23.

He said that on July 24-25, the weather would remain partly to generally cloudy while a brief spell of rain may occur at some places.

Lotus further said that no large change is expected from July 26-July 28.

Around 6,000.....

Jammu division, the total sanctioned strength of medical officers for all the ten districts is 1,390 posts, of which 726 are filed and 664 were lying vacant while out of the sanctioned strength of 6868 non-gazetted and Class IV Employees in Jammu Division, only 4379 positions are occupied, and 2489 positions are vacant.

In the Kashmir division, 1,395 posts of medical officers out of 1,467 are filed while just 72 are vacant; however, in the case of non-gazetted and Class IV Employees, out of the sanctioned strength of 8,628 posts, 5,976 positions are occupied, and 2651 are vacant.

A division bench of the High Court of Jammu & Kashmir and Ladakh, comprising Chief Justice N Kotiswar Singh and Justice MA Chowdhary, has directed the J&K administration to place on record the steps taken to fill up vacant posts of medical officers as well as non-gazetted and class IV employees in the health department across Jammu & Kashmir.

"Under these circumstances, we direct the respondent authorities to indicate the steps taken to fill up a large number of vacancies in respect of medical officers as well as the non-gazetted and class IV employees in Jammu division as well as Kashmir division," the division bench observed.

"Let the same be placed on record by way of an affidavit. The affidavit shall also indicate the steps taken in respect of the far-flung areas of districts of Reasi, Poonch, Ramban, Kupwara, Baramulla, etc where the vacancies appear to be quite significant," it ordered.

The high court has fixed August 28 for the state to file its response in the shape of an affidavit "without fail".

Amit Shah.....

and trend analysis of passengers and air traffic", the force said in a statement.

The Central Industrial Security Force (CISF) is the national civil aviation protection force. It guards 66 passenger airports out of the total 134 operational in the country.

The paramilitary force said the ASCC is equipped with cutting-edge technologies such as a data centre, research and development lab and a war room to deal with emergencies.

The centre will get real-time feed from each of the security operations control centres (SOCCs) operational at these 66 airports that include the "extremely busy and hyper-sensitive" civil aviation facilities in Delhi, Mumbai, Bengaluru, Jammu, Srinagar and Amritsar among others.

"Over a period of time, due to increased air traffic and passenger load, current security scenario, evolving nature of threat perceptions and geographical spread of airports across the country, a need was felt for centralised monitoring of incident/events occurring at airports to resolve them on a real-time basis," the CISF said, explaining the rationale behind setting up the centre.

As per the force, the facility will provide "realistic" inputs about passenger traffic at a given point in time and help in mobilising the resources for "optimum utilisation".

It will also monitor bomb threat calls, VVIP movements, other major incidents, passenger clearance time, utilisation of security gadgets and queue management systems among others at the 66 airports, the force said.

A technical laboratory created at the centre will prepare trend analysis of real-time data to enhance the effectiveness of decision-making at higher levels and will undertake research on advanced and artificial intelligence-based aviation security equipment available worldwide, comparative analysis of different equipment and its applicability at Indian airports, it said. The ASCC will also provide resolution of social media by monitoring popular platforms and will have two-way communication with all airport units of the CISF, external agencies and stakeholders "for better coordination and cooperation". Its data centre will have a storage capacity of 300 TB (terabyte), a 50 Mbps Lease line from MTNL and an IP-PBX (to make and receive calls over the Internet) with a capacity of 110 intercom telephone connections for airports, the CISF headquarters and other offices of the force, the statement said.

The CISF provides armed security cover to 66 airports as part of its aviation security group (ASG) and the force works under the command of the Union home ministry. (Agencies)

Cloudburst.....

adding the debris entered many buildings in the low-lying areas, causing some damage to them.

A police spokesperson said rescue and rehabilitation work was underway in Leh town, especially in Khakshal, Sanker, Skampari,

Chhubi, Zangsti and the main market Gonpa Soma areas.

As a result of the flash floods, a programme of the Dalai Lama in Leh was postponed, the officials said.

They said some shops were damaged in the Gangles area and there was a lot of debris in the Chokhang Vihara area.

Many tourists, including foreigners, lent a helping hand and were seen cleaning the main market area following the flash flood.

President of the Ladakh Buddhist Association Thupstan Chewwang said soon after the flash floods struck, Army personnel arrived voluntarily and helped minimise the damage. "I want to thank the Army," he added.

"Since the morning, hundreds of Buddhists, Muslims, and foreigners have rendered their services, which also indicates religious harmony and unity in Ladakh. All of these people have come voluntarily to help in the restoration work," Chewwang said.

He said Chogam Vihara is a low-lying area and so water and debris entered buildings like their meeting hall, causing damage to furniture etc.

"There is more than six inches of mud. Though there is not much loss economically, this is a lesson for us for the future. The UT administration will have to think over it and rectify the drainage system, which is in shambles," he said.

Ladakh Police, meanwhile, requested the general public, civil societies and volunteers of various organisations to aid the police and civil administration in rescue efforts so that normal life and traffic regulations are resumed at the earliest. (Agencies)

Left homes.....

those offered in the Parbati project in Himachal Pradesh, and monthly benefits for those who were displaced.

One of the locals said that the construction of the project started in 2009 and was completed in 2017. "When the dam started filling with water, the entire Badwan village had to be evacuated," he said.

He also said that each of the 158 villagers received Rs 5 lakhs rupees for one kanal of land, but they had to spend Rs 22 lakhs or more to buy new plots in a nearby village Wampora. "Because of this, many villagers couldn't afford new homes and had to move to other places," he said.

Adding to their troubles, several villagers are still struggling to get permanent status or residence certificates, as they have no fixed address due to the displacement. They requested that the government or the Kishanganga authorities build colonies to help ease their suffering in the village.

Moreover, the villagers expressed their disappointment that only two or three people from the village were given jobs in the Kishanganga project. They believed that more opportunities should be given to them since they lost everything because of this project.

"Leaving our homes was tough, but broken promises hurt even more," another local resident said, adding that compensation isn't enough when our dreams were taken away.

Despite approaching the local administration multiple times with their grievances, the villagers feel that nothing has been done to address their concerns.

Notably, the residents also staged protests against the authorities several times but nothing positive has been done so far.

Meanwhile, an official said that he will take up the issue with higher authorities.

Police destroy.....

of seized contraband of poppy straw through incineration in M/S Anmol Healthcare Rakh Rara, Swankha Morh, Vijaypur, Samba.

During incineration, the SSP said that 771.93 Kgs of poppy straw, has been incinerated by following all the codal formalities.

The destruction was carried out by incineration in a controlled manner as provided under rules to avoid any harm to the environment," he said.

The top cop added that in the entire process, Executive Magistrate Mohd. Saleem (NT Roun) and Kuldeep Bhan, Divisional Officer PCCJammu also accompanied the drug destruction committee.

Before this the seized contraband is checked, weighted and tallied with the record, he added and said, "the entire process, right from godown upto incinerator was duly videographed and kept under proper security."

Notably, huge quantity of the seized contraband and substance has been destroyed under section 52-A of the Narcotics Drugs and Psychotropic Substances Act, 1985.

ACB Arrests.....

the criteria laid down, he was declared successful candidate. He approached Tehsildar Boniyar, for the receipt of the appointment order.

That when complainant approached the office of the Tehsildar Boniyar, concerned Tehsildar advised him to contact his clerk Marefatul Haq. He contacted said office clerk, said clerk initially demanded Rs. 2,000 from the complainant as bribe for prepar-

ing and issuing his appointment order as Lumberdar Mohura.

Under compulsion, the complainant paid Rs. 2,000 to the concerned clerk but still no appointment order was given to him. It was also alleged in the complaint that he keep on visiting the office of Tehsildar for issuance of appointment order in his favour but the concerned Clerk started demanded Rs. 10,000 more from the complainant for preparation & issuance of appointment order.

As the complainant did not want to pay any bribe to concerned, he under these circumstances approached Anti corruption Bureau with his complaint and requested for legal action against accused clerk for demanding bribe.

As the contents of complaint prima facie disclose the commission of offence punishable U/S 7 of the PC Act 1988 by accused public servant namely Marefatul Haq, clerk in the office of Tehsildar Boniyar, accordingly a Case FIR No. 06/2023 was registered at Police Station Anti Corruption Bureau Baramulla U/S 7 of the PC Act 1988 & the investigation were initiated.

During the course of investigation a trap team was constituted which laid a successful trap and caught the accused clerk red-handed while demanding and accepting the bribe amount of Rs. 10,000 from the complainant in Tehsil office Boniyar. He was arrested on the spot after completing all legal formalities. During his personal search suspicious bundles of currency amounting to Rs. 64,500/- was also recovered which was also seized as he fail to account for the source of the money recovered from his possession.

Further investigation in the case are going on and searches at the residence of the accused are being conducted at Chandilora, Tangmarg as well as at Hamdania Colony Bemina.

57 teaching.....

of Technology (IIT) Jammu, the Reply dated 03/07/2023 informs that IIT Jammu follows a flexi cadre system, where number of teaching posts is not defined department wise and the present sanctioned strength of faculty is 130.

In the reply it is also informed that the institute has 102 numbers of regular teaching staff at present and the number of vacant posts of faculty is 28.

In its response to the RTI application, the institute has stated that 08 temporary faculty members are serving in this IIT.

Regarding non teaching staff posted there, the information provided to RTI Activist Raman Sharma reveals that the sanctioned strength of non teaching staff is 102 whereas as on date posted strength of non teaching staff in this IIT is 73 with 29 vacant positions.

In response to the query related to intake capacity for Under graduate and Post graduate courses and as on date enrolled strength of the students there in the institute, the document provided by the institute dated 23/06/2023 unveils department and subject wise detail of sanctioned seats for 2023-24 session, it reveals that there are total 404 seats in the ongoing session which includes 240 seats for B.Tech and 164 for M.Tech.

As on date total enrolled strength of students is 1273 including 794 (Undergraduate) 235 (PGs) and 244 Ph.D Scholars.

Category wise detail of students tells that total 168 Schedule Caste (ST) students studying in the institute including 130 pursuing undergraduate courses, 19 Post Graduate Courses and 19 Ph.D Scholars also belong to SC category.

83 students belonging to Schedule Tribe (ST) community also undergoing different courses there in the institute including 68 doing bachelors degree course, 08 PG Courses, and 07 Ph.D Scholars.

316 Students belonging to other backward Classes (OBCs) are also enrolled in the institute (216 studying U.G courses, 60 P.G and 40 Ph.D Scholars) besides 103 belonging to EWS category students also admitted there in the IIT Jammu out of which 71 pursuing bachelor courses, 17 P.G and 15 Ph.D Scholars, the reply further informs.

Pertinently, IIT is an autonomous public higher education Institute funded by the Government of India, and functions under the governance of the IIT Council.

PUBLIC NOTICE

I Sameena Jan D/o Mohammad Ashraf Dar R/O- Kujjar, Ganderbal was studying in 12th standard in Girls Higher Secondary School, Ganderbal in the year 2018 before I left the school.

I do now seek issuance of Discharge Certificate.

Objections if any in this regard, may be filed in writing to the Principal Girls Higher Secondary School, Ganderbal within 7 days from the date of publication of this notice, No objections whatsoever would be entertained thereafter

Sameena Jan
D/O: Mohammad Ashraf Dar,
R/O: Kujjar, GANDERBAL.



DC Srinagar reviews arrangements for forthcoming Independence Day Celebrations

National Anthem Singing competitions to be held in Schools and Colleges: DC Srinagar

SRINAGAR, JUL 22: In connection with forthcoming 76th Independence-Day-2023 celebrations, the Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad on Saturday chaired a meeting senior officers of Police and Civil Administration here at Meeting Hall of the DC Office Complex and reviewed the arrangements/preparatory activities to be put in place by the respective Departments.

Besides, Additional District Development Commissioner, Srinagar, Zahoor Ahmad Mir, Additional Deputy Commissioner, Syed Shabir Ahmad, Additional Deputy Commissioner, Syed Ahmad Kataria, SP Headquarter, Arif Amin, SP Traffic, Tariq Ahmad, the meeting was attended by Chief Planning Officer, senior Officers of Health, Information, R&B, PHE, PDD, Revenue, Sports, Culture Academy, Fire Services, Hospitality & Protocol, SRTC, RTO and other line Departments participated in the meeting.

At the outset, the Deputy Commissioner took a first hand appraisal of the preparatory activities being undertaken by each line Departments and necessary facilities and arrangements being put in place for smooth and peaceful conduct of 76th Independence Day in the District as Srinagar is hosting main event on August 15, 2023



across the Jammu and Kashmir.

On the occasion, the DC directed the Officers of all concerned Departments to work out a comprehensive plan in order to ensure all necessary preparations are made well in advance with regard to the Cultural programmes, March Past Parade, commentary proceeding on the event, Dais flowering and other related arrangements and proper synchronization of events.

The DC also took stock of the arrangements and other facilities to be put in place with regard to Seating arrangements, Transport & Parking facilities, Electricity & Water supply, Medical & First

Aid, Fire and Emergency services, installation of PAS, erection of hoardings, catering arrangements, raising of National Flag and Illumination of Government Buildings on August 15, 2023.

Besides Media management, Security related matters, issuance of security passes, and entry of VVIPs, VIPs and other participants were also discussed in threadbare.

With regard to invitation cards and seating arrangements, the DC asked the Officers to conduct a comprehensive exercise to make sure that invitation cards are delivered to all invitee dignitaries well in advance, besides

proper seating arrangement made in accordance to the precedence of protocol.

The DC also stressed on making fool-proof security arrangements in and around the Stadium to ensure hassle-free celebrations of the function. He also enjoined upon the officers to maintain close coordination with each other for holding the function smoothly.

Regarding parking of vehicles, the DC asked the officers of the Traffic Police to assess the capacity of the parking slots identified for the event and formulate an action plan so that the maximum number of vehicles of the digni-

ties and other participants coming to attend the function are accommodated.

Similarly, the SMC authorities were asked to ensure better arrangements for sanitation and cleanliness in and around the stadium particularly on full dress rehearsal and on the occasion of the main event of Independence day-2023. He also emphasised that all washrooms are functioning properly, besides establishing mobile toilets at the venue on August 15. They were also asked to take measures for dog menace around the venue.

The DC also stressed on making elaborate arrangements of dewatering pumps to tackle water logging, if any caused due to rainfall on the occasion of Full dress rehearsal proceedings and the mega event on 15th August.

The DC also asked for making adequate transport arrangements for ferrying of participant school students, cultural artists, NCC cadets, contingents and other persons on August 15, in addition to their Boarding and lodging facilities.

During the meeting, the DC asked the Chief Education Officer, Srinagar and Nodal Officer City Colleges to organise seminars, rallies, workshops, competitions on 76th independence day. The DC also asked them to conduct national anthem singing competitions at school and college level separately.

SCoC meet of State Public Service Commissions held at Srinagar

SRINAGAR, JUL 22: The meeting of Standing Committee of Chairpersons (SCoC) of State Public Service Commission's was held today at Conference Hall of Jammu and Kashmir Public Service Commission, Solina here.

The meeting was chaired by chairman of Goa Public Service Commission, Jose Manuel Noronha, chairman of SCoCs and was attended by Chairpersons of Nagaland, Assam, Gujarat, Haryana, Uttar Pradesh and Jammu & Kashmir.

During the meeting, host of issues like application of technology to selection processes in state public service commissions were discussed in detail.

The standing committee meets around four times in a year and discusses and deliberates on issues that concern State Public Service Commissions.

The standing committee is a nine member group represented by the chairman of concerned Public Service Commission and each member has a tenure of three years.

Incessant rains lave Kupwara farmers in stress

'80 PERCENT PEOPLE IN DISTRICT DIRECTLY, INDIRECTLY INVOLVED IN AGRICULTURE SECTOR'

KUPWARA, JUL 22: The incessant rains in north Kashmir's Kupwara district has left those associated with the agricultural sector in deep stress fearing for their annual production.

Kupwara district in recent days received rains causing flood like situation in many parts of the district. It has left the residents in deep stress causing a worry about agricultural and horticulture products.

As per the official data available with the news agency—Kashmir News Observer (KNO) about 80 per cent of the total population of the district is either directly or indirectly involved in the agricultural sector.

The rains have wreaked havoc in the district over the last few days.

Water levels of various streams have risen as per the inhabitants resulting in a flood like trouble.

Residents from parts of Lolab, Zirhama, Hyhama and many other places complained about the flood like situation in their areas.

They stated that the increased water levels have caused damage to agricultural products like Maize and Paddy fields.

Roads, bridges and some small culverts they said have also suffered damage due to the flash floods.

Agricultural products like maize and paddy have suffered immense damage due to the regular downpour.

They also said that rains were followed by some gusty winds. "Some roads and bridges have been damaged also."

In Handwara the residents informed that although it rained but the volume and intensity wasn't to an extent to cause any damage.

Meanwhile, Chief Agriculture Officer (CAO) Gurdev Singh said that the rains have caused some damage but not heavy.

He said that the maize crop has suffered damage in Sogam lolab.

He also said that paddy suffered damage due to slides close to rivers, nallah and bridges. "Paddy hasn't suffered damage due to rains. We have not reported a hail storm."

He also said that they are accessing the situation and details regarding the damage shall be known.

Filling stations in Ganderbal fined for cheating customers

GANDERBAL, JUL 22: Authorities in central Kashmir's Ganderbal district on Saturday conducted a surprise inspection of three petrol pumps and found some involved in cheating the people.

As per the news agency—Kashmir News Observer (KNO), after continuous complaints, a team of Legal Metrology Department Ganderbal, under the supervision of Assistant Controller Legal Metrology Tariq Ahmad along with other staff on Saturday conducted a surprise inspection of three petrol pumps namely MS Filling Station,



Sindh Filling Station and Firishita Filling Station at Wussan and Baroosa in the district.

During the inspection, it was found that the owners of MS Filling Station Wussan and Firishita Filling Station Baroosa in connivance with the managers were delivering less petrol for every five litres to the customers, an official of the metrology department told KNO.

He said the team imposed a fine of Rs 40,000 on the petrol pump owners, adding that the petrol pump owners of the district have been asked to conduct routine delivery checks of their retail outlets using a 5-litre capacity measure duly verified by the department.

Assistant Controller Legal Metrology Tariq Ahmad said that in case any error is observed in fuel delivery, the sale of fuel shall be stopped and the issue must be brought to the notice of the concerned inspector of the department for recalibration of the dispensing units.

Pulwama-Pampore road, connecting hundreds of villages, in dilapidated condition

Locals demand macadamisation of vital road

Pulwama, Jul 22: The Pulwama-Pampore road via Kakapora in south Kashmir is in a dilapidated condition due to which locals are suffering.

Locals from various areas residing along this vital stretch told the news agency—Kashmir News Observer (KNO) that the road is one of the most important roads of the valley connecting hundreds of villages with Pulwama town, the national highway and other vital areas.

They said the road was macadamised around four years ago and is now full of potholes, especially in Kakapora, and requires immediate

repair.

The road has developed cracks at several spots and is lying in a dilapidated condition at most of the places, they said, adding that it hasn't been macadamised for the last several years.

Fayaz Ahmad, a resident of Kakapora Pulwama, said the road has vital importance and is connecting dozens of villages with district headquarters and Srinagar, but no attention is paid to it.

He said the people living along the road as well as shopkeepers are suffering due to the dust emanated

by vehicles.

This is one of the oldest roads and the only road through which Pulwama has remained connected with Srinagar for decades, the locals said, adding that the government must give attention to it for the relief of locals and other commuters.

They urged Lieutenant Governor Manoj Sinha, Deputy Commissioner Pulwama and other officials in this regard.

Javed Ahmad, Executive Engineer R&B Pulwama-Pampore said, "We are waiting for approval from higher authorities to repair the road."

Days after horrific accident, Maloora residents demand speed breakers

Hi-tech speed interceptor vans to patrol in the area: SSP Traffic

SRINAGAR, JUL 22: Days after the horrific accident in Srinagar's Maloora which claimed two lives and injured one critically, the residents of the area have urged the authorities to lay speed breakers, saying their village is highly prone to accidents.

The residents of Maloora, on the outskirts of Srinagar which is known for its vegetable produce, told the news agency—Kashmir News Observer (KNO) that their fields are adjacent on both sides of the stretch, and the vehicles pass on the road at a high speed.

"Our men, women, and children go to the fields, especially during morning and evening hours, but the movement of high-speed vehicles on the road poses a serious threat to the pedestrians," said a group of farmers, adding that

there are neither service lanes nor footpaths.

The locals said their area has been witnessing frequent accidents and in the absence of speed breakers, most of the vehicles are moving at an "uncontrollable" speed.

Ghulam Ahmad Dar, one of the relatives of the deceased boy who died in the accident, said the family is shattered by the loss. The boy did not die of his mistake but due to the reckless driving by another person, he said.

"Our boy was standing on the side of the road, and a fast tipper came and rammed into him along with a traffic cop. Had there been a speed breaker, the situation would have been different," he said.

The residents of the area said that although the road has less width and is a "single lane" road, the additional traffic



movement of Amarnath Yatra vehicles has further burdened it. After the end of the daily convoy of yatra vehicles, the transporters, especially those carrying goods, rush with speed.

"The road stretch goes through Maloora which has more than 20 link roads on both sides with many schools and masjids. Our elderly people and children cannot move outside fearing that the

fast-moving vehicles may run over them. Either we have to company them or take them along while going to the fields," the residents said.

They have appealed to the administration to direct the concerned agency to lay speed breakers and signboards in the area. They also appealed to the city traffic police to carry out regular checks and inspection of vehicles in the area.

Meanwhile, Senior Superintendent of Police for City Traffic, Muzaffar Ahmad Shah told KNO that they would be stationing frequent deployment of integrated hi-tech version speed interceptor vehicles in the area.

"We will surely look into it. Our teams with integrated hi-tech version speed interceptor vehicles will be stationed in the area on regular intervals," the SSP Traffic said.

DC Bandipora tours Sadunara, holds Public Outreach Program; listens to public issues

■ HT News Network

BANDIPORA, JULY 22: In order to take firsthand appraisal of developmental scenario and listen to various issues/grievances faced by the people, the Deputy Commissioner (DC) Bandipora, Dr Owais Saturday conducted an extensive tour of Sadunara area of Hajin Tehsil of district Bandipora and presided over a special public outreach program.

A large gathering including men and women, besides senior citizens, participated in the event.

On the occasion, Dr. Owais received a warm welcome by the locals. They expressed their gratitude to the district administration for considering their village for Public Darbar and providing a platform to



directly communicate with the authorities. The programme was attended by Additional District Development Commissioner Bandipora, Ali Afsar Khan; District Nodal Officer Coordination, Mohammad Ashraf Hakak; SDM Sumbal, Amir Choudhary; JDP Imtiyaz Ahmad; Executive Engineers from PHE, PDD and R&B, BDO Hajin besides concerned officers and officials. During the program,

the DC held interactive sessions with the villagers and patiently listened to their grievances and suggestions. Locals on the occasion raised issues related to healthcare facilities, drinking water, road connectivity, educational infrastructure, and power supply besides employment opportunities. They also demanded the construction of NTPHC at Sadunara, which has already been

sanctioned by the government. Dr. Owais assured the villagers that their concerns and feedback would be diligently analyzed, and appropriate actions will be taken to address them. He reiterated that the district administration is committed to transparent and accountable governance.

The DC assured the villagers that the administration will prioritize these sectors to enhance the overall quality of life in Sadunara Village and its surrounding areas. Meanwhile, the DC stressed on the significance of community participation in the development process. He urged the villagers to actively engage in the formulation and execution of local development plans and assured them of full support from the administration in their endeavors.

MVD Kulgam, SACPPE hold event on Rights & Responsibilities of Citizens

■ Farooq Rather

KULGAM, JULY 22: Assistant Regional Transport Office Kulgam in collaboration with South Asia Center for Peace and Peoples Empowerment (SACPPE) today organized an event titled, 'Rights & Responsibilities of Citizens' at Kulgam.

Programme was attended by a large number of people, including people associated with the transport sector.

The event, part of the SACPPE's mission to educate citizens about their rights and responsibilities, evoked



a massive response among the citizens, who appreciated the organizers for their efforts to educate people on such an important theme.

Speaking on the occasion, ARTO Kulgam Abrar Ahmad

providing mobility, he added.

Motor Vehicles Inspector Kulgam in his address to the gathering said that there is a need to hold such events for the benefit of people.

"Society needs to be responsible if we have to move forward. Road safety is a global priority and responsibility of drivers on roads is crucial. A driver when on wheels is not only responsible for his safety and security, but the passengers travelling in his vehicle and pedestrians walking on roads," he added.

Capacity Building Training on Drug Demand Reduction concludes in Jammu District

JAMMU, JULY 22: The 3-Day Capacity Building Training Course on identification, treatment, aftercare and rehabilitation of substance dependents concluded in District Jammu.

The workshop was organised by District Social Welfare Officer Mamta Rajput under the overall supervision of ADC (L&O) Harvinder Singh.

The Resource person, Shifali Gupta Sr Lecturer, who is also District Counseling Coordinator for three day, along with Dr Sukrita Sharma Psychiatrist and Palvi from an NGO conducted the training sessions.

Action plan for the Drug Demand Reduction was discussed in the workshop attended by Corporators, Sarpanchs, Advocates, Teachers, Asha workers and other concerned participated.

The resource persons highlighted the importance of early identification of users, their treatments, aftercare and rehabilitation, besides role of front line workers in the dissemination of information about the users.

Speaking on the occasion, ADC Jammu Harvinder Singh urged the stakeholders to bear their responsibility and act accordingly.

He also said that the administration is committed to curb drug abuse and it has taken a wide range of steps to deal with the menace.

Director Agriculture visits Farm of successful Woman Agri-Entrepreneur from Delina, Baramulla

■ HT News Network

SRINAGAR, JULY 22: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited the farm of a successful woman Agri-entrepreneur from Baramulla, Safina Mushtaq and took stock of the Agriculture scenario at the farm. Director Agriculture congratulated the said woman Agri-entrepreneur for her successful venture and adoption of innovative initiatives during the cultivation of different crops. He said that such success stories encourage more and more educated women towards the agriculture sector with more women taking agriculture and allied sectors as a career option. Safina Mushtaq started with mushroom cultivation, and eventually diversified in flower seedlings and protected cultivation. Director Agriculture assured her of technical guidance from the department and asked the concerned officers to put in all the necessary efforts so that this success story.

Arrangements for Independence Day, 2023 celebrations reviewed at Pulwama

Dr Basharat emphasises importance of National Flag hoisting, stresses upon strict adherence to National Flag code

■ HT News Network

PULWAMA, JULY 22: The Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom 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 the district.

At the outset, the DC highlighted the importance of national event and sensitized concerned officers of line departments about their role and responsibility and directed them to



make fool-proof arrangements in advance for the smooth conduct of celebrations across the district with fervour and enthusiasm.

He emphasized upon the inclusion of various cultural activities representing the diversity of our great nation and urged the

involvement of students, youth, artists and performers in the National event.

The review also encompassed an assessment of the infrastructure and facilities for the convenience of the attendees, including seating arrangements, traffic management, and medical aid centres and also the

arrangements to be put in place right from the rehearsals to the main event. The meeting was informed that the main function will be held at DPL Pulwama, while local administration will celebrate the national event at Sub-Division, Block and Tehsil levels.

The DC directed the district heads of different departments to ensure their presence as well as the subordinate officers and officials in the Independence Day function both at the district headquarter as well in the divisional level functions.

Handicrafts & Handloom Department Kashmir organizes Calligraphy Exhibition

■ HT News Network

SRINAGAR, JULY 22: The Director Handicrafts & Handloom Kashmir, Mahmood Ahmad Shah on Saturday inaugurated a two day Calligraphy exhibition at Government Arts Emporium Srinagar.

The special feature of the Exhibition is the intricate calligraphy blended in the Carpet craft by the young acclaimed Artisan cum Designer Shah Nawaz Ahmad Sofi. Also the



Calligraphy work of a 65 year old artisan from Baramulla, namely, Mohammad Shafi Mir is on display. On the inaugural day, visitors to the

Exhibition were mesmerized to see the diverse range of masterpieces, highlighting the talent and creativity of both the participating artists. The opening reception was well-attended, with visitors enjoying the creative work and meeting the artists behind the artwork.

Speaking on the occasion, the Director said that the event is a celebration of our city's natural beauty and cultural heritage, and we are delighted to see so many people come out to support our local artists.

Government of Jammu and Kashmir Office of the District Sheep Husbandry Officer Kulgam

Subject: Establishment of Mini Sheep/Goat farms comprising of 10Ewes/Does+1Ram/Buck unit on Participatory Mode on analogy of Tribal Sub Plan (SCA to TSS) for revenue village Tangmarg and Kutamarg for the year 2023-24.
Reference: District Development Commissioner Kulgam's No. DDCK/Circular/2023/1792-95, dated 03-07-2023

ADVERTISEMENT NOTICE

Applications on prescribed format are invited from the interested Schedule Tribe persons of Revenue Villages Kutamarg, Block DK Marg and Tangmarg, Block Manzgam for the establishment of Mini Sheep/Goat farms comprising of 10Ewes/Does+1Ram/Buck unit, on Participatory Mode, under the scheme Pradhan Mantri Adi Adrash Gram Yojana (PMAAGY)

S No.	Scheme	Description	Eligibility Criteria
1	Mini Sheep/Goat farms comprising 10 Ewes/Does+1Ram/Buck unit on Participatory Mode	1. Ten (10) Ewes/Does+1Ram/Buck shall be issued to selected beneficiaries free of cost. 2. The selected beneficiary has to return ten (10) Ewes/Does+1Ram/Buck out of the progeny in a phased manner, from the third year of the establishment of unit, till the animals are retrieved back.	Schedule Tribe persons of Village Kutamarg/Tangmarg

Operational Guidelines

- Beneficiary must have sufficient land holding, infrastructure, fodder /grazing and man power resources available, to maintain the unit on organized pattern
- Units shall be provided to the selected beneficiary after executing an agreement to the effect that beneficiary will return ten (10) Ewes/Does+1Ram/Buck out of the progeny in a phased manner, from the third year of the establishment of unit, till the animals are retrieved back.
- The progeny shall be retrieved with a body weight of 25-30 kgs for establishment of fresh units.
- In case of eventuality any dead or disposed parent animal shall have to be replaced out of insurance amount or by the breeder himself in order to maintain the parent livestock at least for five years of retrieval.
- Sheep/goats shall be procured at a breedable age of 1.5 to 02 years and the first insurance premium shall be included in the cost of animals. Beneficiary shall however insure the animals from 2nd year onwards till beneficiary is in contact with the Department.
- The selected beneficiary has to execute an affidavit with the department mentioning therein that he will be responsible to run the unit in accordance with the directions of the department and the department is at liberty to withdraw the unit and impose penalty in case of any default and recover the establishment cost of the unit as the case may be. The affidavit has to be attested by the first-class magistrate.
- More than one application shall not be entertained from the same household.

The Application forms will be available at Sheep Development Block Manzgam and DK Marg (Nagam)w.c.f.24-07-2023 to 03-08-2023.

KTO Eligibility Criteria

- The applicant should be above 18 years of age and below 55 years as on 01-01-2023
- The applicant should not have taken benefit of any other subsidy-based scheme (bankable or non-bankable) and should undertake the same on an affidavit duly attested by a magistrate/public notary.
- Enclosures (xerox copies of):
 - Aadhaar Copy or any other D.O.B proof.
 - Ration Card
 - Schedule Tribe Certificate.

Note: The allotment and the number of units to be established shall be subject to the availability of funds.

Dated: 22/07/2023
DIPK-5603/23
No: DSHOK/Tech/2023-24/1133-42

District
Sheep Husbandry Officer
Kulgam

GOVERNMENT OF JAMMU AND KASHMIR OFFICE OF THE OFFICER INCHARGE SHEEP BREEDING FARM KEWA QAZIGUND Email: oisbfkewa@gmail.com SHORT TERM QUOTATION

Short term Quotations in sealed envelopes affixed with revenue stamp of Rs10/= are invited from interested persons for harvesting of Fodder crop for the year 2023-24 (Jungle Hay and MP Cherri) at Sub-Alpine Dudnag and Sheep Breeding Farm Kewa. The rates mentioned should be on quintal basis and same should reach to this office by or before 2 P.M (02-08-2023) and shall be opened on the same day in presence of committee already framed for the purpose.

Terms and conditions:

- The rates quoted shall be inclusive of drying, collecting, binding, stocking, transporting, storing, carrying, weighing, and dumping and inclusive of all taxes (including CGST & SGST)
- Tender should be addressed to the Officer Incharge Sheep Breeding Farm Kewa.
- Every tender should be accompanied by CDR of Rs 1000/= pledged to the officer Incharge Sheep Breeding Farm Kewa.
- The successful tender shall have to execute the agreement on a Non-Judicial paper of Rs 20/= with the department for successful completion of the contract immediately within the scheduled time.
- The successful tender shall execute the harvesting work as per the directions of the u/sd.
- The harvesting crop shall be dry, fresh, and greenish in colour.
- In case the successful tenderer fails to execute the job, a penalty of 20% of total value of the work shall be imposed against him/her.
- Rate contractor shall remain valid up to 31-03-2024.
- In case of any dispute between the contractor and the department the case shall be referred to the administrative department for arbitration/settlement whose decision shall be binding on the parties.
- The payment shall be released to the contractor of fulfilling all the above lead terms and conditions and after the entry of whole consignment into the concerned stock register.

No. SBFK/Agri./2023-24/469-72
Date: 22-07-2023
DIPK-5642/23

Sd/=
Officer Incharge,
Sheep Breeding Farm Kewa

PUBLIC NOTICE

I have lost 8th pass Discharge certificate under Roll no 133018 session 2015 Adm No 659 Name Shabroza Daughter of Bashir Ahmad Ganai Residents of NMaloora D.O.B 12/01/2001.

Now I am applying for its Duplicate, if anybody have any objection in this regard He/She may file his /her objection in office of the Headmaster Govt High School Maloora Gwihin seven days from the publication of this notice after that no objection will be entertained.

Name, Shabroza
Daughter of Bashir Ahmad Ganai
Residents of Maloora

PUBLIC NOTICE

I have lost 8th pass certificate under Roll no 126120 session 2012 Name Sehra Hussain Khan Daughter of Mohd Hussain Khan Residents of Naid Kadal Kalal Doori Gousia Wakaf High' Secondary school Khanyar Srinagar.

Now I am applying of its Duplicate, if anybody have any objection in this regard He/She may file his /her objection in office of the Principal Gousia Wakaf High' Secondary school Khanyar Srinagar. within seven days from the publication of this notice after that no objection will be entertained.

Name, Sehra Hussain Khan
Daughter of Mohd Hussain Khan
Residents of Naid Kadal

DC Samba asks for stepping up Drug Demand Reduction campaign Asks enforcement agencies to step crackdown on drug peddlers

■ HT News Network

SAMBA, JULY 22: District Magistrate Samba Abhishek Sharma today assessed the enforcement steps and IEC activities being taken to deal with the menace of drug trafficking and drug abuse.

He was chairing the meeting of District Level Committee of Narco Coordination Centre (NCORD) attended by Benam Tosh, Senior Superintendent of Police; Suresh Chander, ADC; Subash Chander PO, Poshan; Dr. Kusum Chib, ACR; Sidharth Dhiman, ACD; Dr. Rajesh Kumar, SDM Vijaypur and other functionaries of stakeholder departments.

At the outset, the District Magistrate Samba laid emphasis on making coordinated

efforts by all the Government Departments and the enforcement agencies to eradicate the menace of drug abuse.

He directed to intensify IEC Activities under the Nasha Mukta Bharat Abhiyan aimed at Drug Demand Reduction.

The CEO informed the chair that the education department is organizing a series of activities under NMBA in the Government and private Schools. He said the department is documenting all such activities and the monthly brief is being submitted to the DC Office for further uploading on the portal by DSWO.

The chair directed the Principals of Government Degree colleges, to conduct awareness programmes in their institutions regarding the ill effects of drugs and to keep a close watch on any kind of early symptoms



of drug abuse amongst the students. He further asked to host lectures highlighting the provisions of NDPS Act in all educational institutions.

The District Information Officer was directed to publicise the already running Drug de-addiction Centres, Tele- Manas Helpline number 14416/ District

Control Room number and the PCR number.

The chair directed the District Social Welfare Officer to intensify IEC Campaign/ activities in

the district, especially in the already identified hotspot areas.

The chair directed the Assistant Regional Transport Officer Samba to plan awareness activities for drivers and conductors of the Commercial vehicles.

The chair was also informed about the installation of feedback boxes in all the Panchayat Ghars. The Assistant Commissioner Development informed the chair that the issue of sharing names of Drug Victims and Peddlers is the standing agenda item of weekly Panchayat meetings, but no information has been received from any of the panchayats till date.

He brought into the notice of the chair that during the special Gram Sabha on NMBA on 5th June, people pointed out the use of Ring Road by the Drug Peddlers. The meeting was informed

that a five bedded Drug De-addiction Centre is already running in the District Hospital Samba. However, the post of the Psychiatrist is lying vacant after the retirement of the incumbent doctor and the matter has been taken up with the Government through Director Health Services, Jammu. The chair asked the Chief Medical Officer to pursue the matter with the Director Health Services and constitute a team of counsellors, who can make people aware about the scientific ways of leaving drugs and to deal with panic attacks etc.

It was further informed that accommodation for setting up of a dedicated 15 bedded Drug De-Addiction Centres has been identified at abandoned building of GMS Dowari, Gurah Slatia Tehsil Vijaypur.

SWD Organises Capacity Building Training Program At Bhadarwah

■ Amir Iqbal Khan



Bhadarwah, July 22: Social Welfare Department (SWD) Organised "Capacity Building Training Program" under National Action Plan for drug demand Reduction (NAPDDR) at High School Aadarsh Vidhya Bhawan here today.

The awareness programs were conducted under the supervision of Tehsil Social Welfare Officer (TSWO Bhadarwah/Thathri) Subash Chander Kotwal under the overall guidance of District Social Welfare Officer (DSWO) Doda Tariq Qazi. The Program was Presided over by Principal High School Aadarsh Vidhya Bhawan Bhadarwah Meena Kumari. Other dignitaries who were present during the programs included, Teachers, Students of different Schools, /PRIs/NSS/AWW/Sanitary workers of Bhadarwah, Municipal Corporation, Para Legal Volunteers from DALSA Bhadarwah, Adv Majid Malik (Resource Person), Muzamil Yazdani (President Umar Education and Welfare Trust Bhadarwah), Smt. Meena Kumari Educationist (Principal of the institution), Farooq Ahmed (Headmaster), Arif Rana (Educationist) and Employees of Social Welfare Department. Speakers on this occasion gave detailed presentation on the theme, Substance use and prevention. Refreshment was also distributed among the participants on this occasion.

NMBA Training Program concludes at Rajouri

■ HT News Network

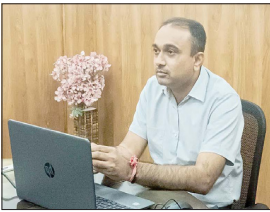
RAJOURI, JULY 22: The three-day training program on Drug Demand Reduction organised by the District Social Welfare Department concluded here today.

The program, organized as part of the National Action Plan for Drug Demand Reduction, was a timely initiative that underscored the importance of prevention in addressing the problem of substance abuse. The comprehensive training program focused on enhancing the knowledge and skills of stakeholders in the field of substance abuse prevention and treatment. The program's success was evident in the active participation of 286 stakeholders from various sectors, including teachers, Anganwadi and ASHA workers, NSS & NYK Volunteers, police personnel, PRI, and ULB officials. The comprehensive training program was designed to cater to the specific needs of each group.

Div Com Jammu e-launches official website of Shri Machail Mata Yatra

■ HT News Network

JAMMU JULY 22: Divisional Commissioner Jammu, Ramesh Kumar today e-launched the official website of Shri Machail Mata Yatra, aimed at enhancing the pilgrimage experience of devotees. The website www.shrimachailmatayatra.com will serve as a comprehensive platform providing essential information about the facilities available for devotees undertaking the revered pilgrimage to Shri Machail Mata Yatra. The newly launched website is designed to offer a one-stop solution to the pilgrims, ensuring a hassle-free and well-informed spiritual journey. It incorporates detailed information about various facilities available for devotees, including helpline numbers for any assistance, heli-services booking, Yatra route par-



ticulars, accommodation options through home stays, designated larger points, and a convenient link for donations and registration. The website can access the crucial details and plan their Yatra accordingly, thereby enhancing their overall experience. The user-friendly interface and comprehensive information on the website will enable devotees to make informed decisions, leading to a more organized and fulfilling pilgrimage to Shri Machail Mata. The Divisional Commissioner said that the launch of this official website aims to further promote and support religious.

DC Samba reviews arrangements for celebration of Independence Day 2023

■ HT News Network

SAMBA, JULY 22: The Deputy Commissioner (DC) Samba Sh. Abhishek Sharma today discussed the arrangements for the upcoming celebration of Independence Day 2023, at DC Office complex, Samba.

It was informed that the event is to be held at Rani Suchait Singh Stadium Samba as per past practice. The meeting discussed threadbare various issues with regard to the security arrangements, traffic regulation, seating arrangements, Full Dress Rehearsal, decoration, Shehnai Vadan, PAS, Power and water supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading at venue of the function and other vital issues.

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

The DC reviewed the security related arrangements being put in place by the police department. It was



directed that the line departments should organize IEC activities before the I-day to highlight their achievements and to exhibit different schemes of their respective departments on the event.

The PDD and Jal Shakti Department were directed to ensure proper management of power and drinking water facilities by provisioning water tankers at the venue.

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

the officers to work in close coordination for the smooth conduct of Independence Day celebrations. He also directed the concerned officers to ensure proper screening of cultural items and select vibrant and energetic items for the celebration.

SSP, Benam Tosh; ADDC Rajinder Singh; ADC Suresh Chander; CPO, Sukhleen Kour; ACR Kusum Chib; ACD Sidharth Dhiman and other senior officers from Police, Social Welfare, Jal Shakti, PDD, Information, Health, YSS and other concerned departments were also present on the occasion.

DC Ramban visits Banihal, reviews development works, healthcare facilities at SDH

■ HT News Network

RAMBAN, JULY 22: Deputy Commissioner, Ramban, Mussarat Islam, today conducted a tour of Sub-Division Banihal, to take stock of progress on developmental projects and implementation of beneficiary oriented schemes, besides reviewed healthcare facilities being extended to patients at Sub District Hospital Banihal.

Tehsildar Banihal, Imtiyaz Ahmed, BMO, Dr. Sayed Ismail and other officers were also present on the occasion.

During the visit to SDH Banihal, the Deputy Commissioner interacted with the patients and attendants and enquired about the



facilities being extended to them by the hospital. He directed the BMO to effectively implement the duty roster of doctors and paramedical staff, and display the same along the stock position of medicines and other available facilities on the Notice Board.

The DC reviewed the sanitation condition, stock position of medicines and working of diagnostic facilities.

He directed the BMO to ensure cleanliness of the hospital for the convenience of patients. He appreciated the hospital administration for making special efforts to extend quality healthcare. He also inspected PMJAY registration counter and directed the BMO and CSC team for registering maximum number of people under PM-JAY-SEHAT scheme. He directed the BMO to sensitize the patients and their attendants besides ensure that all the patients shall avail the benefit of the flagship health insurance scheme.

The Deputy Commissioner also inspected the Lamber Langer site and reviewed the facilities being provided to the Shri Amarnath Ji Yatries there.

DC Doda conducts tours Thathri Sub Division to assess damages caused by incessant rains

■ HT News Network

DODA, JULY 22: Deputy Commissioner Doda, Vishesh Paul Mahajan, accompanied by SSP, Abdul Qayoom and SDM Athar Amin, today conducted a tour of the Thathri area to assess the damages caused by incessant rainfall and availability of essential services.

During the visit, they evaluated the impact of the torrential downpour and also reviewed the condition of the roads, which were partially affected by the incessant rain.

Interacting with the locals, the DC Doda assured that the district administration is on the job to assess the damages caused by the



heavy rain and to take all necessary measures to mitigate the problems faced by the people. "We are focusing on smooth traffic movement and to prevent any untoward incidents in the district amid the inclement weather conditions", he added.

The DC inspected the Bhella Chiralla road, which was damaged due to cloud burst. DC Doda, reassured

the local public that the district administration will remain in constant touch with the citizens and responsive to their needs during this challenging time of heavy rainfall.

"Prompt response to the needs of people of the affected areas and providing necessary assistance to those who are facing hardships due to the heavy rain is being assured.

Vice Chairperson DDC tours flood affected areas in Udhampur

■ HT News Network

UDHAMPUR, JULY 22: Vice Chairperson, District Development Council, Udhampur Jui Manhas Pathania conducted an extensive tour of flood affected areas in Tehsil Majalta.

Accompanied by local administration, she inspected roads, public infrastructure, personal houses and buildings damaged due to flooding.

She called upon the administration to immediately embark on remedial measures so as to lessen chances of potential losses.

She further called upon the government to amend SDRF norms and ensure that



all rain affected people are indemnified. And damaged public infrastructure is restored at the earliest.

During her visit to Panchayats Bharnara & Jansal, Rajesh Kumar, local sar-

panch demanded immediate provision of drinking water supply in the area. He also called for clearance of Bharnara-Jansal Bharnara-Bunal and Neeli-Dhat roads. He called for the start of

work on the Neeli to Lanka road. Hans Raj Sharma Sarpanch, canvassed damages caused to houses and lands of framers by slipshod work on Jagwal-Jansal and Dhar road to Plater roads u/PMG-

SY. He also called for immediate start of work on the missing link on Dhar road to Plater roads.

They hailed Mrs Pathania for her sterling efforts and called for immediate restoration of PMGSY roads along with construction of drains.

On a point made by local residents of Khoon led by Romesh Gupta, Sarpanch, she called for formulation of a drain channel across the Dhar road so that inflow of water does not gush into houses and shops of nearby people. She also established contact with DC Udhampur and GREF authorities for redressing the issue.

During the visit, the Vice Chairperson also took stock of damaged roads and hous-

es in the affected areas. The heavy rains and floods have caused severe damage to the infrastructure, and many houses have been completely destroyed.

The Vice Chairperson also interacted with the affected people to understand their problems and needs.

Mrs Pathania was accompanied by the officials from the Departments of Irrigation and Flood Control, PMGSY, PWDD, PHE and Revenue. The Vice Chairperson directed the concerned officials to take immediate action to provide relief to the affected people. The Vice Chairperson also emphasized the need for swift action to repair the damaged roads and bridges.

DPO Poshan conducts one day health check up camp at Panchayat Dheeran

■ HT News Network

UDHAMPUR, JULY 22: On the directions of Commissioner Secretary SWD, District Programme Officer, Poshan, Udhampur, Subhash Chander Dogra along with field staff of Poshan and Health staff of Health Wellness Centre, Dheeran conducted one day health check up camp at Dheeran Panchayat of Poshan Project Dudu Basantgarh for growth monitoring of children and identification of SAM/MAM.

As many as 18 children and one pregnant woman of 7 AWCs viz Dheeran, Randal, Sair, Dhountha, Baryalta, Bhagar & Chak Baryalta attended the camp. During the camp, weight, height and anemia check up was also conducted on spot to ascertain the MAM/SAM status. AWWs and AWHs were directed to be aware of all the schemes being implemented by the Poshan Department in coordination with other stakeholders. During the visit, DPO, Poshan inspected various AWCs of ICDS Project Ramnagar.

EDITORIAL

World Brain Day Calls for Prioritising Mental Health in Kashmir

On this World Brain Day, we are reminded of the critical role our brains play in shaping our lives and the urgent need to prioritize brain health. The Doctor's Association of Kashmir's recent statement, highlighting that a staggering 80% of strokes can be prevented through lifestyle changes, serves as a wake-up call for individuals and policymakers alike to take proactive steps in safeguarding our most vital organ.

A stroke, often referred to as a "brain attack," occurs when blood flow to the brain is disrupted, resulting in brain cell damage and potential long-term disabilities or even death. According to the World Health Organization, strokes are the second leading cause of death and the third leading cause of disability worldwide. However, the heartening fact is that a significant majority of these cases can be avoided through simple lifestyle adjustments.

Nowadays, heart disease remains the most common cause of death, especially Jammu and Kashmir. A study carried out by the Global Health Research Institute suggests that J&K has recorded 29.6% deaths due to heart-related ailments. The study further reports that 25% of deaths occur in the age group of 25-69 years. Out of these, 32.8% deaths occur in the urban areas and 22.9% in rural areas. These percentages shoot up in winters as compared to summers owing to the extreme weather conditions limiting regular exercising and outdoor activities as a sedentary lifestyle leads to increased chances of heart attacks. Lack of proper equipment, senior medical professions, inaccessibility of immediate medical help and ambulances have been included, by the health professionals, among the contributing factors that may lead to serious complications, including the death of the heart patient.

One of the most significant risk factors for stroke is hypertension, often triggered by unhealthy dietary habits, sedentary lifestyles, and stress. The adoption of a balanced and nutritious diet, rich in fruits, vegetables, whole grains, and lean proteins, can significantly reduce the risk of developing hypertension and, consequently, the likelihood of experiencing a stroke.

Furthermore, physical activity is a powerful tool in maintaining cardiovascular health. Regular exercise not only helps in controlling weight but also improves blood circulation, reduces cholesterol levels, and stabilizes blood pressure. Encouraging individuals to incorporate moderate-intensity activities like brisk walking, cycling, or swimming into their daily routines can go a long way in preventing strokes and other cardiovascular diseases.

The responsibility to prevent strokes does not solely lie with individuals but extends to healthcare systems and policymakers. Governments and health authorities should prioritize investment in preventive healthcare programs, creating accessible platforms for regular health check-ups, blood pressure monitoring, and providing educational resources on healthy living. Encouraging employers to promote workplace wellness programs can also contribute to a healthier workforce and a reduced risk of strokes.

In conclusion, World Brain Day serves as a poignant reminder of the profound impact lifestyle changes can have on our brain health. The Doctor's Association of Kashmir's statement underscores the need to prioritize stroke prevention through simple yet powerful measures such as healthy eating, regular exercise, stress reduction, and avoiding harmful habits. By collectively committing to making these changes, individuals can significantly reduce their risk of stroke, and in doing so, pave the way for a healthier, more resilient world.

Social Media Is Making Us Unsocial, Leading To Moral Degeneration Among Youth



OWAIS MAJEED DAR



What's the first thing you do when you wake up? I'm pretty sure you start checking your phone. We live in a world where we can potentially be virtually connected to every other person via social media which has become a part and parcel of our day-to-day life connecting people with diverse culture, religion and ethnicity with each other. Social media is an umbrella term used for many online platforms like FACEBOOK, TWITTER, INSTAGRAM and others that are used to share information with people around the world. People no longer need a personal handshake or face-to-face meeting, even relationships begin, grow and end on social media.

Undoubtedly Media shapes us, informs our ideas, policies and politics. It tells us who we are, and what we can be. Unsurprisingly over the last 10 years, social media has grown in terms of number of platforms as well users exponentially across the world and at present there are 101+ social networking sites operating. As per the Statistics revealed by the Digital 2022 April Global STATSHORT Report on STATISTA, approximately 4.59 billion users used social networking sites and app's in 2022. That equates to 58.7% of the global population. And, with the increased use of mobile devices, this number is likely to cross 5 billion mark by 2025. Social Media is a very powerful means of freedom of speech and expression. It has become a voice for the voiceless and has been an incredible tool for empowering people to speak, express and promote their ideas that benefit the larger society. At the same time, it's a place for sexist, racist, homophobic and other violent behaviour's and this context is easily expressed that affects our social system significantly. One of the most surprising developments of the last 20 years has been the dramatic shift away from choosing the social media over a potential of real experience. We choose to connect online rather than to connect with the human being thereby making us unsocial, killing the actual spirit of relationships and replacing experiences. Social Media has changed the way we live our lives, from the way we get news, to the way we interact with loved ones. It's everywhere, powerful and it's growing. According to the Global Web Index we spent an average 2 hours a day on social media and it's increasing at a rate of 2 minutes per day. Over course of lifetime, it is 5 years and 4 months on social media that is 43187 hours.

Sociologically putting in every society multiple factors are responsible for crime causation and the nature and novelty of offence determines moral standards of a particular society. Same may be true with Kashmir society which is in turmoil and conflict from last five decades but the existence of such an events of Suicides, knife attacks, sex scandals and minor rapes perhaps points to rampant societal moral decay among young adults in erstwhile Jammu and Kashmir.

Ironically, the biggest problem with majority of this young generation today is to have accepted such behaviours as normal. It requires us to question, where have morals and social values gone from Kashmir society which was once a

place of love, tranquility, serenity, peace and meditation? The spirit of humanity, sociability, brotherhood, harmony among diverse religious sects and cultures, nobility and humility reflected Kashmir society. Despite, being badly hit by consistent instability, turmoil and conflict, Kashmir as a society had always been a place where religion and philosophy takes its highest honor and traditionally straight and simple people had always maintained highest values of social and moral responsibilities in the toughest and more challenging circumstances. Maybe, you will not agree with me, I must say sarcastically that the storm of social media have shook the moral foundations of this society and moral values and ethics here have washed away with the flood of networking sites and applications. If generally viewed, what role social media has had on the obvious rot of moral's among the youth? And although social media also have some positive impacts to its users across the world, studies have shown that present situation and discourse of events happening in Kashmir post 5th August decision suggested exposure to social networking sites is largely responsible for moral degeneration among the youth. Religious experts and analysts having expertise on various matters believe this demoralization primarily caused due to social media, is becoming the biggest threat to the future of Jammu and Kashmir. This decay primarily emerges from influences from western culture that the young people absorb via different social media platforms and applications. As a result, many of young boys are now involved in diverse immoral activities blindly aped from the various networking sites. Let me explain my argument in detail.

In the beginning when there was U-tube and few other social media platforms with certain restrictions to users to subscribe or scroll down through the internet, but feeling the pressure of market competition and the emergence of new platforms with more flexibilities and discount to its subscribers, many social networking sites like UTUBE, INSTAGRAM, SNAPCHAT and even FACEBOOK which claims it has some of the best technologies, software and safeguards to shield the platform from objectionable content, have been allowing users to host nudity, indecency, violence, rape and Pornographic videos under the pretext of freedom of expression.

Nearly every social media platform, including FACEBOOK has been initially dealing strictly with violent content on its platform for several years. These platforms and app's were continuously monitoring the platform and trying to address the problem by hiring staff and pouring resources. FACEBOOK had also relied on its AI algorithm to detect offensive and objectionable videos like other platforms to regularly monitor and remove them. However, it looks like it now has to deal with a barrage of adult and pornographic content. It appears some FACEBOOK pages are camouflaging their identity by using random people's names, hash tags, or title's such as "funny videos" or "viral videos". Some of these pages have also been listed as gaming creators. FACEBOOK is increasingly and brazenly being used to stream adult content.

These videos and other questionable or objectionable content are streaming on FACEBOOK Watch and "For You" sections. Meta-owned FACEBOOK, the current social media behemoth is facing a growing problem of explicit content. The obviously unsuitable and inappropriate content is being snuck through FACEBOOK pages. The platform has dedicated "Watch Section" on the platform. Here, user's can find videos recommended for them such as Live Streaming, Reels, Music, Gaming and from people and pages they follow. If user's open live tab on FACEBOOK Watch, they will see a centralized feed with Live video's

from different pages and creators. It is this section of the FACEBOOK, on several pages, where adult content is being streamed. The questionable videos are reportedly shared with captions such as "Top Movies NETIFLIX 2023" and even using Mark ZUCHERBERG as the hash tag. Needless to say, text-based detection mechanism or algorithm won't be able to identify adult content, and reportedly adult videos are clearly bypassing FACEBOOK's built-in detectors.

FACEBOOK AI ALGORITHM

The FACEBOOK algorithm is a set of rules that rank content across the platform. It determines what people see every time they check FACEBOOK, and in what order that content shows up. FACEBOOK calls this "Personalized Ranking". Essentially the FACEBOOK algorithm evaluates every post, add, story and Reel. It scores content and then arranges it in descending, non chronological order of interests for each individual user. This process happens every time a user refreshes their feed. FACEBOOK has a whole team of people working as artificial intelligence and machine learning. Part of their work is to improve the algorithm, that connect FACEBOOK users with the most valuable content for them. Over the years, algorithm ranking signals have been added, removed, and had their importance adjusted. As of 2023, the FACEBOOK algorithm determines which content is most relevant to a particular user based on 3 ranking signals.

1. Who posted it, 2. Type of content and 3. Interactions with the post

WHO CONTROLS YOUR FACEBOOK FEED

Every time you open FACEBOOK, one of the world's most influential, controversial and misunderstood algorithms springs into action. It scans and collects everything posted in the past week by each of your friends, everyone you follow, each group you belong to and every FACEBOOK page you've liked. For the average FACEBOOK user that is more than 1500 posts. If you have several hundred friends, it could be as many as 10000. Then, according to a closely guarded and constantly shifting formula FACEBOOK'S news feed algorithm ranks them all, in what it believes to be the precise order of how likely you are to find each post worthwhile.

Most users will only ever see the top few hundred. It is important that we forge ways of bringing back moral values in our life. Young generations ought to be taught to reinforce good morals in their lives and seek ways to keep away from being influenced by what is portrayed on social media sites. This script is not final and the Readers currently reading this are more familiar and knowledgeable than writer itself.

They know the syndrome as well as the remedy of this social disease but are either helpless or deliberately neglecting their moral responsibilities as parents, teachers, elders, social activists, religious and political leaders, social media influencers, debaters, scholars and doctors in collective society having certain morals and ethics as strong foundations. Unless and until, these moral foundations are concrete and intact in our society, we as a nation are alive and progressing otherwise there is hardly any difference between us and the cattle's.

KITNAY HOUNTO SAY TABASUM KAY JANAZAY LEKAR
WAQT HAR ROUZ DABAY PAWON GUZAR JATA HAY

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UNEMPLOYMENT LIKELY TO RISE OVER 8.4 PER CENT BY JULY END

GRADUATES ARE FACING THE WORST BRUNT OF JOBLESSNESS



GYAN PATHAK

Unemployment rate in India has been rising this month. As on July 21, unemployment rate on the basis of 30 days moving average rose to 8.4 per cent which is over 0.4 per cent more than the last month, according to the latest CMIE data, which indicates that the month of July may end with employment rate higher than 8.4 per cent. Graduates are now most worried lot with unemployment rate is over the double the national average for all unemployed people.

On the basis of a CMIE survey of pan-India household, a study by Natasha Somayya K has estimated that the unemployment rate among graduates was at 16.95 per cent in the quarter ending on June 30, 2023 which was more than double the average unemployment rate of 8.16 per cent. Despite high labour participation among graduates, the share of people who were able to secure employment is not very impressive. The starkly higher-than-average graduate unemployment rate is concerning, the study warned.

The CMIE data has revealed that in the first quarter of the financial year 2023-24 (April-June) the workforce was dominated by poorly educated people. Among

all employed, 47.6 per cent of the workforce in India were educated upto only 9th standard, followed by 39.6 per cent 10th-12th standard and only 12.8 per cent graduates and above.

India must be concerned on such a trend in the labour market, at a time when inflation has been rising again since April 2023 which is likely to cross 5 per cent in July. Food inflation and spiralling food prices have made the cost-of-living crisis even bitter for majority of unemployed workforce. Moreover, the lack of any social security coverage has exacerbated their already miserable condition.

Incidentally, the G20 Labour and Employment Ministers had been meeting on July 20-21 in Indore, which was hosted by India, under its G20 presidency for the current year to focus on three main topics: addressing the global skills gaps, extending social protection to platform and gig workers, and sustainable financing for national social protection system.

India suffers from all the three – there is a large skill gap, not even a single provision for social security coverage for about 76 per cent of the workforce, and there is little funding for the national social protection system.

India had called for the ministerial purportedly to accelerate progress on the three issue – addressing skills gaps, extending social protection, and sustainable funding for it, and the good news is that Ministers of the G20 nations have

agreed on specific policy priorities on the first two of these challenges and only a set of policy options regarding the third. However, it would mean social protection would continue to suffer due to lack of funds in the near future.

"At present, the global employment divide is deepening in the face of global shocks and risks, with low-income countries being left further and further behind," said the ILO Director-General, Gilbert F. Houngbo to the assembled Ministers at the Indore meet.

Given the skills gap in India, the high rate of unemployment among the educated, both due to lack of sufficient jobs and poor schooling as well as the mediocre quality of education on offer at most colleges, India must take seriously some of the recommendations made at the G20 Ministerial. It is important since employability rate of college students have less than 50 per cent, and for arts and commerce it is less than 30 per cent. A UNICEF report had said that nearly half of all undergraduate students, which are 80 per cent of all college students, study in the least employable disciplines.

"Regions where skills gaps are pervasive are also more likely to experience high unemployment", said Richard Samans, the ILO's Sherpa to the G20 and Director of the ILO Research Department. "In a turbulent time, 'investment in people' restores the trust in institutions and helps build a new social contract. Therefore,

massive investment in skills is needed more than ever, as we face the need to achieve socially just green and digital transitions," he added.

But to make further progress, and to tackle gender inequality in particular, action must focus on promoting more and better employment for the youth by investing in economic sectors with high youth employment potential and improving the quality of employment to provide incentives for labour market participation, underlined the ILO Director-General. Investments in Technical and Vocational Education and Training (TVET) and quality apprenticeships and combining active labour market policies with income support are also very important to reach the most disadvantaged youth, he added.

The ILO has called for a common language on skills and qualifications to facilitate cross-country comparability and mutual recognition of skills. The ILO, with the OECD, will launch a feasibility study for a global skills taxonomy that will be available by the end of 2026.

India must work hard on the ground, since the big words are of no worth for the unemployed youth, both male and female, if they are not getting job opportunities. Skill and education level of our workforce must be made relevant and upgrades in the present context of fast changing world of work.

(IPA Service)

Draftsman - How to become a Draftsman



VIJAY GARG



Draftsman is the skilled professional who takes the first step towards creating an infrastructure or machine out of an idea in the mind. His job is to make a design of the idea of the infrastructure like dams, roads, bridges etc. on a piece of paper so that it could be well visualized by those professional that has to really build it.

Teams of drafters with different specializations work together on projects, sometimes drawing by hand but more often through the use of drafting computer software like CAD etc. This is not a mean task to do as it is the drawing on which whole of the work is to be based.

So to become a good draftsman, an ability to see all sides of an object i.e. 3-D vision and strong math skills are necessary. Thus aspirants who are looking to combine artistic talent and math skills in a career, becoming a draftsman is an ideal choice. Not only can this job offer a creative outlet, but it can also provide an impressive income in the present scenario when a lot of emphases is being given not only at the strength of the buildings and dams but also their beauty and durability.

To be a Draftsman one has to be dedicated, hardworking, innovative and positively critical. The job of a Draftsman demands intensive foresight and inside depth of the field, one is working in. To get the desired results one should have the capacity to work hard with commitment, open mind and honesty. The most important thing that Draftsman designer should have is that they should always be ready to take criticism in stride as this is the major thing that can help a Draftsman to improve and bring accuracy in his work.

To do his work most effectively he requires special training which can be acquired by doing the required courses of varying duration. To be a Draftsman one has to follow the below-given path.

Eligibility to become a Draftsman

1. Educational Qualification



Pass in Senior Secondary Examination (10+2) or equivalent recognized examination with physics, chemistry and Mathematics as main subjects at this level with at least 60% marks to get admission in some of the good institutions.

2. Age

There is no restriction with regard to the age of the candidate however some good institution prefers younger people below the age of 17yrs as their student.

How to become a Draftsman?

To become a Draftsman one has to follow the below-given steps:-

Step 1

One has to apply for the entrance test taken by some of the good institutes providing diploma and degree courses for the draftsmanship like JET ie. Joint Entrance Test held by the Punjab state technical education Board and DET Diploma Entrance Test taken by the Haryana state technical Education Board for admission to the Diploma Engineering colleges in their states respectively. However, there are some

other institutions which take the candidates on the merit bases of first cum first bases.

Step 2

After completing this three-year Diploma course one can either join some job with public or private sector companies or can go for the degree course after taking the test for the degree courses in Draftsmanship offered by various engineering colleges. After getting enough exposure in the field one can start his own business or can continue working for some big Construction company like DLF, HDIL, or GMR infra etc with a good financial return.

Draftsman Job Description

A draftsman's job is to turn a design idea into an accurate picture. The drawings that a draftsman creates serve as guides for builders and manufacturers, so 100 per cent precision is required in starting the construction. Although blueprints are now considered out-of-date, draftsmen create their modern relatives.

Draftsman Career Prospects

Although there is a lot of scope for this professional yet there is a lot of competition to get good jobs. But there is no dearth of placements for the efficient draftsman. They can opt and earn in any of the three option open to them ie. The private sector, public sector or self-employment. With the increasing privatization of infrastructural activities, Draftsmen can find an employer with a company with handsome salaries or can start their own business once they have got the necessary education and experience. Besides there are a lot of jobs on offer in public sector departments like PWD ie. Public works department of various state and central Government. With all of the opportunities for advancement in this career, it is worth considering for anyone who is looking for a practical way to apply their creative side.

Draftsman Salary

To start with one can get nearly Rs.15,000 to Rs.20,000 in a job with a good organization. And if working independently then there is no limit of his earning, it may be

To be a Draftsman one has to be dedicated, hardworking, innovative and positively critical. The job of a Draftsman demands intensive foresight and inside depth of the field, one is working in. To get the desired results one should have the capacity to work hard with commitment, open mind and honesty. The most important thing that Draftsman designer should have is that they should always be ready to take criticism in stride as this is the major thing that can help a Draftsman to improve and bring accuracy in his work.

from a few thousands a month and can be lakhs, to say the least. It all depends upon the capabilities and marketing skills of the Draftsman along with his expertise and clarity of work.

Vijay GarG Retired Principal
Educational Columnist Malout Punjab



ROBERT REICH

It's tempting to view the strike underway by Hollywood writers and TV and film actors against the studios as a war between wealthy Hollywood elites.

But that's not at all the case. In fact, what's happening now in Hollywood is a microcosm of what's happening across America in the emerging digital economy—which is rapidly replacing the produc-

the 21st century may look different from the struggles of the 20th century—which centered on whether, for example, full-time workers got better hourly pay and benefits, time-and-a-half for overtime, and reasonable working conditions—but they are in many ways the same, if not worse.

They don't involve physical property. They are over digitized creative output. More specifically, how much of the value of what's created goes to those who do the creating versus to those who manage those creations?

The entertainment corporations say they're suffering because people are going to the movies less and cutting their TV cables to watch streaming videos.

But follow the money: Your entertainment dollars

soft, Alphabet, Amazon, and Meta. Their combined market capitalization is now over \$8 trillion, a figure that exceeds the GDP of every country but the United States and China. They are cash rich. All but Amazon have a combined \$200 billion net cash-to-debt balance.

As these giant corporations take over streaming video, video games, and media platforms, their top executives, largest contractors, and biggest investors are raking it in.

Netflix's Reed Hastings got a 2022 compensation package worth \$51.1 million, up 25% from the year before. Warner Bros. Discovery CEO got \$39 million. Comcast's CEO, \$32 million. Paramount's CEO, \$32 million. Disney's CEO, \$24 million.

Amazon's Bezos and Meta's Zuckerberg are raking

animators, singers, songwriters, architects, show-runners, journalists, and everyone who stores or delivers these creations.

And it's just beginning. Artificial intelligence—right now, mostly via Google, Meta, and OpenAI—is busy scraping up every morsel of digital content on the internet. If you're not Big Tech, your intellectual property is disappearing.

Over the last decade, the pay of TV writers has fallen by 23%. The typical actor has also been on a downward escalator (last year, averaging \$26,276). So have the pay, benefits, and job security of most other content creators.

In other words, what's happening in Hollywood is also happening in a huge and growing portion of the U.S. economy.

This gap between the declining rewards going to digital creators and the soaring rewards going to the executives of the giant corporations that manage digital creations has become a chasm, and it's becoming ever larger.

The biggest variable in all this is the law—in particular, what limits it places on digital monopolies, and whether it facilitates or limits the power of creators.

In both these respects, the Biden administration has been terrific. It has been more aggressive against monopolists and in favor of unions than any administration since that of Franklin D. Roosevelt.

But much of the law is still in the 20th century, and the federal courts have tended to be on the side of the corporate giants.

Just look at the union busting Amazon has been able to get away with. Or how easily Google, Microsoft, and Open AI have been lifting copyrighted material from the internet.

Meanwhile, the courts are reluctant to use antitrust to inhibit the giants. Last week, a federal judge rejected the FTC's attempt to stop Microsoft's \$70 billion acquisition of the video game maker Activision Blizzard, saying the agency failed to prove the deal would reduce competition and harm consumers. This followed the FTC's loss in February, when a judge rejected its attempt to block Meta from buying the virtual reality startup Within.

As Hollywood's content creators go on strike, and as the FTC goes after Microsoft and Meta, bear in mind this huge and growing imbalance of power. If unchecked, it will soon comprise much of the American economy.

(IPA Service)

Hollywood Strike Is A Labor Vs. Capital Struggle In The New Economy

GROWING POWER OF HIGH TECH AND OTT PLATFORMS POSES THREAT TO ARTISTES

tion of things with the production of digitized ideas.

The workers in this emerging economy are some of the worst paid and worst treated anywhere, while the top owners and managers are among the fattest cats outside Wall Street.

The biggest fights between capital and labor in

are actually going to the biggest corporations in America. These giants have gained huge bargaining power because they own the ways content is distributed and are mining consumer data to give them even more power and higher profits.

Consider: Stock gains this year have been concentrated among five giant digital firms: Apple, Micro-

in more than all these executives combined.

Meanwhile, the people who create the content are getting shafted. They have less and less bargaining power.

I'm talking about writers, designers, artists, musicians, software designers and developers, photographers, graphics specialists, coders, sound engineers,

"India Making Great Efforts In Green Growth, Energy Transition": PM Modi

■ HT News Network

Panaji, Goa: Prime Minister Narendra Modi on Saturday said India has shown leadership in climate action and the country is moving ahead strongly on its climate commitments by making great efforts in green growth and energy transition.

Addressing via video link the G20 Energy Ministers' Meeting, which is currently underway in Goa, he also said that the country plans to achieve the target of 50 per cent of its installed electricity power capacity from non-fossil fuel based energy sources by 2030.

The PM also stressed the need to have transnational grids and interconnections to enhance energy security.

"India is making great efforts in green growth and energy transition. India is the most populated nation and fastest-growing large economy. Yet we are moving strongly on our climate commitments," he said.

"We achieved our non-fossil installed electricity capacity target nine years in advance. We have set a higher target. We plan to achieve 50 per cent non-



fossil electricity by 2030. India is also among the global leaders in solar and wind power," the prime minister said.

The world looks up to this G20 group for advanced, sustainable, affordable, inclusive and clean energy transition, he said.

"While doing this, it is important that our brothers and sisters in the global south are not left behind. We must ensure low-cost finance for developing countries," he said.

We must find ways to bridge technology gaps, promote energy security and work on diversifying supply chains, the PM said while calling for strengthening collaboration on fuels for the future.

He pointed out that transnational grids and

interconnections can enhance energy security.

"We are promoting this mutually-beneficial cooperation with our neighbours in this region and we are seeing encouraging results," Modi said.

The PM said that realising the vision of interconnected green grids can be transforming.

"It will enable all of us to meet our climate goals, stimulate green investment and create millions of green jobs," he added.

Addressing the G20 delegates, Modi said that no talk about the future sustainability of growth and development can be complete without energy.

"It impacts development at all levels, from individuals to nations. Given our different reality, our path-

way for energy transition are different, but I firmly believe that our goals are the same," he added.

The PM said 190 million families in India were provided LPG connections in the last nine years.

"We have achieved a historic milestone of connecting every village with electricity. We are also working to provide piped cooking gas to people. It has the potential to cover 90 per cent of the population in a few years," he said.

Modi said that the country is making efforts for inclusive, resilient, equitable and sustainable energy for all.

"Small steps lead to big results. In 2015, we began a small movement by launching a scheme for the use of LED lights. This became the largest LED distribution programme in the world, saving us more than 45 billion units of energy per year," he said.

PM Modi pointed out that India has also started the largest agriculture pump solarisation initiative in the world. He said that India's domestic electric vehicles market is projected to reach 10 million annual sales by 2030.

Amid All-Out Attack By Sacked Minister, Ashok Gehlot Hits Out At PM Modi

■ HT News Network

Jaipur: Politics over the horrific Manipur video and crimes against women continued to heat up today, with Rajasthan Chief Minister Ashok Gehlot hitting out at Prime Minister Narendra Modi and saying that his statements have hurt the self-respect of the people of his state.

Mr Gehlot's comments came minutes after his own party's MLA, who was sacked as a minister yesterday, stepped up his attack on the Rajasthan government and said the chief minister should hand over the home portfolio to someone who is capable.

Union Minister Anurag Thakur also used the Congress MLA's comments to lash out at Mr Gehlot and the Congress brass, saying they had sacked a minister for speaking up but are protecting another minister who had said that Rajasthan is a state of men.

At a press conference today, Mr Gehlot said Manipur Chief Minister N Biren Singh has admitted that over 100 incidents of rape have taken place in his state, and reports are emerging



of nearly 4,000 FIRs being lodged.

"The Prime Minister has hurt the sentiments of the people of Rajasthan with the way he behaved and the way he expressed his grief, saying he wants to tell the chief ministers of Rajasthan, Chhattisgarh and Manipur to look after law and order in their states," the chief minister said.

"What is not happening in Manipur? The Prime Minister says 140 crore people of India have to hang their heads in shame. That is not the case. They are actually upset with your government's deeds, your failures and your irresponsibility. The Home Minister visited the state once and murders and rapes have happened since. But the

Prime Minister spoke on Manipur only for a few seconds, almost as a formality," he added.

Mr Gehlot said even if the PM did not visit the state himself, he could have held meetings in the PMO and taken stock of the situation.

"He is visiting various states for campaigning. It is a matter of pride for us that the Prime Minister is travelling to various countries, but Manipur is a part of our country. Manipur has a BJP government. Imagine what he would have said if it was a Congress-ruled state," the chief minister said.

Minutes before his press conference, however, Mr Gehlot found himself at the receiving end of a sharp attack from Congress MLA

Rajendra Singh Gudha, whom he had sacked as a minister yesterday.

Mr Gudha, who had interjected during a discussion on Manipur in the Rajasthan assembly to point out his own government's failures in controlling crimes against women, said today that the chief minister should hand over the home portfolio to someone who is capable.

Stating that he will demand answers from Mr Gehlot "one-to-one" in the Assembly, Mr Gudha said, "The chief minister does not come to the House, does not give answers. He is sitting with bandages on his feet. He should hand over the home ministry to someone who is capable. There is anarchy in the state and Mr Gehlot has lost credibility."

"I want to tell Mr Gehlot that our daughters are not safe and we need to work on this, but the police are busy collecting money. I have raised these issues in cabinet meetings as well. I will keep talking whether they sack me as a minister or jail me. Women are not safe in our state and the data shows this.

Yogi kicks off massive plantation drive

■ HT News Network

Bijnor, July 22 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Saturday kicked off the Vriksharopan Jan Abhiyan 2023 from Bijnor by planting a sapling of the 'Kalpavriksha' on the banks of the Ganga.

Inaugurating the state-wide massive plantation drive, he distributed saplings to the school children and called upon every individual to plant them extensively to save the environment. Earlier, he laid the foundation stone of the Government Sanskrit Inter College at Vidur Kuti and launched various development projects worth Rs 445 crore. Addressing the public gathering, Yogi pointed out that Bijnor has a long history dating back thousands of years. "This is the sacred meditation place of Mahatma Vidur, where Ganga's son Bhishma also spent his childhood. Mahatma Vidur is a symbol of righteousness and public welfare, he said and asked Who is not familiar with the scholarship and generosity of Mahatma Vidur in the history of India." Congratulating the people of UP for Vriksharopan Jan Abhiyan 2023, he said, "With the planting of 30 crore saplings as part of the state's extensive plantation campaign, UP is setting a new record today."

Hyd: Cyber Crimes busts investment fraud of Rs 712 crore

■ HT News Network

Hyderabad, July 22 (UNI) The city's Cyber Crimes Unit has busted an investment Fraud of Rs 712 crore by arresting nine accused. The accused were arrested in Mumbai, Lucknow, Gujarat, and Hyderabad for having links with Dubai and Chinese fraudsters in an investment fraud, police said here on Saturday. The police arrested the accused for allegedly duping people with the promise of providing high returns on their investments. The police seized Mobile Phones, Laptops, and debit cards from the accused. Further details are awaited.

Former President Ram Nath Kovind on two-days visit to Aurangabad

■ HT News Network

Chhatrapati Sambhajanagar, July 22 (UNI) Former President Ram Nath Kovind arrives at Chikalthana airport in Chhatrapati Sambhajanagar for a two-day visit here on Saturday morning. Divisional Commissioner Madhukarraje Ardad and Collector Astik Kumar Pandey welcomed them. On this occasion, senior officials of the administration as well as officers and employees of the Airport Authority were present. Former President Kovind will inaugurate the entrance gate of Dr. Babasaheb Ambedkar Marathwada University (BAMU) and also honour honorees of the Padma Award this evening at BAMU's auditorium under the chairmanship of Vice-Chancellor Dr. Pramod Yeole. Padma Bhushan Dr. Ashok Kukde and Padmashri Dr. UM Pathan, Dr. Prabhakar Mande, Dadasaheb Idarte, Ramesh Patange, Girish Pramune, Shabbir Syed, N.D. Mahanor, and agriculturist Srirang Deuba Lad will be honoured on this occasion. Also, late Padmashri Fatema Zakaria and Padmashri Dr. Gangadhar Pantawane will be honoured posthumously, and their families will accept this honour.

Border Row: Assam, Meghalaya Discuss 3 Disputed Sectors

■ HT News Network

Guwahati: Regional committees of Assam and Meghalaya met here on Saturday to discuss three disputed sectors along the inter-state boundary, ministers of the two states heading the panels said.

They will meet at the same venue next month and undertake joint field visit to one of the areas of conflict, the ministers added.

"We discussed three disputed sectors today. We heard what the Meghalaya government had to say. Ministers, MLAs and top officials from both sides were present," Assam Border Protection and Development Minister Atul Bora said. He said the officials, especially the district commissioners, have been asked to verify the ground reality and submit their updated



reports at the next meeting, which has been fixed for August 25. "On August 26, the committees will visit West Dimoria (in Assam's Kamrup Metropolitan district) for joint inspection," Mr Bora added. Meghalaya Deputy Chief Minister Prestone Lysong said after the joint inspection, more sectors will be taken up in a phased manner for resolution. The two neighbouring states have been entangled in border disputes since Meghalaya was carved out of Assam as a separate state

in 1972 and it challenged the Assam Reorganisation Act, 1971, leading to disputes in 12 areas of the 884.9km-long border. Assam Chief Minister Himanta Biswa Sarma on assuming office in May 2021 had announced that his priority was to resolve long-standing boundary disputes with neighbouring states. Subsequently, regional committees were set up to resolve the issues in a phased manner, with six areas of differences taken up initially.

Motive Necessary For Commission Of Crime If No Witness: Supreme Court

■ HT News Network

New Delhi: The prosecution will have to establish motive for commission of crime if there is no eyewitness of an incident, the Supreme Court has said while acquitting a man convicted in a 2008 murder case.

A bench of justices Vikram Nath and Ahsanuddin Amanullah noted that all the witnesses have stated that there was no enmity between the petitioner and the deceased.

"Once there is no eyewitness of the incident, the prosecution will have to establish a motive for the commission of the crime inasmuch as in a case of direct evidence, motive may not have a major role," the bench said. "If there is no motive setup or proved and there are direct eyewitnesses, motive may lose its importance but in the present case as admittedly no one has seen the occurrence, the motive has an important role to play," it said.

The observations came while hearing a plea by a man challenging an order of the Chhattisgarh High Court which confirmed his conviction under section 302 (murder) of the Indian Penal Code and the sentence to undergo life imprisonment along with fine.



According to the prosecution, the uncle of the deceased lodged a complaint that his nephew, while he was returning home, was assaulted by the appellant.

He further claimed that when he rushed to the place of occurrence, he saw the accused running away and the murder weapon was lying there. The top court said the testimony of the deceased's uncle was not reliable and could not have formed the basis of conviction.

It said apparently, he was influenced by a sarpanch whose active participation in the proceedings subsequent to the incident cannot be ruled out.

"The medical evidence did not support the prosecution case as the weapon of assault could not have caused injury on the deceased as noticed in the postmortem report," the court observed.

"Why Are Gandhis Silent On...": BJP vs Opposition On Crime Against Women

■ HT News Network

New Delhi: Fighting with its back against the wall on crime against women after a horrific video of two women being paraded naked in Manipur went viral, the BJP today pointed towards Congress-ruled Rajasthan and demanded the resignation of Chief Minister Ashok Gehlot over recent incidents of crime against women in the western state. Union minister Anurag Thakur, quoting official data, said Rajasthan ranks highest in rape cases. "22 per cent of women's rape cases in a year happened in Rajasthan," he said.

"Any crime against women is crime, and outrage can't depend on which government is in place," Mr Thakur said, and asked the opposition if they will send teams to Bengal, Bihar, and Rajasthan, where such crimes have been reported recently.

After data from the National Crime Records

Bureau last year showed that Rajasthan had the highest rape cases among states, Ashok Gehlot had attributed the numbers to a compulsory FIR registration policy while claiming that 56 per cent of cases of crime against women in the state had later turned out to be false.

On Manipur, the minister said the government is ready to discuss the issue in the Parliament, and accused opposition parties of "running away" from a discussion.

"Manipur used to have six month long strikes when UPA was in power. We have done everything possible in Manipur, the Home Minister himself was there for four days. I want to ask the opposition what is the reason that they are running away from discussion. Is this because one of the opposition leaders has been disqualified, and you don't want the parliament to function," he said, referring to former Congress MP



Rahul Gandhi's disqualification after conviction and sentencing in a defamation case.

Mr Thakur, referring to Prime Minister Narendra Modi's first remark on Manipur after around 80 days of ethnic violence, said that Chief Ministers cannot run away from their responsibilities.

The union minister slammed Ashok Gehlot for removing Minister of State Rajendra Singh Gudha from the Council of Ministers after he questioned his own government's success in controlling crimes against women.

regarding sexual crimes against women in Rajasthan," Mr Thakur said.

He further cited recent cases from Rajasthan's Karauli, Jodhpur, Bikaner and Udaipur.

"Why are their lips sealed on violence in West Bengal? The humiliation of women in both Howrah and Malda are shocking. Where is 'Mamataji ki Mamata' (Bengal chief Minister Mamata Banerjee's motherly love)?" he said.

Union Minister Smriti Irani, also accusing the opposition of not wanting to discuss the issue on the floor of the Parliament, said what is "extremely alarming" is that a Rajasthan minister yesterday spoke up on crime against women in the state, but was unceremoniously dismissed by the Congress.

"Equally shocking is a video that is emanating from West Bengal's Malda where two Dalit women are being beaten & stripped. Congress did not want to

hear the truth about atrocities against women in the state of Rajasthan... Congress is a mute spectator to the killings of people during the West Bengal Panchayat elections all because it is hungry for collaboration with TMC," she said. Amid accusations of inaction on crimes against women, Ashok Gehlot launched a scathing attack on Prime Minister Narendra Modi, accusing him of refraining from visiting violence-hit Manipur. "For the first time, I have seen that a Prime Minister is visiting Karnataka, Rajasthan and other places for elections, but not Manipur. It is his government in Manipur, just imagine what would he have said if it was a Congress government there," he said while speaking to the media at his residence in Jaipur.

On PM Modi allegedly making a reference to incidents in Rajasthan and Chhattisgarh while commenting on the video of women.

Heat, War And Export Bans: Global Food Threats Are On The Rise

■ HT News Network

As scorching temperatures ravage farms from the US to China, crop harvests, fruit production and dairy output are all coming under pressure. That extreme weather is just one of threats to food supplies that are once again mounting around the world.

This week, top rice exporter India banned some shipments of the commodity - a staple for about half of the world's population - to keep domestic prices in check. Russia quit a deal that allowed Ukrainian grain to flow safely across the Black Sea.

On top of that is the recent arrival of the El Niño weather pattern that may cause further damage to agriculture.

All of this is renewing concerns about food security and prices, creating a risk that rampant inflation on supermarket shelves will stick around for longer. That would be a fresh blow to consumers, who were just starting to see some better news after a long-runningsqueeze on household budgets.

"We're all still struggling under an inflationary regime," said Tim Benton, a food security expert at Chatham House in London. "And although inflation is tailing off, that doesn't of course mean the prices are going down. It means they're just going up more slowly."

Extreme heat that's engulfing huge swaths of Asia, Europe and North America is just the latest challenge in what's been



a rough year for farmers. They've had to grapple with bouts of extreme weather, including prolonged droughts, heavy rain and floods.

Right now, it's so hot in southern Europe that cows are producing less milk and tomatoes are being ruined. Grain harvests will be much smaller too after struggling with drought.

In Asia, the yields from China's rice fields are at risk, and US conditions for growing crops were at their worst in more than three decades in June, before the Midwest got some rain relief. Prices for rice in Asia recently reached a two-year high as importers built up inventories.

While the full extent of the damage will depend on how long the unfavorable conditions persist, there are already clear signs of destruction in fruit and vegetables in southern Europe, which supplies much of the continent. In Sicily, some tomatoes have ominous-looking black rings, the result of a so-called blossom end rot, when extreme weather renders plants calcium-deficient.

"They're like burnt on the bottom," said Paddy Plunkett, head of global sourcing at importer Natoora who was sent a photo by a grower. "I've never seen it before."

Across Italy, weather-related damage to agriculture will exceed last year's losses of 6 billion euros (\$6.7 billion), according

to farmers group Coldiretti.

The temperatures have sped up ripening or caused heat burns on everything from grapes to melons, apricots and aubergines. Bee activity and pollination is affected and wheat production is down, it said.

"This is not just a regular hot summer," said Lorenzo Bazzana, an agronomist at Coldiretti. "They say plants should adapt to the climate changes, but we are talking about cultures that evolved slowly over thousands of years, they cannot adjust to a climate that keeps changing so quickly and so dramatically."

Beyond Europe's vegetable stalls, the good news is the grains market - key to food security of the poorest and import-dependent nations - is still well supplied, thanks to record harvests of soy and corn in Brazil. Top wheat exporter Russia is set for another bumper crop.

But uncertainties are piling up. In an apt illustration, wheat fluctuated throughout the week in response to a flurry of news from the Black Sea.

It rose on the collapse of export deal, before slipping back, then rose again as Russia threatened ships sailing to Ukraine ports. On Friday, it declined as Ukraine sought to restore the export deal.

Wheat Is Off Its High, But Still Above Pre-War Average | Uncertainty over Ukraine grain pushed prices higher earlier this week

More concerns stem from India's steps to ban exports of non-basmati white rice to put a lid on inflation.

Russian, Chinese warships conduct artillery firing as part of joint drills

■ HT News Network

Moscow, July 22 (UNI) Russia and China carried out joint artillery firing at a sea target as part of the "North. Interaction-2023" naval exercises organized by Beijing in the Sea of Japan, the Russian Pacific Fleet said on Saturday.

"During the joint naval exercise 'North/Interaction-2023', a joint detachment of ships performed artillery firing at a sea target simulating a surface vessel of a theoretical enemy," the statement read.

The Russian ships fired at the target at a range of over 5 kilometers (3.1 miles) using 100-mm A-190 and AK-100 artillery systems, while the Chinese side fired from 130-mm H/PJ-38 naval guns and 76-mm dual-purpose guns.

The drills also practiced searching, escorting and ousting an unidentified submarine.

The joint Russian-Chinese "North. Interaction-2023" naval drills are taking place from July 20-23 in the Sea of Japan.

6 migrants dead after boat collides with rocks off Morocco

■ HT News Network

Rabat, July 22 (UNI) A boat with migrants crashed into rocks off Morocco, leaving six people dead, the MAP news agency reported on Saturday, citing local authorities.

Some 48 people survived the crash, the report said. The deadly incident was reportedly caused by poor weather conditions, high waves and the smuggler's failed maneuver.

Local authorities and emergency services responded to the scene shortly after receiving reports on the collision to provide first aid to the survivors and retrieve the bodies of the victims.

An investigation into the shipwreck is ongoing.

1,000 int'l parcels that might contain poison reported to S Korean police

■ HT News Network

Seoul, July 22 (UNI) The South Korean police have received nearly 1,000 reports of suspicious international parcels nationwide amid concerns these might contain an unspecified hazardous material, local media reported Saturday.

The Yonhap news agency cited the police as saying that they received on Friday alone a total of 987 reports of suspicious parcels with cheap products or empty, delivered from abroad, mostly from Taiwan.

No hazardous material has been so far found in parcels, but police will decide whether to launch an investigation after substance analysis.

The media also cited South Korea's Postal Service as saying that it has temporarily suspended the delivery of suspicious packages amid growing concerns.

A random parcel suspected of containing gaseous toxic materials was delivered to a welfare center for the disabled in the southeastern port city of Ulsan, the report said.

Three people were said to suffer dizziness and difficulty breathing upon opening the parcels and were later admitted to hospitals.

4.8-magnitude quake jolts Japan's Ibaraki: JMA

■ HT News Network

Tokyo, July 22 (UNI) An earthquake with a preliminary magnitude of 4.8 struck parts of Japan's Ibaraki prefecture northeast of Tokyo, the weather agency said on Saturday.

According to the Japan Meteorological Agency (JMA), the temblor occurred at 10:52 a.m. local time at a depth of 50 km, measuring 4 on Japan's seismic intensity scale which peaks at 7.

The temblor's epicenter was located off Ibaraki at a latitude of 36.5 degrees north and a longitude of 140.8 degrees east.

No tsunami warning has been issued.

China renews blue alert for rainstorms

■ HT News Network

Beijing, July 22 (UNI) China's meteorological authorities on Saturday renewed a blue alert for rainstorms.

From 8 a.m. Saturday to 8 a.m. Sunday, heavy rain or rainstorms are forecast to hit parts of Inner Mongolia, Liaoning, Jilin, Heilongjiang, Jiangxi and Hunan, according to the National Meteorological Center.

Some of these regions will experience heavy rainfall, with 30 mm to over 70 mm of hourly precipitation, as well as severe convective weather conditions such as thunderstorms and gales, the meteorological center said. It has advised local governments and residents to take appropriate precautions.

Schools and kindergartens have been asked to ensure the safety of students and children, while drivers have been advised to be alert and cautious due to road water logging and traffic jams.

China has a four-tier weather warning system, with red representing the most severe warning, followed by orange, yellow and blue.

US retains ability to counter terrorism in Pak-Afghan region: State Dept

■ HT News Network

WASHINGTON: The United States has said that it retains the ability to conduct its own operations against terrorism in the Pak-Afghan region and does not depend on the Taliban's promises to keep terrorists out of Afghanistan.

US State Department's spokesperson Matthew Miller made these comments while responding to a question about recent terrorist attacks inside Pakistan from militant hideouts in Afghanistan.

Last week, terrorists attacked a military installation in Zhob, Balochistan, and killed nine soldiers. Soon after the attack, the military's media wing, ISPR, issued a statement, expressing "serious concerns" on the presence of terrorist 'safe havens' in Afghanistan and asked Kabul not to allow militants to use their territory for carrying out attacks inside Pakistan.

The statement also reminded the interim Afghan government that the Doha agreement binds them to do so. The agree-



ment, signed in Doha, Qatar, between the US and Afghan Taliban in February 2020, ultimately led to the withdrawal of US forces from Afghanistan on Aug 15, 2021.

Asked if Washington expects the Taliban rulers to abide by the commitments they made in Doha, Mr Miller said: "I will say that we will hold them to their commitments. But as we have said before, we retain the ability to conduct our own operations in the region to ensure that, regardless of any promises that the Taliban make and regardless of their relative ability or willingness to uphold them."

The United States, he

said, retains the right to protect American interests. Asked how confident he was that the Taliban would keep their promises, Mr Miller said: "I don't want to express any amount of confidence or lack of confidence."

Responding to a question about the Pakistani government's plan to hold elections in early October, the US official said: "I will make clear that we support the peaceful upholding of fundamental democratic principles such as free media, free speech, freedom of assembly." The United States, he said, champions the rule of law, not just in Pakistan but around the world.

Trump's trial in papers case to begin next year

■ HT News Network

WASHINGTON: Former President Donald Trump's trial over his alleged mis-handling of classified documents will begin on May 20 next year, according to a US court order on Friday.

Trump's lawyers had resisted setting a date but said any trial should take place after the November 2024 US presidential election, in which he is front-runner for the Republican nomination. A Trump spokesperson said the trial schedule "allows president Trump and his legal team to continue fighting" the criminal case. A spokesperson for US Special Counsel Jack Smith's office declined to comment. Friday's ruling came from US District Judge Aileen Cannon, who sits in Fort Pierce, Florida. Cannon was appointed as judge by Trump three years ago. Her assignment to the high-stakes trial has added another layer of controversy to the case, in which Trump is charged with 37 counts of wilfully keeping highly classified US docu-



ments in his Mar-a-Lago, Florida home, obstruction of justice and lying to federal law enforcement officials. Some of the charges bring up to 20 years in prison, with Cannon to decide the sentencing if a jury finds Trump guilty. It remains to be seen how Cannon will accommodate the courtroom requirements and election campaign needs of the man who gave her the job. Trump was indicted on June 8 where he has pleaded not guilty.

Federal prosecutors had asked Cannon to schedule the trial for December.

Daniel Richman, a law professor at Columbia University, said the presiding judge wields enormous power over a trial and plays

a critical role in how it unfolds. "Even in a run of the mill case, the judge can have a significant and sometimes even dispositive effect on proceedings," Richman said. Others contend that Cannon will ensure that he gets a fair shake. "It's impossible now for Trump to complain that he's got a judge that is biased against him," said Edward Foley, a constitutional law professor at Ohio State University. Thomas Holbrook, a professor of political science at the University of Wisconsin-Milwaukee, said Cannon is in a "tough position." "Almost no matter what she does, she's going to either feed into existing concerns about her potential bias or disappoint Trump."

Palestinian killed by Israeli soldiers in northern West Bank

■ HT News Network

Ramallah, July 22 (UNI) A Palestinian was killed by Israeli soldiers late on Friday night in the West Bank city of Nablus, Palestinian medics and eyewitnesses said.

Ahmad Jibril, head of the Ambulance and Emergency Department at the Red Crescent Society in Nablus, said that Israeli soldiers killed a young Palestinian man and injured and detained another one in the town of Sebastia.

The Palestinian Health Ministry identified the killed Palestinian as Fawzi Makhalfah, 18.

Eyewitnesses said Israeli soldiers opened fire at a Palestinian car in the town, adding that two young men were in the car.

The Israeli army said in a statement that Israeli forces shot a Palestinian who attempted to run them over near Nablus, adding that another person in the vehicle was also injured. Earlier on Friday, Israeli soldiers killed a Palestinian teenager and injured two others in the West Bank city of Ramallah, Palestinian medics said. The Palestinian Health Ministry identified the killed Palestinian as Fawzi Makhalfah, 18. Eyewitnesses said Israeli soldiers opened fire at a Palestinian car in the town, adding that two young men were in the car. The Israeli army said in a statement that Israeli forces shot a Palestinian who attempted to run them over near Nablus, adding that another person in the vehicle was also injured.

Rishi Sunak narrowly avoids wipeout in local polls

■ HT News Network

LONDON: British Prime Minister Rishi Sunak's governing Conservatives lost two strategically important parliamentary seats on Friday but unexpectedly retained former leader Boris Johnson's old constituency in a setback for the opposition Labour Party.

The Conservatives' narrow victory in Uxbridge and South Ruislip gave Sunak some breathing space to try to narrow Labour's large lead in the polls by tackling inflation and a cost-of-living crisis before a national vote expected next year.

Sunak said the win showed that upcoming election was not a "done



deal". In a cafe in the constituency, he told reporters: "The message I take away is that we have to double down, stick to our plan and deliver for people." But the scale of the challenge was highlighted by the loss of the once safe Conservative parliamentary seat of Selby and Ainsty in northern Eng-

land, where Labour overturned the biggest Conservative majority at a by-election since World War II. "This is a big step forward towards the general election. Never before in our history have we done this," Labour leader Keir Starmer told reporters in Selby. Conservatives lose

two parliamentary seats, but retain Johnson's old constituency. The Conservatives also suffered a crushing loss in a third vote to the centrist Liberal Democrats in Somerton and Frome.

But the retention of former prime minister Johnson's seat just outside central London by fewer than 500 votes ensured Sunak avoided becoming the first British leader to lose three by-elections on a single day in more than half a century.

Sunak, a former finance minister and investment banker, has tried to use his technocratic leadership to restore the Conservatives' credibility after a series of scandals last year forced Johnson to resign as prime minister.

Div Com, ADGP Jammu review Independence Day arrangements in districts

■ HT News Network

JAMMU, JULY 22: Divisional Commissioner Jammu, Ramesh Kumar along with Additional Director General of Police Mukesh Singh today reviewed the arrangements for the Independence Day-2023 celebrations in the districts of the Division at a meeting of Deputy Commissioners and Heads of different Departments.

At the Outset, ADC Jammu apprised the Div Com about the arrangements made for the main function at Jammu being held in the M A Stadium, Jammu.

Sensitizing the officers about their role and responsibilities, the Div Com instructed to ensure that all arrangements are made in advance for

smooth conduct of the celebrations in all the districts.

Threadbare discussion was held on the important issues like security arrangements, traffic, illumination of offices, PAS, provision of Power and water at function venues, sanitation, medicare facilities, contingents, cultural activities and the concerned officers were given instructions regarding the related arrangements to be made for smooth conduct of National event.

The Health department was instructed to deploy a team of doctors and ambulance at the venue, while other departments were meet their responsibilities at the appropriate time

It was decided that the contingents of J&K Police, Armed, CRPF, Lady Con-



tingents, Home Guard, Fire & Emergency Services and Forest Protection Force shall participate in the march past with the band.

The Div Com asked the Director

School Education and J&K Cultural Academy to finalise cultural items and start the rehearsals at the earliest.

The Commissioner JMC was told to make arrangements for sanitation,

water tanker and mobile toilet facilities at the main venue and the practice venues.

While reviewing arrangements in the districts, the concerned DCs apprised the Div Com about the arrangements being put in place for ensuring smooth celebration of the national event.

Emphasizing the importance of timely preparedness, the Div Com directed the Deputy Commissioners to put in place all necessary arrangements well in time. He further asked them to ensure smooth celebrations at Subdivisions, Block and Panchayat level as well.

He asked DCs to ensure the hoisting of the national flag on every Government building and schools in all the districts.

The ADGP directed the SSPs to make fool-proof security arrangements to ensure hassle-free celebrations at all the venues by formulating deployment plans well in advance.

The meeting was attended by DIGs of BSF, CRPF, JK Armed Police, Commissioner JMC, Additional Deputy Commissioner Jammu, SSP Traffic, SSP Security, Chief Engineers of JPD-CL, PWD, Directors of School Education, Floriculture, Joint Director Information, Joint Director Hospitality & Protocol, besides senior functionaries of CRPF, Sport Council, Youth Services & Sports, culture academy, JKRTC, Fire Services, NCC and other concerned departments while Deputy Commissioners, SSPs participated in the meeting through video conferencing.

DC Bandipora chairs District Cooperative Development Committee meeting

■ HT News Network

BANDIPORA, JULY 22: To discuss and strategize the growth and development of cooperative activities in the district, the Deputy Commissioner (DC) Bandipora, Dr Owais Saturday chaired District Cooperative Development Committee (DCDC) meeting here at New VC Room, here.

The meeting was attended by Additional District Development Commissioner Bandipora, Ali Afsar Khan; Additional Deputy

Commissioner Bandipora, Umar Shafi Pandit; Deputy Registrar Cooperative Society, Assistant Registrar Headquarters besides representatives from various cooperative sectors.

The DC said that the District Cooperative Development Committee plays a crucial role in fostering cooperation and coordination among different cooperative societies and organizations within the region. He said it acts as a pivotal platform for promoting sustainable economic development, empowering local communities and



enhancing the overall socio-economic landscape of Bandipora.

The DC emphasized the need to prioritize cooperative activities to ensure the

welfare of farmers, artisans, and other stakeholders in the rural and urban areas of Bandipora.

Earlier, the Deputy Registrar Cooperative Societies Bandipora informed that the committee explored opportunities for skill development programs, training workshops, and capacity-building initiatives to empower cooperative members with modern techniques and knowledge.

He said that the department has framed strategies to improve market linkages for cooperative produce, helping local farmers

and artisans access larger markets and garner better prices for their products.

The meeting discussed measures to promote financial inclusion by providing easy access to credit and banking services to cooperative members, thereby uplifting their standard of living.

The DC assured every possible support to the department to create an enabling environment for cooperative growth, fostering self-reliance, and ensuring overall socio-economic progress.

Handloom, Handicrafts department Doda organises awareness camp at village Mallan

■ HT News Network

DODA, JULY 22: Handloom & Handicrafts Department, Doda organized a two day skill development awareness camp at Mallan area of Dessa.

A team of Handloom and Handicraft Department comprising Abid Wani, Ishfaq Hussain, Lakhvir Rana & Nishat Katoch, AHTOs acquainted the participants about different Up-skilling, marketing and handholding schemes for artisans and weavers to promote the local crafts in country & at international level.

People were asked to take up weaving and handmade products as a profession and avail the benefits of the departmental schemes to start-up their own units. They were asked to avail the benefits of the schemes such as Pradhan Mantri Weavers Mudra scheme, Credit Card scheme with 7% interest subsidy and skill development training in different trades meant for the unemployed youth with payment of stipend @ of Rs1000 and 1500 per month for elementary and advanced courses respectively etc run by the Directorate of Handicrafts and Handloom, Jammu.

Joint Director Tourism conducts 2 Day tour of District Rajouri

■ HT News Network

RAJOURI, JULY 22: To give an impetus to the Pilgrimage Tourism and to get first-hand experience of tourist spots of the picturesque region, Joint Director Tourism Jammu, Sunaina Sharma Mehta, under the guidance of Secretary Tourism J&K, Dr Syed Abid Rasheed Shah, and Director Tourism Jammu, Vivekanand Rai, embarked on a two-day tour of the Rajouri district to explore its beautiful tourist locations and assess its tourism potential.

On the first day of her tour, she visited the world-renowned Shahdara Sharief, which is one of the most popular religious sites in Rajouri among other famous sites of pilgrimage circuit which includes Mangla Mata Temple, Dudhadhari Mandir, Veer Bhadrashwar Temple & others.

Shadra-Sharief, a beautiful shrine standing atop a beautiful hillock near Thanna Mandi is dedicated to the revered Baba Ghulam Shah Badshah. Every year, pilgrims in lakhs visit the shrine to seek blessings.

On the second day, she visited the offbeat tourist destination of Dera ki Gali, nestled amidst verdant woods and mountain peaks and various other Tourist and religious destinations.

Chairman DDC Reasi reviews progress of Developmental works under annual plans

■ HT News Network

REASI, JULY 22: Chairperson, District Development Council, Reasi Saraf Singh Nag today chaired the council meeting in the Conference Hall of District Administrative Complex to discuss and review the progress of various developmental projects under Capex Plan 2023-24.

Vice-Chairperson, District Development Council, Sajra Qadir; District Development Commissioner, Babila Rakwal; Chairpersons of Block Development Council, Reasi, Members of District Development Council, besides, Chief Executive Officer, District Development Council, & District/ Sectoral Officers also attended the meeting.

At the outset, the CEO, DDC, Reasi (ADDC, Reasi) presented a detailed overview of the estimation and tendering process under UT Capex, ADF (DDC/BDC/PRI grants), Aspirational Block Development Programme (ABDP), Aspirational Panchayat Development Programme (APDP), SBM, JJM etc. The meeting was informed that a budget of Rs 6219.09 Lacs was approved for District Capex for the year 2023-24 under which 3036 works (Ongoing+ New) have been identified for improvement of infrastructure, electrification, drinking water facilities and augmentation of infrastructure in educational institutions.

It was informed that out of 3036 total works 2014 stand estimated and 1814 have been accorded administrative approval and 1548 stand tendered.

The chairman took a detailed review of the physical & financial status of works taken up under the District Capex schemes of sector minor irrigation, elementary education, secondary education PWD (R&B), PHE, Health, Urban Development, RDD & Youth Services & Sports.

During the meeting council members projected various demands which included immediate desilting, repair and restoration of irrigation khuls.

DC Pulwama reviews issues regarding verification & NOC of Mining Blocks at Khrew Pampore

■ HT News Network

PULWAMA, JULY 22: The Deputy Commissioner (DC) Pulwama, Dr Basharat Qayoom today convened a meeting of concerned officers to discuss and review the issues related to verification and NOC of Limestone (Major) Mining Blocks at Khrew Pampore. During the meeting threadbare discussion was held with regard to identification criteria of the blocks, title verification, NOC status, employment generation, site plan besides other important aspects.

District Mineral Officer (DMO) informed the chair that two major mining blocks at Saffanool Waganool and Dembhkhor in Khrew tehsil of Pampore have been identified by Geology and Mining Department for leasing out and few departments have submitted NOCs in this regard. In addition to that it was also informed that the work on identification of three Mining blocks Rajpora is under process. The DC, who is also the Chairman of District Level Single Window Committee (DLS-WC) asked the members of the District Task Force Committee to work in close coordination and liaison in checking the illegal mining in the district and asked law enforcement agencies to extend all possible support to stop illegal mining in the district. He also directed the DMO to establish Naka's/ check points at the sensitive points to keep a strict and close vigil on illegal transportation and storage of minor minerals.

'THEATRE FEDERATION OF KASHMIR' ELECTS EXECUTIVE BODY FOR TWO YEARS.

■ Surkhhab Zehra

Srinagar, 22 July. An important meeting of the 'Theatre Federation of Kashmir' was held today at a local restaurant in Srinagar. Many issues related to theatre were discussed in the meeting. It was pledged that the 'Theatre Federation of Kashmir' will work rigorously for the welfare of theatre and theatre artists of the Valley and will also work to solve their genuine issues. In the meeting, all the members associated with the federation



expressed their confidence in the current adhoc Executive Body and expressed that they are very much satisfied with the work of the current Executive Body. At the end of the meeting,

by consensus, the representatives of the theatre groups affiliated to the federation 'elected the executive body for the next '2' (two) years permanently.' The elected Executive Body of the fed-

eration comprises of Mush-taque Ali Ahmad Khan (President), Shaikh Moham-mad Haneef (Vice President) Manzoor Ahmad Mir (General Secretary), Farhat Siddiqui (Treasurer) and Gulshan Badrani (Media Secretary). In addition to this, Mushtaq Baqal, Gul Javaid Khan, Gul Riyaz, Manzoor Malik, Mairaj ud din Bhat (Azad), Mairaj ud din Butt (KPC), Dilshad Mustafa, Riyaz Ahmad Mir, Nazir Ahmad Ganaai and Ashiq Masoom were inducted into the Executive Body as executive members.

Two days Green Leadership Camp held at Chitternar Forest Campus, Bandipora

■ HT News Network

BANDIPORA, JULY 22: Bandipora Forest Division, in collaboration with Wildlife Conservation and Research Foundation, Nature Conservation Foundation and Government Degree College Bandipora held a two days Green leadership camp for students

at Chitternar Forest Campus Bandipora. The camp was attended by as many as 16 students of the college along with the faculty. During the camp, multiple activities were conducted, which included sessions on biodiversity, screening of movies, nursery visits, hiking besides tent pitching. In addition, nature art ses-

sions and interactive activities were also held. The camp was curated by Dr Mehreen and Dr Tahir from WRCF. In conclusion, all the participants were given participation certificates.

The Divisional Officer Mudasir Mehmood thanked all the participants and informed that such camps to engage youth will be conducted.

DC Kupwara Ayushi Sudan reviews progress under FRA

■ HT News Network

KUPWARA, JULY 22: The Deputy Commissioner Kupwara, Ayushi Sudan (IAS) Saturday chaired a meeting of members of SDLC (Sub Divisional Level Committee) and DLC (District Level Committee) to discuss various issues related to progress/disposal of claims under Forest Rights Act.

The DFO Kamraj, Zahid Mougali who is Nodal officer FRA informed that 538 individual claims and 140 Community claims have been received and are under process at SDLC or FRC level.

The Deputy Commissioner Kupwara while stressing on coordinated approach for effective imple-



mentation of Forest Rights Act. Said that all the pending FRA cases should be disposed-off within a timeline of one month.

The Deputy Commissioner directed the Revenue, Forest, RDD officers and Field Functionaries to work in full cooperation so that desired results are obtained.

DC directed con-

cerned departments to conduct Special Gramsabhas related to FRA so that left out beneficiaries are covered under FRA and genuine families get benefited from Forest rights Act.

The meeting was attended by ACR Kupwara, SDM Karnah, SDM Sogam, DFO Kamraj, DFO Kehmil, BDOs, Tehsildars and other concerned.

DC Budgam takes first-hand appraisal of Muharram arrangements at Chattergam

■ HT News Network

BUDGAM, JULY 22: Deputy Commissioner (DC) Budgam, Akshay Labroo today visited Imam Bara Chattergam to take first-hand appraisal of Muharram-ul-Haram arrangements.

On the occasion, DC emphasised that adequate arrangements including water and electricity supply, filling of potholes on all roads where processions are taken out, shifting of public utilities be ensured on priority for the convenience of general public.

Directions were given that street lights be ensured are installed and old ones are made functional in all areas.



The DC instructed concerned officers to conduct spot visits and ensure addressing all genuine demands of locals on priority. He said that the District Administration is committed to ensure better facilities in all areas for smooth conduct of mourning processions and congregations during the month of Muharram.

The DC was accompanied

by Additional Deputy Commissioner, Dr Nasir Ahmad; SDM Chadoora, Executive Engineer R&B, Executive Engineer PHE, Tehsildar and other concerned officers. He said that the District Administration is committed to ensure better facilities in all areas for smooth conduct of mourning processions and congregations during the month of Muharram.

What Happens When We Sleep? Understanding The Importance Of Sleeping For Brain Health

Every year on July 22, there is a global healthcare celebration known as World Brain Day, often referred to as International Brain Day. The previous nine years have seen the continuation of this commemoration, which is an important opportunity to spread awareness of all brain disorders.

World Brain Day's theme is "Brain Health and Disability: Leave No One Behind." This international movement strives to close the information gap and increase public awareness of impairments to brain health. In an exclusive conversation with Zee English, Dr Gurmeet Singh Sawhney, Sr. Consultant - Neuro & Spine Surgery, Fortis Hospital shares the vital connection between sleep and brain health.

Dr Gurmeet says, "A healthy work-life balance involves adequate time for sleep and recuperation, which is a challenge these days. But, in pursuit of performance and delivery, people overlook or undervalue the sleep factor, which is very important for a healthy mind and body. Hence, on World Brain Day, let's understand the importance of sleep and how it is vital for our brain."

Sleep and Brain Health

There is a definite correlation between well-being and quality sleep. Sleep is vital for maintaining brain function. In neurological terms, proper sleep is essential for brain plasticity, which helps absorb and adapt to new information and experiences.

What happens during Sleep?

Sleep is a biological process in which the



brain and body function differently. When sleeping, the brain consolidates memory, removes toxins from the memory and performs Synaptic Pruning.

Synaptic Pruning is a unique process in which the brain fortifies meaningful neural connections and removes unnecessary neural connections. Memories, information, and fresh knowledge collected are processed, consolidated, and stored in the brain during sleep. Inadequate or insufficient sleep, memory consolidation is hampered, with difficulty concentrating and poor cognitive abilities.

Why Do We Need Sleep?

The brain removes toxins collected

during the day when one is asleep. The waste-clearing system of the brain, viz, the Glymphatic System, is at its peak during sleep to remove toxins, which is possible only with adequate rest.

Inadequate sleep can increase the risk of neurodegenerative diseases too. Hence, sleep treatment is prescribed to patients who have Parkinson's Disease, Alzheimer's Disease, and other similar neurodegenerative diseases.

Synaptic Pruning is performed under sleep conditions only and this process will ensure an optimum and efficient neural network, improve cognitive functioning, and support healthy brain development.

Stages of Sleep

Sleep is also classified as REM (Rapid Eye Movement) sleep and non-REM sleep. REM sleep is the sleep experienced during the first 90 minutes after falling asleep. As per research, eyes form sideways at a rapid pace behind closed eyelids.

The brain's activity is similar to that during the awake stage while breathing, heart rate, and blood pressure are similar to those recorded when the person is awake. Also, most dreams occur during this stage. On the other hand, in non-REM sleep, there is no rapid eye movement. Both types of sleep are essential for memory consolidation. Also, they repeat every 90 minutes.

Tips for Better Sleep and Healthy Brian

'How can I get better sleep?' is the most often-asked question relating to sleep. One should sleep and wake up at the same time every day. Avoiding consuming alcohol, caffeine, and nicotine. It is advisable to exercise regularly but not very late during the day. It is essential to keep the sleeping area away from noises, bright lights, TV, computers, etc. One should undergo a medical evaluation if one experiences any sleep disorder.

Sleep is a fundamental necessity for overall health and well-being. With healthy sleeping habits and quality sleep, it is possible to optimize the full potential of the brain, which is one of the most powerful organs of the human body.

NEWS

Diabetes And Alcohol: Know The Consequences Of Alcohol Use In Diabetics



What you eat affects your blood sugar levels. Diabetics need to pay extra attention to their overall diet. Some foods and drinks are known to maintain healthy blood sugar levels. On the other hand, others can make the situation worse. Experts often advise diabetics to eat a healthy diet that can help prevent unnecessary fluctuations in their blood sugar levels. People with diabetes should also avoid drinking sugary drinks and packed juices. But what about alcohol? Is it safe for diabetics to drink alcohol? Can alcohol consumption affect the effectiveness of diabetes medication? Let's find out the answers to all these questions in this article.

Is alcohol safe for diabetics?

Drinking alcohol can make some of the complications of diabetes worse. It can also make it hard for you to manage diabetes on a daily basis. Here are different ways alcohol consumption affects diabetes management:

Alcohol interferes with diabetes medications

Alcohol can cause blood glucose levels to rise and fall. Combining medicines that are supposed to lower your blood sugar levels with alcohol can lead to insulin shock or hypoglycemia, which is a serious medical condition.

Alcohol does not allow the liver to function properly

Drinking alcohol prevents your liver from doing its job.

Your liver works in regulating your blood sugars. But when you drink alcohol, the liver works to remove it from your blood instead of managing your blood sugars or blood glucose. This is why one should strictly avoid alcohol when your blood glucose is already low.

Alcohol can cause hypoglycemia

Low levels of blood glucose are called low blood sugar or hypoglycemia. It happens when levels of glucose in your blood have dropped below the required level. Hypoglycemia is an emergency condition which requires immediate treatment.

Shakiness, sweating, headaches, fatigue, irregular heartbeat, dizziness and numbness of lips, tongue or cheek are a few symptoms of hypoglycemia. Therefore, people with diabetes should avoid alcohol as much as possible. If consuming occasionally, diabetics should never drink alcohol on an empty stomach and check blood sugar levels before drinking. Drinking alcohol can make some of the complications of diabetes worse. Read on to know how.

Sudden deaths of youth have been reported after COVID-19: Health Ministry in Lok Sabha

Sudden death of some youth after COVID-19 have been reported but at present there is no sufficient evidence to confirm the cause of such deaths, said the Health Ministry in Lok Sabha on Friday adding that to ascertain the facts regarding the apprehension of rising cases of cardiac arrest after the pandemic, the Indian Council of Medical Research (ICMR) is conducting three different studies.

Responding to question by members Ravindra Kushwaha



and Khagen Murmu, the Ministry in its statement said that the ICMR

was studying factors associated with sudden deaths among adults

aged 18- 45 years, effect of COVID-19 vaccine on thrombotic events in this population and establishing the cause in sudden unexplained death in the young through virtual and physical autopsy. It added that to address the health issues related to cardiovascular disease, the Health Department also provided technical and financial support to the States/Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NPNC).

"Cardiovascular disease is an

integral part of NPNC and the programme includes strengthening infrastructure, human resource development, health promotion, population-based screening of 30 years and above population under Ayushman Bharat Health Wellness Centre and early diagnosis and management etc," said the Ministry. Under NPNC, 724 District NCD Clinics, 210 District Cardiac Care Units, 326 District Day Care Centres and 6,110 Community Health Centre NCD Clinics had been set up, it added.

Diabetes: Here's How Smoking Is Affecting Your Heart Health

We are all aware of the detrimental effects of smoking on our health, but diabetes and smoking are a lethal combination. It has been related to a variety of malignancies and cardiovascular conditions. Smoking has a harmful impact on every organ in the body. The majority of these ailments are deadly.

For those who have diabetes, smoking's negative consequences increase exponentially. Regular smoking raises the incidence of Type 2 diabetes, according to research. Even though diabetes is already a serious condition, smoking makes matters much worse because it adds further complications. Below we discuss ways in which smoking can affect heart health for diabetics.

1. Spikes blood sugar

Smoking raises blood sugar levels. Smokers with diabetes struggle more to maintain blood sugar control. Additionally, they struggle harder to find the



ideal drug regimen to manage their blood sugar. The most crucial thing you can do to be healthy if you have diabetes is to maintain normal blood sugar levels.

2. Causes an increase in blood pressure

According to studies, those with diabetes and smokers are substantially more likely to experience inflammatory blood vessel damage. When blood vessels are injured, they become rigid. High blood pressure is brought on by this rigidity. If you have high blood pressure, you'll need to take additional medicine and make dietary changes in order to stay

healthy.

3. Affects blood vessels

Smokers with diabetes are twice as likely to get cardiovascular issues, and depending on their smoking patterns, they may even be four times more probable. The blood arteries throughout the body narrow when someone smokes. As a result, there is less blood flowing to the brain and heart, which increases the risk of stroke and heart attacks.

4. Increased risk of chronic heart disease

As discussed smoking can aggravate blood sugar

levels and raise blood pressure. Heart disease can be caused by either of these causes. Heart attacks, heart failure, and angina are among the conditions categorised as heart disease.

5. Hinders blood circulation

Blood vessels with damage are not merely stiff. In time, they also leave scars. This results in poor circulation and makes it more difficult for blood to circulate through them. Your risk of developing infections and ulcers increases if your legs and feet have poor circulation. Diabetes-related amputations are most commonly caused by poor circulation and infections.

6. Affect cholesterol levels

Smoking can raise your risk of high cholesterol and coronary heart disease. Smoking reduces HDL (the good cholesterol) and raises LDL (the bad cholesterol). Over time, having high cholesterol raises your risk of developing heart disease.

What are the worst fruits for someone with diabetes?

The National Institute of Diabetes and Digestive and Kidney Diseases Trusted Source recommend that people with diabetes include fruits as part of a balanced diet.

Eating fruits and vegetables may put a person at lower risk of developing heart disease and cancer. Fruit is also an important source of vitamins, minerals, and fiber.

However, fruit can also be high in sugar. People with diabetes must keep a watchful eye on their sugar intake to avoid blood sugar spikes.

That said, there is a difference between the type of sugar in fruit and the type of sugar in other foods, such as chocolate and baked goods.

This article will explore which fruits a person with diabetes should eat and avoid and how they relate to diabetes.

Fruits to avoid

In general, a person should not have to exclude fruit from their diet. In fact, one 2017 study Trusted Source suggests that eating fruit can actually help prevent diabetes.

However, it may be worth people who already have diabetes limiting their intake of the following fruits.

Fruits high in sugar

The glycemic index (GI) shows how much a certain food can raise a person's blood sugar after they have



eaten it.

If a food has a GI score of between 70 and 100, it is high in sugar. Some fruits with a score in this range include:

These fruits are still safe for a person with diabetes to eat. However, they should do so in moderation. Consuming larger portions of fruits that have lower GI scores may be more suitable for a person with diabetes.

Most other fruits have a low-to-medium GI score. Learn more about low and medium GI foods here.

The sugar myth

Many people believe that since fruit is often high in sugar, people with diabetes should avoid it.

However, the sugars in fresh fruit

are not "free" sugars. Free sugars are added sugars and those present in honey, syrups, nectars, and unsweetened fruit and vegetable juices. The sugar in fresh fruit is fructose, which does not have much of an effect on a person's blood sugar or insulin levels, according to one 2017 article Trusted Source.

Fruits high in carbohydratesES

According to Diabetes UK, the amount of carbs a person eats has the most impact on their blood sugar levels.

If a person is following a low carb diet, they should identify which carbs they are eating that are low in nutrients or unhealthy in other ways and cut those out first. Fresh fruit carries many health benefits.

'Disappointed' Harmanpreet Kaur slams 'pathetic umpiring'

NEW DELHI: India's captain Harmanpreet Kaur cut a frustrated figure after the series decider against Bangladesh, taking aim at the umpires for what she felt were numerous poor decisions. Harmanpreet said that India were in control in the chase of 226, but "pathetic umpiring decisions" left them disappointed as the game eventually ended in a tie.

Harmanpreet's displeasure with the umpiring was clear when she was given out caught at slip while trying to sweep. She reacted by smashing the stumps with her bat before having a heated exchange with the umpire Tanvir Ahmed.

"A lot of learning from this game. Even apart from the cricket, the type of umpiring that was happening there, we were very surprised," Harmanpreet said. "The next time whenever we are coming to Bangladesh, we'll have



to make sure we have to deal with this this kind of umpiring and

accordingly we'll have to prepare ourselves.

"They [Bangladesh] batted really well, batted according to the situation. They were taking those singles which were very crucial. In between we leaked a few runs but when we were batting, we controlled the game very well but as I mentioned earlier some pathetic umpiring was done and we are really disappointed about some decisions given by the umpires."

On Saturday, Yastika Bhatia's dismissal was the first major flash-point. Yastika was given out lbw, but stood her ground and stared at the umpire before eventually dragging herself off the field.

After Meghna Singh, the last Indian batter, was given out caught behind with the scores tied, she started to walk off the pitch, before pausing and pointing at the direction of the umpires.

A Kohli Hundred That Felt Like A New Beginning

NEW DELHI: Virat Kohli blah blah. Intent blah blah blah. Control blah blah. Legend blah blah blah. Words only go so far. Actually, wait... Yeah, it's possible if you tie all the web pages and column inches, tweets, reels and various painted messages on various human bodies together, you could make a walkway that reaches Mars. The man has been the ultimate muse for 14 years - 15 this August - and 500 games.

Brash and loud in 2008. Cool and confident in 2012. Broken and unsure in 2014. Walking talking vindication, also in 2014. Then, for the longest time, perfection

Seventy-six international hundreds. The easy gag is to say it's 2x Viv Richards or 3x VVS Laxman. But that's basically because he has played a lot more innings. And there's



the actual rub. He became too good to ever be dropped; often he was too good to even be injured. His fitness is as crucial to his longevity as his form. All that combined with this era, where cricket's cup has runneth over, has given Kohli plenty of chances to influence history, considerably more than all the legends from the past. Of course, by the same token, hundreds of bowlers from every corner of the world could have also reduced him to a footnote. It was a 50-50 battle.

Kohli tipped the odds in his favour with his focus. The game gets his juices flowing. The

desire to win pushes him further. And soon enough he is in the zone. Or to use a term that is common among gamers, the flow state. It denotes a period where you function at 100. The challenge heightens your senses. The information they send up to the brain is processed quicker and as a result every move you make is the right one and you keep making them over and over again.

Hobart 2012. Mohali 2016. Perth 2018. Birmingham 2018. Melbourne 2022. Kohli's flow state has spanned a decade, minus the Covid years. And while everything feels amazing when you're in the middle of this high, the moment you lose it, your whole life goes for a toss and it's all you can do to try and get it back.

Kohli, for example, began "faking his intensity." It didn't work. So he has started paring his game back. Sacrificing the pretty cover drive that may fetch him four runs for the leave that will ensure he stays at the crease. Karthik Krishnaswamy wrote a brilliant piece in the aftermath of the first Test about how a lot of his big runs now are coming at a slower pace. This is perhaps because he has figured out how to do well whether he is switched all the way on or just half the way on; how to work within the limitations he is all of a sudden having to deal with.

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