



## National Flag Flies High At Lal Chowk; Peace, Prosperity Returning To J&K

■ HT News Network

**SRINAGAR, AUG 14:** Jubilant Kashmiris holding the National Flag and the tricolour flying high at the iconic Ghanta Ghar in the heart of Srinagar's Lal Chowk today have disproved the statement made in 2019 by Mehbooba Mufti, former Chief Minister of the erstwhile state of Jammu and Kashmir, that if article 370 is tinkered with, there would be no one left in Kashmir to



hold the tricolour in their hands. Upbeat Kashmiris have now decided to carry forward the vision of Prime Minister Modi to make India a developed Nation by 2047. Four years after 2019, Jammu and Kashmir is decked up to celebrate

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## Conflict in Kashmir was 'business for some': LG Manoj Sinha

■ HT News Network

**GANDERBAL, AUG 14:** Lieutenant Governor Shri Manoj Sinha today visited Sonamarg and dedicated the 'Golden Glory Eco Park' to the people. He attended 'Meri Maati Mera Desh' programme and paid tributes to the freedom fighters and martyrs who sacrificed their lives for the motherland.

In his address, the Lt Governor recalled the contribution of the prominent personalities of Jammu Kashmir in building a progressive and prosperous society.

'Meri Maati Mera Desh' is also a grand occasion for the society to pay tribute to its sons and daughters, who have succeeded in reaching the pinnacle in diverse fields and played a significant role in nation building, the Lt Governor said.

The Lt Governor shared the efforts of the Administration to maintain peace and accelerate economic and development activities across UT.

"We are fully committed to create business, investment and economic climate in J&K. State-of-the-art



TURN ON.....PAGE 02

## Take legal action against those aiding or abetting terrorism: ADGP Kashmir

■ HT News Network

**SRINAGAR, AUG 14:** Additional Director General of Police (ADGP), Kashmir range, Vijay Kumar on Monday stressed upon the officers to take legal action against those found aiding or abetting terrorism.

While attending a security review meeting at Jammu Kashmir's Bandipora district on Monday, the ADGP



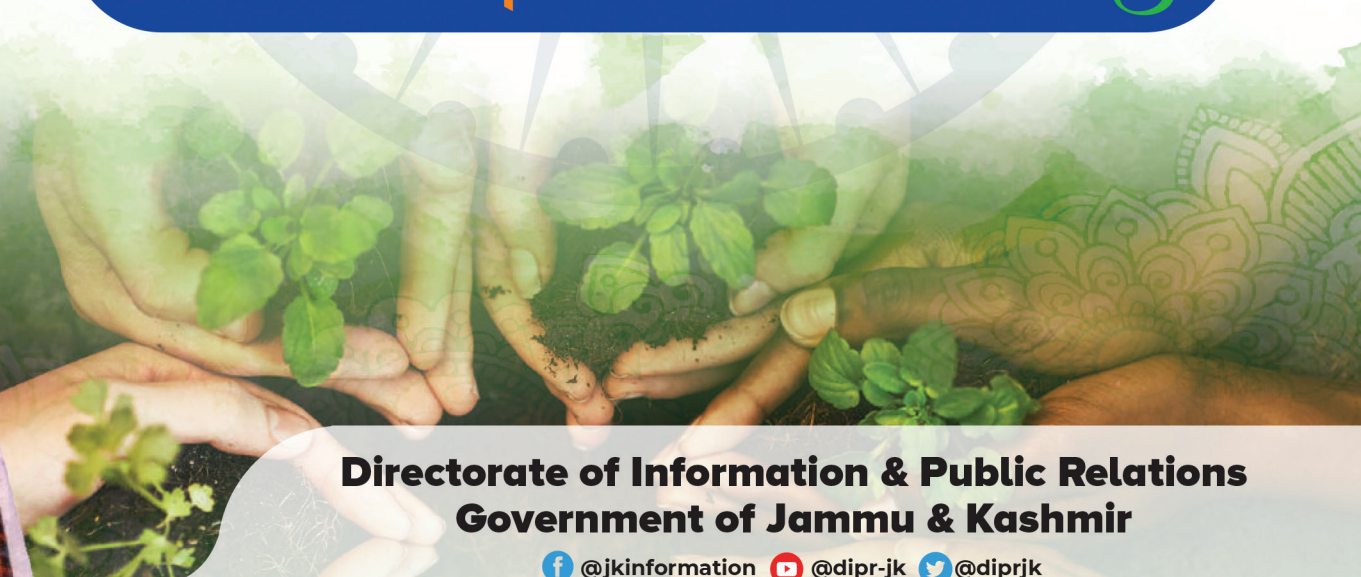
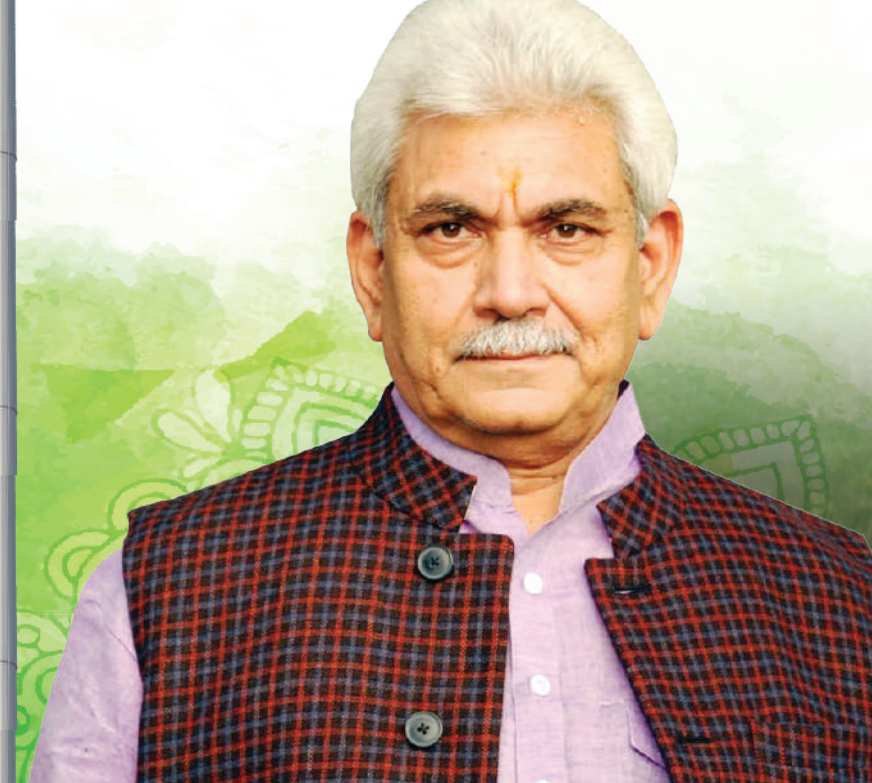

stressed that appropriate legal action must be taken against those found to be aiding or abetting terrorism.




The security review meeting was held with the officers of J&K Police, BSF, Army & CRPF during which ADGP emphasized the need for heightened vigilance and coordinated efforts.

During the security meeting, ADGP Kashmir directed the officers to enhance the anti-terrorist operations to destroy the nefarious designs of terrorists who always try to disrupt the prevailing peace in the valley.

He also directed them to generate actionable intelligence and further share the same with the sister agencies to counter any terrorist threat.

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# heartiest greetings

to the  
**People of Jammu & Kashmir**  
on

## 77th independence day

**Directorate of Information & Public Relations  
Government of Jammu & Kashmir**

@jkinformation @dipr-jk @diprjk

DIPK: 7121/23



# Heptor surveillance at main venue in Sgr; JK set to celebrate I-Day with fanfare

Multi-level security grid in place, frisking conducted in Sgr parts, LG to unfurl tri-colour at Bakshi Stadium Sgr, Advisor Bhatnagar in Jammu

**SRINAGAR, AUG 14:** Jammu and Kashmir is all set to celebrate the 77th Independence Day tomorrow (Tuesday) amid multi-level security cover, drone surveillance and aerial monitoring of the main venue in Srinagar—Bakshi Stadium—through Heptors.

As per news agency—Kashmir News Observer (KNO), the main venue has been handed over to the security forces especially police and the CRPF while for the first time common people will be allowed to participate in the main parade after proper security check. Official sources said that stringent security measures have been put in place for the

smooth conduct of I-Day functions including the main function that will be held in Bakshi Stadium, Srinagar after a long gap. They said that Lieutenant Governor Manoj Sinha will unfurl the tri-colour in at Bakshi Stadium Srinagar and also address the I-Day gathering as well.

Official sources said that Bakshi Stadium is the better venue that SK Stadium Sonwar as it has proper parking facility and seating arrangements to accommodate thousands of people. Eye-witnesses said that police and CRPF have intensified frisking across Srinagar at various points and special nakas have been set

up to keep the anti-peace elements at the bay.

Witnesses said that frisking were conducted at Hari Singh High Street, Polo View, Dalgate, Sonwar, Pantha Chowk, Rambagh and many other areas of the city. "People especially those driving two-wheelers were stopped and thoroughly frisked," a commuter told KNO.

A police official said that all security agencies are on alert and a thick blanket of security has been ensured for the smooth conduct of the I-Day function in Srinagar and elsewhere in the UT. "We are using and technical intelligence to thwart any possible

attacks by terrorists. As far the inputs, we believe large number of people want to attend the I-Day celebrations in Srinagar," he said, adding that security forces have been directed to facilitate the entry of common people.

In Jammu, main I-Day parade will be held at Moulana Azad Stadium where LG's Advisor RR Bhatnagar will unfurl tri-colour and address the gathering. "Elaborate arrangements have been made to ensure peaceful and smooth conduct of I-Day function," a police official said, adding that checking points have been established at various locations in the city.

Recently, J&K police Chief Dil-

bagh Singh had said that all arrangements were in place for the I-Day celebrations in J&K. He had stated that there were inputs that large number of people want to attend the function and for that arrangements have been made as well.

On the preparations of I-Day, ADGP Kashmir Vijay Kumar told reporters recently that three-tier security grid was in place for the smooth conduct of all official functions. He stated that drone surveillance was also part of the security measures while as Heptors were being used for the aerial monitoring of the main venue—Bakshi Stadium, Srinagar.

## CAG questions selection of projects in J&K under Centre's key scheme for tourism sector

**SRINAGAR, AUG 14:** The Comptroller and Auditor General of India has slammed the Jammu & Kashmir Government for selecting three projects under the Tourism Ministry's "Swadesh Darshan" scheme.

The CAG report, which was tabled in the Parliament in the recently concluded monsoon session, has pointed out that these projects were selected without considering factors such as current tourist traffic, connectivity potential, and stakeholder consultation.

The Swadesh Darshan scheme was launched by the Union Tourism Ministry in 2015 for the development of tourist infrastructure in India.

In its report, a copy of which is in possession of news agency—Kashmir News Observer (KNO), the CAG said that these projects were picked up from existing developed tourist destinations or unviable sites were selected.

"As per the scheme guidelines, tourist circuits/destinations were to be identified considering factors such as current tourist traffic, connectivity potential and significance attached to the site, holistic tourist experience. However, identification criteria for the components planned and executed under the project was not mentioned in the respective DPRs. The projects were picked up from existing developed tourist destinations or unviable sites were selected. It was noticed that three projects were planned without considering factors such as current tourist traffic, connectivity potential, stakeholder consultation," the CAG said.

The CAG revealed that a project under the scheme was executed at Suchetgarh, Jammu, despite being a sensitive location.

"Suchetgarh (Jammu) is situated in a sensitive border location. Despite knowing this fact, the state government selected this location for the execution of a project under the Himalayan circuit in Jammu & Kashmir and completed it by incurring an expenditure of Rs 3.71 crore. During the site visit, it was noticed that the project completed under the scheme is occupied and used by the Border Security Force (BSF) for their operational purposes, hence defeating the very purpose of the project," reads the report.

The CAG noticed that Jammu & Kashmir government took up a project under the scheme in Salamabad Uri without ensuring availability of land for it. "The component 'Integrated Development of Border Tourism at Salamabad-Uri' under Swadesh Darshan Scheme was entrusted to J&K Projects Construction Corporation (JKPCC) by State Tourism Department. The land belonged to National Hydro-electric Power Corporation (NHPC) and despite knowing this fact, the implementing agency went ahead with project execution. During physical inspection, it was seen that NHPC had constructed a wall around the land and work had been stopped after incurring an expenditure of Rs 1.27 crore for earthwork for basement and foundation columns, etc., which thus proved to be unfruitful," the report states.

The CAG report mentions that the J & K Government took up work for an amusement park at Tattoo Ground Srinagar without ensuring availability of land for the same.

"Similarly, land of Amusement Park at Tattoo Ground, Srinagar was in occupation by the Armed Forces. Without ensuring land availability, work was taken up and an expenditure of Rs 0.16 crore was incurred. Later, the Armed Forces did not allow construction and work was stopped. Thus, due to poor planning, the project turned out to be a total loss and got dropped," the report states.

## Nation remains indebted to martyrs, warriors: Rana

**NAGROTA, AUG 14:** Senior BJP leader Mr Devender Singh Rana today saluted the valour of martyrs to defend the integrity and sovereignty of their motherland, saying the nation will always remain indebted to their supreme sacrifices.

Paying floral tributes to Martyr Hav. Sardari Lal, Ashok Chakra of 3rd Grenadiers, who sacrificed his life for the nation during war against Pakistan on December 17, 1971, Mr Rana said the great warrior has made the brave Duggarland proud by his commitment to the national pride. He cleaned the statue of the Martyr with milk amidst chanting of mantras

Rana also met the 87 year old wife of the martyr, Chanchal Devi, and washed and cleaned her feet. He also met his elder son Ram Krishan, his wife Anjana Sharma and the younger son Ajay Kumar Sharma, his wife Rohini Sharma at their residence Seri Pandita in Block Bhalwal of Nagrota, as part of Meri Mati Mera Desh Abhyan, to express the gratitude of the nation for supreme sacrifice offered by the brave heart. Interacting with the locals assembled on the occasion Mr Rana said, "The brave give their today for our safe and secured tomorrow."

Rana said the sacrifices of the heroes in defending the integrity and sovereignty of the nation will not go waste. The indebted nation has all along been bowing their heads with respect and deep esteem for the sacrifices made by warriors, he said, adding that martyrs will continue to inspire generations for serving the motherland in whatever capacity they can.

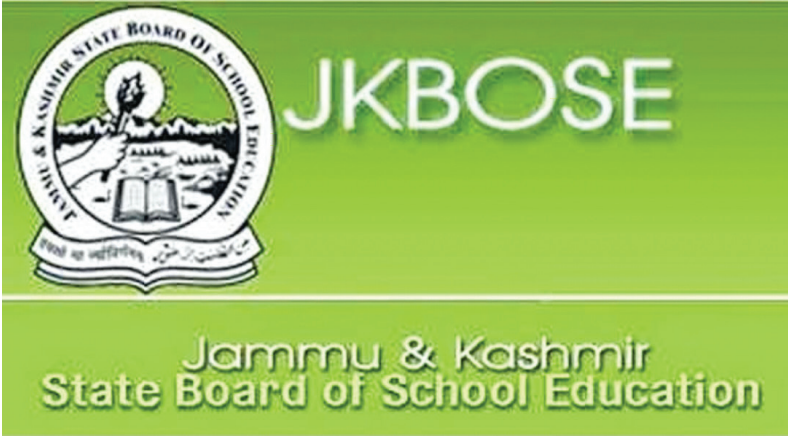
## JKBOSE revises, changes syllabi of Statistics, Information Practices, Electronics, Computer Science of 11th standard

**SRINAGAR, AUG 14:** The Jammu and Kashmir Board of School Education (JKBOSE) has revised and changed syllabi of Statistics, Information Practices, Electronics and Computer Science subjects from the ongoing academic session for 11th standard.

In this regard, JKBOSE has notified and issued a communique for the information of all the candidates of classes 11th and 12th in particular and other stake holders in general.

According to the news agency—Kashmir News Observer (KNO), BOSE said, "The syllabi and courses of studies for Higher Secondary part-I of the subjects that is Statistics, Information Practices, Electronics and Computer Science have been revised and changed from the current Academic Session 2023-2024."

It also said that the rationalized syllabi on the analogy of NCERT has been already notified of classes 11th



and 12th.

The subjects include General English, History, Economics, Geography, Political Science, Psychology, Sociology, Mathematics, Physics, Chemistry, Biology, Business Studies and Accountancy along with the revised scheme of assessment.

The Board further said that for rest

of the subjects of classes 11th and 12th, the syllabi shall remain unchanged.

"Accordingly, the Question papers for Annual Regular examination shall be set as per new scheme of assessment and syllabi scheduled to be held in the month of March-April, 2024," reads the communique.

## Srinagar comes alive after sunset with people swarming streets

People rejoice watching normalcy returning on streets after decades

**SRINAGAR, AUG 14:** A day ahead of Independence Day, Srinagar witnessed buzzing night life after several decades.

This is seen a departure from the past when Kashmir would witness empty streets and shuttered shops in view of security hassle.

In Srinagar, Ghanta Ghar and adjoining commercial hub Lal Chowk, Jehlum river front, Rajbagh Bridge and many other places were filled with people and traffic playing normally.

Locals told news agency—Kash-

mir News Observer (KNO) that this is something new for them.

"Now people are enjoying nightlife here. I remember the times when the streets used to be quiet after sunset, and now it is heartwarming to see the city coming alive late night," said Mohammad Ismail, a senior citizen running a shop at Rajbagh.

"It's amazing to witness the transformation of our city. We're finally able to enjoy the nightlife that we've heard about from other places in India," said Sahil Ahmad, a local boy who was spot-



ted enjoying with friends at Srinagar's Jehlum riverfront.

"The installation of the LED

screen near Ghanta Ghar, its new look and other stuff here, has added a whole new dimension to

the night experience, it's like the city has embraced modernity while preserving its charm," said Ubaid a young boy who was seen at Srinagar's Clock Tower.

Likewise, the bustling traffic in the late-night, shops and the busy streets filled with people have added a special touch to the valley's nightlife, especially on the eve of Independence Day.

Moreover, residents and visitors alike are reveling in the newfound vibrancy, as the city's pulse beats long past sunset.

## CONTINUE FROM FRONT PAGE.....

### National Flag.....

77th Independence Day.

On Sunday, hundreds of youths in Srinagar carrying tricolour in their hands busted the myth of anti-national elements that youth in Kashmir want 'Azadi', a dream sold out to them for many years by the terror proxies of Pakistan.

South Kashmir, once considered a hotbed of militancy, saw a huge participation of people from all walks of life in a Tiranga Yatra rally under the banner of "Meri Mati, Mera Desh" campaign.

"Today the sky of Kashmir shines with the tricolour," L-G Manoj Sinha said on Sunday after flagging a Tiranga Yatra rally.

A new area of peace, prosperity and development ushered in Kashmir four years after Centre revoked article 370, which gave special rights to the people of Kashmir.

Hartals, strikes and stone pelting have become a thing of the past, and peace which remained elusive after two decades of militancy, has been ushered in. Schools, colleges and Universities are functioning normally round the clock without any disturbance for the first time.

A high profile International G20 event was held recently in Srinagar for the first time after abrogation of article 370, signalling the dawn of a "Naya" Jammu and Kashmir.

According to government data, over one crore tourists thronged the valley in the year

2022. Experts attribute this unprecedented surge of tourists to the peace brought about by the Centre's decision of August 5, 2019.

BJP National Secretary Tarun Chugh who is also party in-charge for Jammu and Kashmir said on Sunday, "Jammu and Kashmir is no more the terror capital of the country. It is the tourism capital where locals are looking for progress and development".

Hundreds of people joined the Tiranga Yatra in Srinagar chanting "Vande Bharat" and "Bharat Mata ki Jai". The Yatra spanned over 5 km in the Srinagar city.

Since 2019, when the Centre abrogated article 370, J&K administration has launched a crackdown on high profile corruption cases involving top politicians, bureaucrats and prominent businessmen.

As per security establishment, there has been a significant improvement in the overall security scenario in the valley during the last 4 years. With top militant commanders killed

by security forces, insurgency which was kicking and thriving over last 30 years, has been controlled with minimal loss of civilian lives.

Thousands of Kashmiri youths have been recruited into different category of government jobs; Rozgar melas have been periodically held in different districts to address the issue of unemployment; youths have been imparted training under various Central

schemes; today a youth in Kashmir can think of starting his own business under multiple Central schemes.

As per the government data, the union territory has received investments worth Rs 2200 crores and generated more than 10,000 jobs in one year under its New Industrial Policy 2021. As per the data revealed by the NIP, 5,327 investment proposals worth Rs 6,600 crore were received. The last time region witnessed such a massive investment was in 1947.

Panchayat and block development council elections have witnessed remarkable participation demonstrating the growing fervour in the region.

Detractors who had been exploiting the youth of Kashmir for their own interests at the beck and call of their ISI-handlers based in Pakistan have been exposed and taken to task.

IAS officer Shah Faesal said in a message on his social media account that article 370 for many Kashmiris like him is a thing of the past.

"Jhelum and Ganga have merged in the Indian Ocean for the good. There is no going back. There is only marching forward."

The decision to abrogate article 370 has led to the complete political and economic integration of Jammu and Kashmir with the rest of the country for the first time since 1947. (Agencies)

### Conflict in.....

highways, rural roads and village-level women-led industries have registered a marked rise over the last few years," the Lt Governor said.

He said, the decisive steps taken for adequate investment in infrastructure is rebuilding tourism for the future and Ganderbal has immense tourism potential to stimulate socio-economic growth.

The Eco Park inaugurated today will add to the major tourist attraction in the district, he added.

At Sonamarg, the Lt Governor administered the Panch Pran pledge to the people and called for united efforts in taking the nation and the UT forward on the path of peace and development.

We must set certain goals to transform our young generation's enthusiasm, courage, and aspirations into actions, he added.

The Lt Governor also lauded the cooperation and support of people of Ganderbal in ensuring smooth conduct of Shri Amarnath Ji Yatra.

On the occasion, the Lt Governor e-inaugurated Universal NCD Screening under comprehensive Primary healthcare through Ayush Bharat Health and wellness Centres in Ganderbal. He also launched Ganderbal Chronicles magazine and distributed Kits among Sakhi Club members.

Ms. Nuzhat Ishfaq, DDC Chairperson, Ganderbal; Sh Sujit Kumar DIG; Sh Shyambr,

Deputy Commissioner, Ganderbal and senior officers of civil, police administration and security forces, prominent citizens and youth were present in large numbers.

### Take legal.....

ADGP Kumar provided clear directives to identify and apprehend terrorist associates operating within the Bandipora district.

The meeting also reviewed the security arrangements put in place and preparations of Independence day celebrations besides taking stock of the law and order situation in the district.

ADGP Kashmir was briefed about the overall security arrangements and preparations to tackle any security threat.

SSP Bandipora also briefed the ADGP Kashmir about the work done in the district including the disposal of cases related to NDPS & other crimes.

ADGP visited Martyrs Memorial at District Police Lines Bandipora where he paid homage and floral tributes to the valiant martyrs who have selflessly given their lives for the nation's safety and security. DIG NKR Vivek Gupta, DIG BSF Hqrs Bandipora, SSP Bandipora Lakshay Sharma, CO 14 RR, CO 26 RR, CO 3rd Bn CRPF, Addl. SP Bandipora, all SDPOs of District Bandipora, DySPPC Bandipora, DySPCH Hajin and other officers of Army, CAPF accompanied the ADGP Kashmir. (UNI)



# CS declares all the 6650 villages of UT as ‘ODF+ Model’ category Panchayats

Virtually tours different Panchayats; takes feedback from PRI members

**SRINAGAR, AUG 14:** Chief Secretary, Dr Arun Kumar Mehta today declared all the 6650 villages in 285 blocks of the UT as ‘ODF+ Model’ category villages free from open defecation and having proper waste disposal mechanism. Those who were present on the occasion included Commissioner Secretary, RDD; Secretary in RDD; District Development Council, Chairpersons; Deputy Commissioners; Director, Rural Development Jammu/Kashmir; Director, Rural Sanitation; PRI members and many other concerned officers of the Department. Dr Mehta complimented the Department and the Deputy Commissioners for achieving this remarkable feat ahead of the 77th Independence Day. He called it worth the moment which all of the UT should take pride in. He made out that there could be no better a celebration than what J&K has achieved in

a very brief period of time. The Chief Secretary observed that the UT has achieved every milestone it has set for itself. He recalled that looking back in times these accomplishments appeared insurmountable but with sheer determination and team work it was made possible here. He remarked that sanitation is not a single day affair but a continuous process that needs to be carried forward with same momentum. He asked for talking about it in every village meeting like Gram Sabhas or other convergence meetings held monthly or weekly there. He also enjoined upon the PRIs to enforce the cleanliness measures strictly in their areas by penalizing the littering of waste in the surroundings. On the occasion he also directed the authorities to formulate a plan to reduce the poverty level to ‘Zero’ here. He made out that the data on multidimensional poverty here points out low ratio of its incidence here. He observed that it shows around 2 lakh souls or 40000 families as of now at most in the whole of UT living below poverty line. He observed that the LG Administration is ready



to take every measure or come up with best possible solution to alleviate this issue in J&K. He maintained that it is not an uphill task to cover these families under available benefi-

ciary oriented schemes guaranteeing gainful employment to them. He asked every Deputy Commissioner to identify and contact these families in order to ascertain their skills or aspirations regarding their possible chances of livelihoods within next 4 months so that J&K has zero poverty incidence till 2024. The Chief Secretary also talked to the District Development Council Chairpersons from Jammu, Srinagar, Bandipora, Kupwara, Udhampur and Kathua. He took their feedback about the efforts made in their respective areas and felicitated them for reaching this milestone by their concerted efforts. Besides talking to each DC, the Chief Secretary also listened to the views of PRI members who aired their views while he made a virtual tour of dozens of Panchayats across the districts of the UT. He virtually inspected different assets like segregation sheds, Plastic Waste Management units, compost/soak pits, or door to door collection of waste carried out in these villages. While speaking on the occasion the Commissioner Secretary, RDD, Mandeep Kaur affiliated this success to the

team work put by the Department and District administration jointly. She also said that it would not be misplaced to give credit to the local PRI members for extending their unequivocal support to such efforts in their areas. She also reminisced about different success stories of Panchayats where waste was turned into wealth by the vision of members there. Earlier, Director Rural Sanitation, Charandeep Singh gave his introductory remarks and informed the meeting that all the 6650 villages in 285 blocks of the UT have been successful in accomplishing the status of ODF+ Model category as per the set norms of the concerned Central Ministry. He informed that the UT stands at 3rd rank in the country for this unique achievement. All of these public representatives showed their gratitude towards the LG Administration for extending whole-hearted support which catalyzed their efforts to bear such fruits. They also expressed satisfaction over the kind of assistance provided to them and assured that it would enhance overall beauty and facilities in their respective areas in the days to come.

## Police attaches house of drug smugglers; seized cash in Baramulla district

**SRINAGAR, AUG 14:** Police on Monday attached a house of drug smugglers and seized cash of Rs 69.20 lakh in Jammu Kashmir's Baramulla district. Police said a two-storied house valued at Rs 21.97 lakh and Cash Rs 69.20 lakh belonging to drug smuggler identified as Ghulam Rasool Sheikh a resident of Nambla Uri and others after completing all legal formalities. The said house was linked to case FIR No. 81/2023 u/s 8/21, 29 Narcotic Drugs and Psychotropic Substances (NDPS) Act of Police Station Uri. The investigation proved that the said immovable/movable property was raised from illicit trafficking by the drug Smugglers, a police statement said. It is pertinent to mention here that previously Baramulla Police has attached properties worth Rs 68.65 lakh of drug smugglers which includes 2 houses, 3 vehicles & cash to the tune of Rs. 41.72 lakh in Pattan, Kreeri & Kamalkote. Besides, SAFEM (FOP) A & NDPSA, New Delhi confirmed the attachment of property (Illegal acquired property by Drug Smugglers) on orders of Baramulla Police at Pattan & Kreeri in which house and vehicle was attached. (UNI)

## Man impersonating as DySP, Sub-Inspector arrested in Baramulla

**SRINAGAR, AUG 14:** Police on Monday claimed to have arrested a person, who was impersonating as DySP and Sub-Inspector in Jammu Kashmir's Baramulla district. Police station Kunzer have successfully apprehended a fraudulent individual who had been impersonating law enforcement officials and scamming innocent citizens. The accused has been identified as Mushtaq Ahmad Wani a resident of Barzulla Dhoivan, Tehsil Karhama, was taken into custody following a written complaint, a police statement said. Police said the investigation has proved that the accused had been operating under false pretenses, presenting himself as both a Sub-Inspector and a DSP, in order to deceive unsuspecting individuals. Through this deceitful scheme, the accused managed to fraudulently extract a sum of Rupees 90,000 from the complainant. Upon which Police were able to recover and seize Rupees 40,000 of the ill-gotten funds, which were earned through various fraudulent activities, he said. The case has been registered under FIR No. 83/2023 U/S 419, 420 IPC in PS Kunzer, reflecting the seriousness of the charges against the accused, he said. (UNI)



# J&K Police bags 76 medals for gallantry on I-Day

**SRINAGAR, AUG 14:** Jammu and Kashmir Police has bagged 76 medals for gallantry, distinguished and meritorious services on the occasion of Independence Day. Union Ministry of Home Affairs & Jammu and Kashmir administration has announced the list of medal awardees to the Police personnel on the occasion of 77th Independence Day 2023, a police statement said. Jammu and Kashmir Police personnel has bagged 76 medals for gallantry, distinguished and

meritorious services sharing the 2nd place with Maharashtra in the tally list among the States/UTs forces of the Country. As per the list released by MHA, Jammu and Kashmir Police has been honoured with one President's Police Medal for Distinguished Service (PPMDS), 20 Police Medal for Meritorious Service (PMMS) and 55 Police Medals for Gallantry (PMG). J&K Police has once again bagged the highest number of PMG medals among all the forces. Similarly as per the J&K admin-

istration list, 74 Police personnel were honoured with Jammu Kashmir Police Medal for Gallantry and six officers & officials received Jammu Kashmir Police Medal for Meritorious Service. The Director General of Police, J&K, Dilbag Singh has congratulated awardees and their families. He has expressed his gratitude to Union Home Minister, Amit Shah, Lt. Governor, J&K, Manoj Sinha, officers of MHA and Home Department, J&K for honouring the valour and professionalism of J&K Police personnel.

As per the list among the awardees who have been bestowed upon with PPMDS & PMMS are Mohd Aftab Mir SSP has been awarded the President's Police Medal for Distinguished Service, while Police Medal for Meritorious Service has been awarded to 20 officers and officials that includes Tahir Sajjad Bhat, SSP, Altaf Ahmad Shah, SSP, Girdhari Lal, SSP, Rakesh Kumar, SSP, Ravinder Pal Singh Dutt, Sanjay Singh Rana, SSP, Shafkat Hussain Batt, SSP, Shivdeep Singh Jamwal, SSP, Dedar Singh, DySP, Mohd

Ayoub Rather, DySP, Muzamil Ahmad Bhat, Inspector, Nisar Ahmad Shah, Inspector, Piary Lal Pandit, Inspector, Setinder Vir Singh, Inspector, Ajit Dhar, ASI, Ishrat Jan, SI (M), Mohd Ishtiyaq Gojar, SI, Zaffar Ali Khan, SI, Riyaz Ahmad Shah, Inspector (C) and Vivek Kalsotra, Inspector Computer. Among the officers & officials who have been conferred with JKPMMS are DIG Sunil Gupta, DIG Ms Nisha Nathyal, DIG Javid Iqbal Matoo, SSP Arun Gupta, ASP Mohammad Afzal Bhat and HC Bharat Bushan. (UNI)

## Valid Identity Cards Shall Be Treated As Entry Passes For Main Independence Day Venue: Div Com Kashmir

**SRINAGAR, AUG 14:** According to the communique issued by Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, the valid identity cards of Civil Society members, trade unionist, Trade and Transport Federations, Politicians, students and General Public shall be treated as entry passes for main Independence Day

venue at Bakshi Stadium Srinagar. Divisional Commissioner Kashmir cordially invited General Public including the Civil Society Members, Trade Unionist, Trade and Transport Federations, Politicians, Students to attend Independence Day Function-2023 at Bakshi Stadium. However, they have been



requested to be seated before 9.00 AM to make the event more graceful and colourful. It has been informed that the Independence Day Function 2023 is scheduled to be held in Bakshi Stadium Srinagar on 15th of August in which the Hon'ble Lieutenant Governor, Jammu & Kashmir, UT will hoist/unfurl the National Flag.

## Imambargah, two houses damaged in midnight blaze in Budgam

**BUDGAM, AUG 14:** At least two residential houses and an Imam bargah were damaged in a fire incident that broke out at Woolina Ichgam area of Central Kashmir's Budgam district. Local residents told the news agency—Kashmir News Observer (KNO) that the fire broke out from Imam bargah and quickly spread to the other two nearby houses, resulting in damage to all three structures. He said that the houses were damaged in the incident, adding that the fire has been put under control. An official said that Fire tenders along with the help of locals doused the flames and stopped fire from spreading to other structures in the congested locality. However, locals alleged that the fire tenders didn't reach on time, thus causing huge damage in the incident.

# Eastern Ladakh Row | India, China Hold Fresh Military Talks

**LEH, AUG 14:** India and China on Monday held a fresh round of military talks with a focus on disengagement of troops in the remaining friction points in eastern Ladakh and ease overall tensions in the region. The 19th round of Corps Commander level dialogue took place at the Chushul-Moldo border point on the Indian side of the Line of Actual Control (LAC) in the region, military sources said. The Indian and Chinese troops are locked in an over three-year confrontation in certain friction points in eastern Ladakh even as the two sides completed disengagement from several areas following extensive diplomatic and military talks. The talks began at around 9:30 am and they are continuing, the sources said.

The Indian delegation is headed by Lt Gen Rashim Bali, the Commander of the Leh-headquartered 14 Corps. The Chinese team was to be led by the commander of the South Xinjiang military district. In the 18th round of the military dialogue that was held on April 23, the Indian side strongly pressed for resolving the lingering issues at Depsang and Demchok. Last month, the Ministry of External Affairs (MEA) said that Prime Minister Narendra Modi and Chinese President Xi Jinping spoke on the need to stabilise bilateral relations at a dinner during the G-20 summit in Bali last year. On July 24, National Security Advisor Ajit Doval met top Chinese diplomat Wang Yi on the



sidelines of a meeting of the five-nation grouping BRICS in Johannesburg. In its statement on the meeting, the MEA said Doval conveyed that the situation along the LAC in the western sector of the India-China boundary since 2020 had

“eroded strategic trust” and the public and political basis of the relationship. It said the NSA emphasised the importance of continuing efforts to fully resolve the situation and restore peace and tranquillity in the border areas so as to remove

impediments to normalcy in bilateral ties. India has been maintaining that its ties with China cannot be normal unless there is peace in the border areas. The eastern Ladakh border standoff erupted on May 5, 2020, following a violent clash in the Pangong lake area. The ties between the two countries nosedived significantly following the fierce clash in the Galwan Valley in June 2020 that marked the most serious military conflict between the two sides in decades. As a result of a series of military and diplomatic talks, the two sides completed the disengagement process in 2021 on the north and south banks of the Pangong lake and in the Gogra area. (Agencies)



## ‘Meri Maati, Mera Desh’ programme held at DPL Anantnag

### Panch Pran Pledge taken by Officers & officials

#### HT News Network

ANANTNAG, AUGUST 14: A significant programme ‘Meri Maati, Mera Desh’ was today held at IRP 11 Battalion Hqrs. DPL Anantnag. On the occasion, ‘Panch Pran Pledge’ was taken by the Officers/officials of IRP 11th battalion including the participation of the adjoining educational Institutions (Govt. Middle School Baten-goo, Police Public School Anantnag, Govt Girls H.S. Khanabal, High School Batengoo, Creative Advance & Training School Anantnag, local Panchayat repre-



sentatives, Sports personnel and media club Anantnag, who all confirmed and declared to participate in all respects for making out motherland” Bharat Mahaan a developed and

self reliant Nation in 2047. The services and sacrifices of all those who contributed for the security, prosperity and development of our country are unforgettable and were

admired in the programme. The patriotic and cultural items performed/ displayed in the programme inculcated the spirit of Unity, Cultural heritage and Nationalism amongst the Participants. The participants felt encouraged to fulfill their duties for making the Nation a developed country and to win all the Global Competitions in all spheres. The locals insisted on conducting such programmes in future as well so that the benefits of the policies and future strategies for ‘Mahaan Bharat’ can be known to the general public of District Anantnag.

## DC leads Massive Tiranga Rally at Shopian

### Rally witnesses overwhelming participation

#### HT News Network

SHOPIAN, AUGUST 14: Under the banner of ‘Azadi Ka Amrit Mahotsav’ and as part of ‘Meri Maati, Mera Desh’ campaign, the Deputy Commissioner (DC) Shopian, Faz Lul Haseeb, along with SSP, Shopian, Tanushree today led a Massive Tiranga Rally from District Police Lines to Bata-pora Stadium, Shopian. The rally witnessed an overwhelming participation of thousands of students, youth, general public,



employees, police & Armed Police Forces. The rally organised in collaboration with different civil and police departments was adorned with vibrant tricolors and ‘Meri Maati, Mera Desh’ banners.

The massive gathering that marched with Tiranga resonated with the fervor of patriotism. The Motorcycle Rally was also part of the Mega Rally. Senior officers from Civil, police and Paramilitary

forces including ACD, ACR, SDM, Addl, SP and CEO participated in the Rally. Speaking on the occasion, the DC appreciated the organisers for the mega Tiranga Rally and students for coming in large numbers. He said that the ‘Meri Maati, Mera Desh’ campaign serves as a powerful reminder of cherishing the values of Brave Hearts who sacrificed their lives for the Nation. Notably, Tiranga Rallies and activities under ‘Meri Maati, Mera Desh’ were held across the district.

## ‘Meri Maati, Mera Desh’: Director F&ES launches campaign by planting a Sapling at Fire Hqrs Batmaloo Srinagar

#### HT News Network

SRINAGAR, AUGUST 14: As part of Azadi Ka Amrit Mahotsav and in continuation to organizing different programmes for celebrating the 77th Independence Day, Alok Kumar, Director Fire & Emergency Services (F&ES) J&K carried forward the programme under ‘Meri Maati, Meera Desh’ by planting a sapling within the premises of Directorate



of F&ES, Headquarters, Batamaloo, Srinagar. Soon after planting the sapling, a Tiranga Yatra was

also held under the leadership of Director Fire & Emergency Services, J&K in which among other officers/

officials, Dy. Director, F&ES Command Srinagar, Assistant Director, F&ES, Command Budgam, Medical Officer, Medical Unit, Srinagar, and Administrative Officer also participated with great enthusiasm. On the occasion, all the Command Officers were directed to carry out the activities/ programmes of planting saplings in all their respective Command Office/ F&E Station premises throughout the UT.

## Chairman DDC Budgam, Chief Engineer JKPTCL visit Rath-sun Village to explore Power Infrastructure Upgrades



#### HT News Network

BUDGAM, AUGUST 14: In a proactive move towards enhancing the power infrastructure and ensuring better electricity access for the residents of various villages in Budgam district, the Chairman, District Development Council (DDC) Budgam, Nazir Ahmad Khan, along with Chief Engineer, Jammu & Kashmir Power Transmission Corporation Limited (JKPTCL), Hashmat Qazi, undertook a field visit to the village Rath-sun today. The visit was aimed at assessing the existing power infrastructure and exploring possibilities for its augmentation to meet the increasing demands of the local population. Rath-sun village, nestled in the

picturesque Budgam district, holds great potential for growth, and ensuring a reliable power supply is essential for its development. During the visit, Chairman DDC and Chief Engineer interacted with the local residents, listening to their concerns and suggestions regarding the power supply. The officials also conducted a thorough inspection of the existing power distribution network, identifying areas that require upgrading and modernization. Speaking on the occasion, the Chief Engineer stated, “Our primary objective is to ensure uninterrupted power supply to every household in all the villages of Budgam district. We are committed to addressing the challenges faced by the residents and implementing solutions.

## State Taxes Department organizes Speech Competition on ‘Sustainable Development’

#### HT News Network

SRINAGAR, AUGUST 14: As part of celebrations of ‘Azadi Ka Amrit Mahotsav’ under the theme ‘Meri Maati, Mera Desh’, the State Taxes Department Kashmir under the guidance of Commissioner State Taxes, Dr. Rashmi Singh today organized a Speech Competition, centered around the theme of ‘Sustainable Development’ at E&T Complex Solina, Srinagar.

The Speech Competition witnessed enthusiastic participation from students of various Government schools of the Valley. Besides Commissioner State Taxes Kashmir, Dr. Rashmi Singh, Additional Commissioner State Taxes Kashmir, Shakeel Maqbool, the programme was attended by DC Enforcement (Central) Parvaiz Ahmad Raina, DC Recovery and IT, DC Appeals II, Assistant Commissioners, States Taxes Officers, Inspectors, SIs, teachers and other officials of the department. Speaking on the occasion, the Commissioner State Taxes Kashmir said that the primary objective of the event is fostering educational initiatives that resonate with the public. Through this event, the State Taxes Department aims to raise awareness about the pressing need for sustainable practices and responsible resource management among students and the general public, she said. The focus has always been on individual and collective efforts in realizing a harmonious balance between economic growth, environmental protection, and social equity, Dr. Rashmi said.

## PUBLIC NOTICE

I have lost my 12class Provisional certificate Now I am applying for its duplicate if anybody have any objection in this regard He/ She may file His/Her objection in the principal office MET HIGHER SCHOOL SOPORE within seven days from the publication of this notice after that no objection will be entertained

Name...BAREEZA RASHEED  
D / O. ABDUL RASHEED GANAIE  
R/O ...CHOORA SOPORE  
Distt ...BARAMULLA

## Under “Meri Mati- Mera Desh” campaign, DC Kupwara chairs Farmers Awareness Camp at Town Hall

### Inaugurates ‘PM’s Food Supplementation for Priority Households Scheme’

#### HT News Network

KUPWARA, AUGUST 14: “Under Meri Maati Mera Desh” Campaign, Deputy Commissioner Kupwara, Ms. Ayushi Sudan chaired a farmers awareness camp at Town Hall Kupwara. Vice Chairman DDC, Haji Farooq Ahmad Mir was also present on the occasion. Addressing the farmers, the Deputy Commissioner said that Kupwara being a rural area offers a good potential for agricultural and allied activities and asked the farmers to scale up their activities by taking benefits under various agriculture schemes of the Government. She stressed upon the concerned officers to be proactive on ground in handholding of farmers. The Deputy Commissioner sought active involvement of all stakeholders including farmers in contributing towards agricultural activities which will boost the economy and livelihood of the people in



the district. Vice Chairman DDC, Haji Farooq expressed gratitude towards the UT Government and District Administration in launching of farmer welfare schemes and programmes from time to time. On the occasion, the Deputy Commissioner administered Panch Pran Pledge to the participants. ADC

Kupwara, Ghulam Nabi Bhat, Chief Agriculture Officer, Officers from allied departments, besides, a large number of farmers attended the camp. Under similar campaign, the Deputy Commissioner Kupwara inaugurated ‘Prime Minister’s Food Supplementation for Priority Households Scheme’ at DC office Kup-

wara in an impressive event. VC-DDC was also present. On the occasion, Ration cards were distributed among the PHH (Priority Households) and online authentication of ration card holders was done in presence of the Deputy Commissioner. Additional Ration was also distributed among the PHH ration card

## Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL HOSPITAL AND CENTRAL HEATING DIVISION SRINAGAR

(Tele-fax No: 019-2496089, e-mail id: [xenmhchdk@yahoo.in](mailto:xenmhchdk@yahoo.in))

Subject: - Providing and Fitting of Oxygen Connectors with Oxygen Flowmeters in ECT Theatre at Govt. Psychiatric Disease Hospital, Srinagar

Ref : This office e- NIT no: MHCHD/TS/2023-24/51/e-tendering Dated 13.07.2023

## EXTENSION

In view of no response, the Critical dates of above subject work tendered vide above referred e-NIT are extended as follows: -

S.No	Description	Date and Time
1.	Last Date of Bid Submission	17.08.2023 (12:00 hrs)
2.	Date of Bid Opening	17.08.2023 (15:00 hrs)

All other Terms and Conditions of the NIT shall remain the same.

DIPK-7111/23

Date: Aug 14 2023

Sd/-  
Executive Engineer  
MHCH Division  
Srinagar.

## Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER SPL SUB DIV. TANGDAR NOTICE INVITING TENDER

1st Fresh (REW) Tender Notice No.108 SSD Tangdar of 2023-24 Endt No.3149-58

E-tendering DATED: 12.08.2023

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

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In rupees)	E/Money (in Rs)	Time of Completion In days	Class of Contractor	Major Head of Account
1	Constt of public park at Koka Mohalla Gabra II	1.86	200	3720	15 days	DEE	CD&Pyt
2	Constt of fencing around BMS Madanpora Matryian pyt Gabra II	2.00	200	4000	15 days	DEE	CD&Pyt
3	C/O life footpath form middle school to the houses of Abdul SAbbor Abdul Shakoor Qureshi and ors at Nawa Gabra C	1.91	200	3820	15 days	DEE	CD&Pyt

- Position of AA: TS: Accorded**
- The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of dates given below:
  - Special condition: for works Adv cost upto Rs.3.00 lakhs, only DEE class and DDC Registered Card holders of respective Panchayat Halqa shall take part in tendering process in light of the Govt Order No: 238 F of 2021 Dtd:9/7/2021. Bidder must upload any documents Residential certificate/Aadhar card/Ration card/Electricity bill showing panchayat name as residence proof that the site is residing the particular panchayat Halqa. Bids must be accompanied with cost of Tender document in shape of E Challan / Treasury receipt in favour of Executive Engineer Spl Sub Div Tangdar (tender receiving authority) and Earnest money / Bid security in shape of CDR/FDR pledged to Executive Engineer Spl Sub Div Tangdar (tender receiving authority). The Successful Bidder has to produce an amount equal to 5% additional performance security deposit of the allotted cost. The same shall be released after the successful completion of the defect liability period of the work. The EMD of 2% successful bidders shall be released after receipt of 5% Performance Security.

01.	Date of issue of Tender Notice	12.08.2023
02.	Period of downloading of bidding documents	12.08.2023
03.	Bid submission start date	12.08.2023
04.	Bid submission end date	22.08.2023 upto (04.00P.M)
05.	Date & time of opening Bids (on line)	23.8.2023at (10.00A.M) in the Office of the Executive Engineer Spl Sub Div Tangdar

- The date and time of opening of Bids shall be notified on web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same web site in the office of the Executive Engineer Spl Sub Div Tangdar (Tender receiving authority).
- The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.
  - Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any Modifications in the terms and conditions of the bid.
  - Failure of Successful bidder to furnish the required performance security within the specified time limit.
  - Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.
  - Failure of submission of Tender document fee by the bidder using the site shall entail him for blacklisting.
- Instruction to bidders regarding e-tendering process.**
  - Bidders are advised to download bid submission manual from the “Downloads” option as well as from “Bidders Manual Kit” on website [www.jktenders.gov.in](http://www.jktenders.gov.in) acquaint bid submission process.
  - To participate in bidding process, bidders have to get ‘Digital Signature Certificate (DSC)’ as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendor.
  - The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.
  - Bids will be opened online as per time schedule mentioned in Para-1.
  - Bidders must ensure to upload scanned copy of all necessary documents with bid. Beside , original/Photocopies of documents related to the bid be submitted physically/by registered post/through courier before the date specified in Para-1.
- Note: - Scan all the documents on 100 dpi with black and white option.**
- The department will not be responsible for delay in online submission due to any reasons.
- Scanned copy of cost of tender document in shape of E challan / Treasury receipt in favour of Executive Engineer Spl Sub Div Tangdar must be uploaded with the bid. The original E challan / Treasury receipt (cost of tender document), CDR/FDR (earnest money/bid security) and relevant documents to be submitted to the tender opening authority by registered post/Courier /by hand before due date of submission of tender/as per time schedule specified contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.
- Price escalation and taxes:** The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work unless otherwise, specified. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.
- Bidders are advised to use “My Documents” area in their user on R&B e-Tendering portal to store such documents as are required.
- In case of CRF and any other specified project the relevant guidelines/standard bidding document shall be followed.
- Instructions to Bidder (ITB)**
- All bidders shall include the following information and documents with their bids:
  - Copies of original documents defining constitution/legal status, place of registration and Principal place of Business.
  - Valid TIN No. & PAN No. along with latest sales Tax , GST clearance certificate/acknowledgment receipt of sales Tax return file.
- The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid.
- Non attendance of pre-bid meeting will not be cause of disqualification of the bidder.
- All documents relating to the bid shall be in the English Language.

DIPK-7107/23  
Date: Aug 14 2023

Sd  
Executive Engineer  
Spl Sub Div Tangdar



# Azaadi Ka Amrit Mahotsav, Patriotic fervor grips Jammu Div amid celebration of India's 75 years of Independence

Panch Pran ceremonies held, Sila-Phalakam dedicated to Martyrs under Mera Desh Mere Maati campaign

■ HT News Network

JAMMU, AUGUST 14: The patriotic spirit grips Jammu Division as iconic events were organised by government departments and educational institutions to celebrate the 75 glorious years of India's Independence under Azaadi Ka Amrit Mahtsav, besides dedicating Sila-Phalakams to Martyrs and holding of Panch Pran ceremonies to promote Meri Maati Mere Desh campaign.

Doda: To honour the local martyrs, Deputy Commissioner Vishesh Mahajan virtually dedicated the newly raised Sila-

Palakams to the people in all Panchayats across the district. The Sila-Palakams (Memorial plaques) have been raised in all the 237 panchayats and at some prominent Amrit Sarovars and Public Places, as a part of ongoing Meri Maati Mera Desh campaign launched by the Government of India.

Huge gathering of zealous PRIs and the general public turned up at the Memorial plaques to show their love, respect, and honour towards their real heroes. The families of the martyrs were also honoured at many places, and the Sila-Phalakam was unveiled by them. A PANCH PRAN Pledge was also



taken at the established Sila-Phalakam (Memorial plaques) by the PRIs and the participants.

Ramban: Deputy Commissioner, Ramban, Mussarat Islam inaugurated an exhibition of

rare photographs capturing the tragedies of Partition.

The Deputy Commissioner was accompanied by President, Municipal Council, Ramban, Sunita Sumbria, and other Coun-

cillors

The Deputy Commissioner went around the exhibition displaying pictures and standees that bear witness to the sacrifices made by millions of people in the lead up to the country's independence.

Urging the youth to relate themselves to the country's freedom struggle, the Deputy Commissioner paid homage to the martyrs of the national freedom movement, whose sacrifices made it possible for India to get independence on August 15, 1947.

Thanking the people for making the Meri Maati Mera Desh campaign a huge success in the

district, he also invited the people to participate in Nation's 77th Independence Day celebration in large numbers and witness the growth and development.

Meanwhile, as part of the ongoing nationwide campaign 'Meri Maati Mera Desh' under the aegis of Azadi Ka Amrit Mahotsav, the Deputy Commissioner, Ramban, Mussarat Islam along with the President, Municipal Council, Ramban, Sunita Sumbria unveiled a Shilaphalakam (Memorial Plaque) at Municipal Council Park Maitra in Ramban, here today.

On the occasion, officers, locals and ex-servicemen after

lighting earthen lamps took a pledge of national integrity with soil in their hands.

The programme ended with the National Anthem.

Kishtwar: The first of its kind, mega Mushaira cum multi-cultural concert, was organised in GDC Kishtwar Auditorium. The District Administration, led by Deputy Commissioner Dr. Devansh Yadav IAS, orchestrated this unique initiative as part of the "Meri Maati Mera Desh" campaign with the noble goal of raising funds for the orphans.

The event served as a poignant prelude to the Independence Day Celebration of 2023.

## JKRTC organises mega 'Tiranga Yatra' at Jammu

■ HT News Network

JAMMU, AUGUST 14: The Jammu and Kashmir Road Transport Corporation (JKRTC) today organised a mega 'Tiranga Yatra' from JKRTC headquarters Railway Road to Panama Chowk, here.

The yatra, filled with enthusiasm of patriotism and unity, found its way through the Railway Road upto Panama Chowk and back with the vibrant hues of the Tricolour. The rally stood as a vivid reminder of India's diversity, resilience, and collective aspirations.

The yatra which culminated back at JKRTC headquarters witnessed mega participation of officers and officials of JKRTC besides large number of general public also participated in the yatra.

## DIPR Jammu organises Panch Pran pledge under 'Meri Mitti Mera Desh' campaign

■ HT News Network

JAMMU, AUGUST 14: As part of ongoing celebrations of 77th Independence Day under 'Meri Maati Mera Desh' campaign, the officers and officials of Directorate of Information and Public Relations (DIPR) Jammu today took oath on Panch Pran pledge at Media Complex here.

The oath of Panch Pran pledge was administered by Joint Director Information Jammu, Atul Gupta to the officers and officials on the occasion. During the Panch Pran pledge ceremony, the officers and officials committed themselves to nation building and pledged to perform their duties for the nation. Joint Director Information, (Hq), Naresh Kumar; Accounts Officer, Hitesh K Choudhary; Assistant Director Planning, Naveen Bala, Administrative Officer Renu Sharma and other officials of department participated in the ceremony.

## GDC Ramgarh organises Slogan Writing Competition on Drug De-addiction

■ HT News Network

SAMBA, AUGUST 14: On the eve of International Youth Day, RRC, Government Degree College Ramgarh organized an Intra-College anti-drug Slogan Writing Competition under the aegis of Azadi Ka Amrit Mahotsav. The competition was organised under the supervision and coordination of Prof. (Dr.) Geetanjali Andotra, Principal of the College. Prof. (Dr.) Geetanjali Andotra said that the Ministry of Health & Family Welfare operates a Drug De-Addiction Programme (DDAP) by providing financial grants for augmenting post abuse treatment.

## Traffic Police Ladakh Organised Tiranga Rally to Celebrate Har Ghar Tiranga

■ HT News Network

SRINAGAR: Traffic Police Ladakh in collaboration with Bikers Union Leh organised a Tiranga rally from Traffic Police Office Agling Leh to celebrate Har Ghar Tiranga, the rally concluded at Petrol Pump Leh after passing by Skalzangling, GH Road, Shanti Stupa/Changspa Road and Leh Gate/ Main Market Leh.

The main objective of the rally was to create awareness on the Har Ghar Tiranga Campaign. All the stakeholders were requested to raise the national flag high on their houses and business establishments and celebrate the Independence Day.

Sh Mujeeb-ur-Rehman Bhat-JKPS, SP Traffic Ladakh

and Sh. Mohd Baqir Dy. SP Traffic Ladakh and Inspector



Mohd Jamil-ur-Rehman, DTI, Leh including all the officer/ officials of Traffic Police Ladakh and office bearers, other members of Bikers Union Leh actively participated in the instant rally. The rally culminated at Petrol Pump Leh, where a solemn pledge was administered by SP Traffic Ladakh to all the participants. All the participants were served light refreshments.

## DC Ramban inaugurates exhibition of rare photographs to mark Partition Horrors Remembrance Day

■ HT News Network

RAMBAN, AUGUST 14: Deputy Commissioner, Ramban, Mussarat Islam, today inaugurated an exhibition of rare photographs capturing the tragedies of Partition as part of Partition Horrors remembrance Day.

President, Municipal Council, Ramban, Sunita Sumbria, and other Councilors. CEO MC Ramban, Sudarshan Kumar, besides functionaries of district administration were also present on the occasion.

The Deputy Commissioner went around the exhibition and witnessed the pictures and standees that bear witness to the sacrifices made by millions of people in the lead up to



the country's independence. Urging the youth to relate themselves to the country's freedom struggle, the Deputy Commissioner paid homage to the martyrs of the national freedom movement, whose sacrifices made it possible for India to get independence on August 15, 1947.

Thanking the people for making the Meri Maati Mera Desh campaign a huge success in the district, he

## Arrangements for Shri Baba Buddha Amarnath Ji Yatra reviewed at Reasi

■ HT News Network

REASI, AUGUST 14: To review the arrangements for the smooth conduct of Shri Budha Amarnath Ji annual Yatra, Deputy Commissioner Reasi Babila Rakwal today convened a meeting with the concerned district officers and prominent citizens, here today. This year's yatra is scheduled to commence on August 20 and conclude on August 29.

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



water and power supply, sanitation, traffic management and other essential services to be provided to the pilgrims.

DDC emphatically instructed the officers to ensure that all necessary facilities are in place to provide a safe and comfortable stay for the Yatris. DDC stressed the importance of hygienic food, regular water and power supply, and improved sanitation at

all designated places. The DDC asked the officers to coordinate and make all efforts to ensure the comfort of yatris.

ADC Abdul Star, ACR, DSP Reasi, CMO, EO Municipal Committee, Tehsildar Pouni, Xen PHE and PWD, Xen JPDCL and other concerned officers present in the meeting. To review the arrangements for the smooth conduct of Shri Budha Amarnath Ji annual

Yatra, Deputy Commissioner Reasi Babila Rakwal today convened a meeting with the concerned district officers and prominent citizens, here today. This year's yatra is scheduled to commence on August 20 and conclude on August 29.

During the meeting, the DDC exhorted the officers to make the arrangements pertaining to their departments well in time to avoid any inconvenience.

## DC reviews Flood Control measures in Rajouri district

■ HT News Network

RAJOURI, AUGUST 14: In a proactive move to ensure the safety of the people, Deputy Commissioner, Vikas Kundal conducted an extensive inspection of the rivers and Nallahs in the region and assessed the flood control measures in view of the rainy season. The inspection, which was aimed at reviewing the flood control measures at the vulnerable places, was conducted to get a detailed assessment of the situation. Accompanied by a team of experts and officers, including ADC Rajiv Khajuria, ACR Imran Kataria, the DC thoroughly examined different water bodies in the area and the protective measures put in place to mitigate the impact of flash floods.

Speaking about the importance of the inspection, the DC Vikas Kundal said, "We are committed to ensure the safety of the citizens, especially during the monsoon



season when the risk of flooding is high. By conducting this inspection, we are taking proactive steps to identify any potential vulnerability in the flood control measures and address the same before they become a problem." The inspection was part of a larger effort by the district administration to strengthen the region's flood resilience and ensure that all necessary steps are taken to prevent any loss of life or property in the event of a flood. With the monsoon season in full swing,

# Sanskrit Shobha Yatra, Rana calls for major initiative to promote Sanskrit

■ HT News Network

JAMMU AUGUST 14- Senior BJP leader Mr Devender Singh Rana today stressed the need for a major initiative to ensure widespread reach of Sanskrit to masses, saying this is imperative for preserving and promoting the ancient language, culture and heritage.

"To understand the richness of the Indian culture and civilisation, knowledge of Sanskrit is paramount", Mr Devender Rana said

while flagging of Sanskrit Shobhayatra and 'Meri Maati Mera Desh Abhiyan' organized by Chudamani Sanskrit Sanstha, Basholi and Shri Kailakh Jyotish Evam Vedic Sansthan Trust in collaboration with Central Sanskrit University, Sh. Ranbir Campus, Kote Bhalwal, Jammu, which started from Shri Raghunath Ji Temple and culminated at Parade Ground, Jammu. Mahant Rohit, Head of Shri Kailakh Jyotish and Vedic Sansthan Trust, Director of Central Sanskrit University Madan



Mohan Jha, Mr. R.K. Chibber, Ex-Chairman J&K Bank, Mr. Deepak Gupta, President of Ware House Association Jammu and other dignitaries

were among those present on the occasion. Mr Devender Rana described Sanskrit language as treasure trove of the Indian heritage

and called for its massive promotion at all the levels especially by including it in academic curriculum. The younger generations are needed to be rooted with their time tested heritage and this can be achieved only by teaching the language at the threshold of their academic odyssey, he added. Mr. Rana said Prime Minister Mr. Narendra Modi in his nine years of Government has restored the place of pride of the Indian culture, traditions and heritage on the world horizon. He said

Sanskrit is the language of Indian civilization and its promotion should be the corner stone of the Indian culture. He also referred to the memorandum drafted by Mahant Rohit Shastri, Head of Shri Kailakh Jyotish and Vedic Institute Trust, demanding a separate Sanskrit University in Jammu and Kashmir and said the issue will be taken up with Lieutenant Governor Mr Manoj Sinha soon. He lauded the efforts of the Trust for promotion of Sanskrit, hoping that it will succeed.

## District Kishtwar Commemorates Partition Horror Remembrance Day-2023

■ HT News Network

KISHTWAR, AUGUST 14: District Administration Kishtwar, led by Deputy Commissioner, Dr. Devansh Yadav today observed the Partition Horror Remembrance Day 2023. The event held at public spaces across the district, aimed to honor the memory of those affected by the tragic partition.

Under the close supervision of District Information Officer Maneet Sharma, an impactful program was organized, including a special screening of a documentary shedding light on the harrowing experiences of partition survivors here in Cinema Theatre, TRC. The day's proceedings concluded on a patriotic note, with the entire gathering standing united to sing the National Anthem, reminding everyone of the importance of unity and solidarity.

This event not only paid tribute to the victims of the partition but also served as a reminder of the horrors of that period in history, urging us to strive for a peaceful and harmonious future.



EDITORIAL

## Environmental Conservation: A Look at Kashmir's Ecological Concerns

Beneath this picturesque facade lies a complex web of ecological concerns that demand immediate attention. As the forces of urbanization and tourism collide with the fragility of nature, the imperative for environmental conservation in Kashmir becomes ever more pronounced.

One of the most pressing issues facing the region is deforestation. Rampant logging, driven by the demand for timber and land development, has led to the degradation of vital forest ecosystems. This loss not only disrupts the delicate balance of the local flora and fauna but also contributes to soil erosion, reduced water quality, and increased vulnerability to natural disasters. Recognizing the importance of these forests as carbon sinks and essential components of the region's climate resilience is crucial.

Water bodies like Dal Lake, once the crown jewels of Kashmir's natural wonders, now suffer from pollution and encroachment. Unregulated tourism and inadequate waste management practices have turned these aquatic ecosystems into dumping grounds, threatening the livelihoods of those dependent on them and the health of the entire region. The deterioration of these water bodies also reflects broader challenges in environmental governance and sustainable tourism practices.

Moreover, the effects of climate change, from receding glaciers to unpredictable weather patterns, compound the ecological issues in Kashmir. The warming temperatures disrupt traditional agricultural practices, leaving local communities vulnerable. Collaborative efforts between local communities, governmental bodies, and international organizations are vital to implement adaptive strategies that address these evolving challenges.

To tackle these ecological concerns, a multi-pronged approach is imperative. Stricter regulations on logging and land use, coupled with community-driven conservation efforts, can help revive the diminishing forests. Comprehensive waste management initiatives and sustainable tourism practices can restore the region's water bodies to their former glory. Investment in climate adaptation strategies and renewable energy can mitigate the impacts of a changing climate.

Lastly, the environmental conservation of Kashmir is not merely a luxury, it's an urgent necessity. As this paradise on Earth grapples with ecological challenges, there is a collective responsibility to preserve its natural wonders for future generations. Through a harmonious blend of policy interventions, community engagement, and global cooperation, the jewel of Kashmir can shine brightly once more amidst its stunning Himalayan backdrop.

# 77th Independence Day: History of the Indian flag and significance of the Tricolour



■ [Musaib Rafiq](#)

India marks its 77th Independence Day on August 15 this year. As the country celebrates 76 years of freedom, we must know its history, the struggle behind gaining our Independence, the freedom fighters who fought for us, and more. The day is celebrated with pomp across the nation as people organise events, decorate their homes in the Tricolour, read speeches and poems about freedom fighters, hoist the national flag, and more. The Indian national flag, or Tricolour, also holds a lot of significance as it is the symbol of our national pride. The Tricolour represents the hopes and aspirations of the people of India. Therefore, on Independence Day, we must know the history and significance of the Tricolour.

Every free nation of the world has its own flag as it is a symbol of a free country. The National Flag of India got adopted in its present form during the meeting of the Constituent Assembly held on July 22, 1947, a few days before India's Independence from the British on August 15, 1947. Between August 15, 1947, and January 26, 1950, it served as the flag of the Dominion of India. And after 1950, it symbolised the Republic of India.

### Colours of the Indian Flag

The Indian National Flag has three colours - deep saffron (Kesari) at the top, white in the middle and dark green at the bottom in equal proportion.



There is a navy blue wheel or the chakra

with 24 spokes in the middle. It is

identical to a similar design appearing on the abacus of the Sarnath Lion Capital of Ashoka, and its diameter approximates to the width of the white band. The ratio of the flag's width to its length is two to three.

The saffron colour of the Indian National Flag indicates the strength and courage of the country, the white stands for peace and truth with Dharma Chakra, and the green colour shows the fertility, growth and auspiciousness of the land. Meanwhile, the Dharma Chakra depicted the "wheel of the law" in the Sarnath Lion Capital made by the 3rd-century BC Mauryan Emperor Ashoka. It shows that there is life in movement and death in stagnation.

### Flag Code: Do's and Don'ts

According to the Indian government's Know India website, the few do's and don'ts of hoisting the Indian National Flag are -

- 1) The National Flag may be hoisted in educational institutions (schools, colleges, sports camps, scout camps, etc.) to inspire respect for the Tricolour.
- 2) A member of a public, a private organization or an educational institution may hoist/display the National Flag on all days and occasions, ceremonial or otherwise consistent with the dignity and honour of the National Flag.
- 3) The flag cannot be used for communal gains, drapery, or clothes. As far as possible, it should be flown from sunrise to sunset, irrespective of the weather.
- 4) The flag cannot be intentionally allowed to touch the ground or the floor or trail in the water. It cannot be draped over the hood, top, and sides or back of vehicles, trains, boats or aircraft.

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## After 10th choose the subjects carefully



■ [Vijay Garg](#)

After 10th there are three fields, out of which a common child has to choose a field for admission namely Science, Commerce and Arts. Different subjects are taught in different areas. Children going to these areas should choose the area according to their interest. Arts subject After 10th, children can choose subjects like History, English, Geography, Economics, Culture and Political Science in Arts. If the child is studying in 12th class then go ahead and get Bachelor of study Arts (BA). With this, the child can make a career in fields like economics and politics in the future. Commerce subject If the child wants to make his career in areas like accounting or banking after 10th then he should study further in commerce subject. By taking commerce you can study subjects like accounting, economics. You can study commerce, computer application, tax, honors in 11th and 12th class. In future there is no problem in professional courses like BBA, BCA and then MBA after 12th class. will come Science subject If the child opts for science subject after 10th then there are two options in this too, one is medical and the other is non-medical. If you want to become a doctor then choose medical option. If you want to become an engineer then you can choose non-medical subject. Along with these, subjects such as physics, chemistry etc. must be studied. Diploma Course If the child does not want to study 11th and 12th after completing 10th class and it is better to do a professional course or diploma course. If wants to get a job, the child can opt for these diploma courses. Networking on computer hardware. Hotel Management Engineering Diploma. Stenography and Typing. Industrial Training Institute. Vocational education Vocational education can be acquired by the student after 10th standard. Vocational group is also like other groups in government schools. In the vocational group, the student has interest, need, what to do in the future, all the choices are there. In the vocational group, agricultural group, business and commerce group, home science group etc There are engineering and technology groups. Agricultural Group: Horticulture (agricultural diversification), agri business, farm machinery, farm machinery maintenance and repair trades are present in this group.



Business and Commerce Group: This group has Accountancy and Auditing, Banking, Travel and Tourism, Insurance Sector, Purchasing and Store keeping, Basic Economic Services, Rural Marketing, Marketing and Salesmanship, Office Management, Office Secretaryship, General Receptionist trades. Home Science Group: This group includes Food Preservation, Commercial Garment Designing, Textile designing, textile crafting, knitting technology etc. are trades. This group is beneficial for girls. Engineering and Technology Group: This group has trades in Computer Technology, Engineering Drawing and Drafting, Mechanical Servicing, Electrical Servicing, Radio and TV Repair, Repair of Electrical Appliances etc. Vocational education is called occupation oriented education because the student can take up any occupation after twelfth. If the student wants to study further, then he should direct in his respective trade diploma holder can take admission in the second year. So this education and employment have a direct relationship. In order to test the practical knowledge acquired in vocational education, 21 days 'on the job training' is conducted in the office/company etc. in the eleventh and twelfth standard of the student, so that the student knows how and where to use the acquired knowledge. can

know This training serves as a further experience for the student. Vocational education makes the student self-reliant and experienced where he is employees Industrial Training Centre These institutes provide vocational training in job-based courses and are designed to qualify candidates for a particular job, such as cutting hair, operating machines, sewing and embroidery. There are ITIs run by the Ministry of Labour, Government of India and privately run ITC training institutes that provide training in technical as well as other job-based courses. ITI courses provide skills for a particular occupation like electrician, mechanical, fitter, plumber, turner, welder etc. are designed for and the duration may vary from one year to three years depending on the occupation. Choosing the right career path Choosing a career is one of the most important decisions in anyone's life and the entire future depends on this decision. While choosing the right career path it should be kept in mind that the career path should be decided only on the interest of the candidate and parents should follow their interest instead of forcing them to take up the course of their choice. to motivate

The author is a Retired Principal Educational Columnist Malout Punjab



■ Arun Kumar Shrivastav

Byju's, the edtech giant, is grappling with a series of challenges that have put its stability and growth in question. With marked-down investments, the resignation of its auditor Deloitte, key board members quitting, employee layoffs, and defaulting on loan interest payments, Byju's stands as a stark example of the struggles faced by Indian startups, particularly unicorns.

One of the common misconceptions among startups and venture capitalists was that India's vast population automatically translates into a lucrative market. However, the reality is that having a large population does not necessarily equate to people having the financial means to spend. Merely having access to free-to-use websites and apps does not guarantee consumer purchasing power. As Nithin Kamath, the CEO of Zerodha, pointed out, the revenue opportunity for startups is limited to a small percentage of the population, highlighting the need for a more nuanced understanding of the market dynamics.

The narrative of VC-funded startups as the "next big thing" in the Indian economy was perpetuated by venture capitalists, founders, investment bankers, and the media. The allure of huge returns and the fear of missing out (FOMO) led to investments in companies without thoroughly scrutinising their business models. This hype-driven approach created an environment where basic questions were often overlooked, and startups' potential risks and vulnerabilities were disregarded.

Low-interest rates globally fuelled a search for higher returns, resulting in venture capitalists funding cash-burning startups. The model relied on taking losses initially to build scale and generate substantial returns in the future. However, the shift in interest rate dynamics, with rates rising, created a challenge for VCs in sustaining such cash-burning startups. The need for a sustainable business model prioritising profitability over rapid expansion became apparent.

Byju's experienced a significant setback when its long-standing auditor, Deloitte, resigned, citing a lack of communication and audit readiness. It highlights the importance of robust auditing and governance practices in maintaining transparency and instilling confidence among investors. Byju's decision to appoint BDO as its new auditor for five years raised questions about the circumstances surrounding Deloitte's departure.

The Byju's saga offers valuable lessons for both startups and investors. Startups need to prioritise sustainable growth and profitability over mere expansion. A solid business model and a realistic assessment of the market potential are crucial. Investors must conduct thorough due diligence and look beyond the hype to understand the long-term viability of a

# Many Lessons Are There For The Indian Startups From Byju's Present Crisis

## Transparency In Governance, Robust Auditing And Strong Regulations Are Needed



company. Sustainable growth and profitability should be the primary focus rather than solely relying on lofty valuations and future potential.

The deflation of Byju's, once hailed as a top unicorn in India's startup ecosystem, reflects the broader challenges the sector faces. The startup boom, characterised by lofty valuations and a digital transformation narrative, has encountered a stark reality check due to a global shift in credit conditions. The rise and fall of Byju's and other notable startups serve as a cautionary tale, shedding light on the need for a more realistic and sustainable approach to growth

in the Indian startup sector.

Indian startups were often valued at astronomical figures, far surpassing established traditional businesses. However, this era of inflated valuations has been punctured by changing global credit conditions, exposing the vulnerability of these startups. Once valued highly, companies like Paytm and Nykaa have witnessed fluctuations in their market value, and investor interest in unicorn-chasing has dwindled. Byju's, in particular, experienced a remarkable rise in valuation but has now faced a significant setback with reports of substantial write-downs by

private investors.

Byju's financial performance has raised concerns, with the company posting a staggering loss of over Rs 4,500 crore in the pandemic year of 2020-21, twice its revenue. While high cash burn was initially blamed for this loss, the company attributed it to accounting peculiarities, such as delayed payments from students. Furthermore, the company's failure to file its results for 2021-22 and the subsequent resignation of its auditor, Deloitte, have added to the growing apprehension surrounding Byju's financial health.

Byju's case highlights the need to expand regulatory oversight in the start-up sector. While the National Financial Reporting Authority (NFRA) oversees the statutory auditors of listed companies and large public limited firms, private limited companies like Byju's do not fall within its purview. This lack of direct oversight leaves stakeholders vulnerable to the collapse of privately held startups, underscoring the need for a broader definition of "public interest" that includes the interests of those affected by a company's failure.

The challenges faced by Byju's serve as a wake-up call for the Indian startup ecosystem. The belief that a large population automatically translates into a vast market needs to be reevaluated, and a

more nuanced understanding of consumer purchasing power is necessary. The hype-driven narrative surrounding startups must give way to a more realistic and sustainable approach to growth. Transparent governance practices, robust auditing, and adherence to best corporate practices are imperative for building trust and confidence among investors. Byju's journey is a cautionary tale, urging startups and investors to adopt a more measured and pragmatic approach for long-term success.

(IPA Service)

# Focus on reducing poverty instead of boosting GDP

■ Dr Amar Patnaik

While the Economic Survey 2022-23 praises India's efforts to lift 41.5 crore people out of poverty between 2005-06 and 2019-21, and the Global Multidimensional Poverty Index (MDPI)—adopted by NITI Aayog too—also indicates a reduction in poverty levels, the reality is that India still has the largest number of poor people in the world at 22.8 crore.

In the Global MDPI Index 2020, India ranked 62 out of 107 countries. South Asian neighbours such as Sri Lanka (25), Bangladesh (58), China (30), and even emerging economies like South Africa (42) and Brazil (33) are far better placed. Further, in the latest MDPI report of 2022 (where no ranks were published), India has the largest number of poor in the world, amounting to 228.9 million. Why are others doing better than us when our economic growth in GDP terms beats them all? Because MDPI considers not only economic well-being but also factors such as health, education and living standards to determine the level of deprivation.

The Economic Survey 2022-23 says the cost of healthcare in India is a major driver of poverty. Out-of-pocket health expenditures account for 48.2% of total health expenditures. As per the Rural Health Statistics Report 2021-22, there is a shortage of more than 80% of the required surgeons and paediatricians in the 6,064 community health centres nationwide. A similar shortage exists in tertiary healthcare institutions,

including the All India Institute of Medical Sciences (AIIMS).

Despite this, healthcare spending is falling, with an 11.6% drop in budget estimates (BE) of 2023-24 compared to the revised estimates (RE) of 2022-23. Even though the National Health Policy aims to increase the allocation to 2.5% of GDP by 2025, the current allocation is only 1.98% compared to 2.1% in the last fiscal year. G20 economies such as the United Kingdom and Australia spend 9%, Japan 10%, and the United States 16%.

Despite the government claiming in Parliament in 2019 that owing to the success of Poshan Abhiyan, India will be malnutrition-free by 2022, the number of anaemic children under five years rose from 58.6% to 67.1%, as per the National Family Health Survey-5 (NFHS-5) (2019-21), which means two out of every three children continue to be anaemic.

Similarly, the percentage of malnourished children has increased from 2.1% to 3.4%. On top of this, the food subsidy in BE 2023-24 has been reduced by 32% as compared to RE 2022-23, and the total allocation of Poshan 2.0 is ₹701 crore less than the allotments of the sub-schemes three years ago.

Even after 15.14% of the population being deprived of years of schooling, with at least one person in the household not having completed five years of schooling, and 7.39% of the population being deprived of regular attendance in schools between Class 1 to 8 as per the MDPI 2022, the Samagra Shiksha Abhiyan saw only a nominal



increase of 0.18% in BE 2023-24 over BE 2022-23.

Also, according to the 328th Standing Committee Report on Learning Gaps, only 11.58% of schools have internet access. The Economic Survey 2022-23 also revealed a mere 20% increase in computer access over 2012-2021. What good is a National Digital Library, as proposed in Budget 2023-24, if there is poor digital connectivity?

When the government took office in 2014, it promised to increase public education spending to 6% of GDP, a promise that was later reaffirmed in the New Education Policy 2020. However, the share has remained stagnant at 2.9% of GDP in Budget 2023-24. The Standard of Living, or Quality of Life, is the third component of this index and comprises eight sub-indicators, out of which three hold pride of place. Cooking fuel:

While more than 9.58 crore gas connections have been released under the Pradhan Mantri Ujjwala Yojana (PMUY) scheme as of February 2 as per data from the official PMUY dashboard, 9.6% of beneficiaries took no cooking gas refills, 11.3% took only one refill and 56.5% took four or fewer refills in 2021-22 according to a response given in the Rajya Sabha. Sanitation and drinking water: According to NFHS-5, 19% households

do not have access to toilets despite the government declaring India open defecation-free in October 2019.

Though the Jal Jeevan Mission aimed to provide functional household tap connections by 2024, 38% of the households surveyed in the Functionality Assessment of Household Tap Connections Report 2022 did not have overall functionality.

Housing: The Pradhan Mantri Awas Yojana-Gramin (PMAY-G), launched in 2016 to provide pucca houses to everyone by 2022, has now been extended to 2024 with no clarity on the total number of houses to be provided, how many have been provided so far, and how long will it take to achieve the goal. While the government revised this target to 2.95 crore in 2022, there is no clarity if this is all that is left to be covered. The claim of a 65% increase from BE 2022-23 to BE 2023-24 is less impressive than it sounds, particularly because the actual allocation is 13% less than what was spent in 2021-22. Further, as per the Economic Survey 2023, up to 80 lakh houses are yet to be completed.

The true "Vision for Amrit Kaal" with an "empowered and inclusive economy" can only be achieved by reducing multidimensional poverty rather than increasing GDP growth. This would require increased budgetary allocations to health and education.

The Author is a Member of Parliament, Rajya Sabha, and an advocate. Courtesy New Indian Express



# 33 Dead In Himachal Landslides, Cloudburst, Flash Floods Sweep Away 7

■ HT News Network

New Delhi: In the third major rain-related tragedy in less than 24 hours in Himachal Pradesh, flash floods have swept away seven people. Chief Minister Sukhvinder Singh Sukhu shared a video clip from the Sambal village in Mandi district, saying, active rescue, search, and relief operations are currently in progress to address "this dreadful situation". 33 people have died in the last two days in incidents linked to incessant rainfall in the hill state, reported news agency Press Trust of India.

"Disturbing visuals have emerged from Sambhal, Pandoh - District Mandi, where, as reported, seven individuals have been swept away by flash floods today.

Active rescue, search, and relief operations are currently in progress to address this dreadful situation," he tweeted.

The video shows water gushing downhill with great force, and the person behind the camera could be heard repeatedly saying "oh God" in a distressed tone.



Earlier, 16 people were killed in two separate incidents related to heavy rains. Seven people died after a cloudburst incident in the Solan district last night, while nine others were killed in a landslide at a Shiv Temple in Summer Hill area of Shimla city.

Union Home Minister Amit Shah said teams of the National Disaster Response Force (NDRF) are engaged in relief and rescue operations in rain-hit Himachal Pradesh, and termed the loss of lives due to the deluge as "extremely distressing".

Chief Minister Sukhvinder Singh Sukhu has appealed to the people to stay indoors, and avoid going near drains or rivers. In an interview with NDTV, he also asked people to move away from landslide-

prone areas, and requested tourists not to visit the state during this crisis.

15 to 20 people were feared buried in two landslides in Shimla city, Deputy Commissioner of Shimla Aditya Negi told news agency PTI. The other site is in the Fagli area, where several houses were buried under mud and slush.

Himachal Cloudburst, Landslides Kill 33, Chief Minister Says "Stay Indoors"

Himachal Cloudburst, Landslides Kill 33, Chief Minister Says "Stay Indoors" Six people were rescued after the cloudburst at Mamligh village of Kandaghat subdivision in Solan. Two houses and one cowshed were washed away, news agency ANI reported.

According to the state emergency operation centre, 752 roads were closed

in the state because of the calamity.

The heavy rains in Himachal Pradesh, and neighbouring Uttarakhand, are due to a fresh spell of Western Disturbance, the Indian Meteorological Department said today.

"The location of the Monsoon trough lies along the foothills of the Himalayas, and hence the South-westerly Arabian Sea monsoonal winds are hitting the Himalayan foothills," the weather department said.

Himachal Pradesh has been the worst affected state in the country due to the floods and landslides with officials announcing on Sunday a staggering loss of 7020.28 crore due to the monsoon's devastating impact. Himachal Pradesh rains live: The video shows water gushing downhill with great force, and the person behind the camera could be heard repeatedly saying "oh God" in a distressed tone. "The location of the Monsoon trough lies along the foothills of the Himalayas, and hence the South-westerly Arabian Sea monsoonal winds are hitting the Himalayan foothills," the weather department said.

# "Not Opposed To English But Should Learn Mother Tongue, Hindi": Amit Shah

■ HT News Network

Ahmedabad: Union Home Minister Amit Shah on Sunday said he was not against English, but children in India should learn both their respective mother tongues as well as Hindi, and called for the need to preserve the country's native languages.

He was addressing the graduating students of the Indian Institute of Teacher Education (IITE) here during its convocation ceremony.

Shah also urged the graduating students to make use of the wealth of knowledge that is available in Sanskrit language, Upanishads and Vedas.

The Union minister said he was not against English as India is a country that cannot oppose any form of knowledge.

"It is your responsibility to preserve and enhance all Indian languages because they contain our culture, history, literature and grammar. We have to make our language strong. An important aspect of the National Education Policy 2020 is to teach children in their mother tongue," he said.



"I believe that children should learn French, German along with English, but a child from Gujarat should learn both Gujarati and Hindi, an Assamese should learn both Assamese and Hindi, and a Tamil should learn both Tamil and Hindi. If this happens, then nobody can stop our country from progressing," Shah said.

The aim of this institute (IITE), founded by Prime Minister Narendra Modi during his tenure as Gujarat chief minister, was to unify the eastern and western educational philosophies, Shah said.

"Sanskrit is one of the four papers that are taught to you...I would request you to improve upon whatever basic knowledge of Sanskrit

you have received here. If there is one place in the whole world where a wealth of knowledge is collected, then it is our Upanishads, Vedas and Sanskrit. Once you study them, no problem of life will remain a problem for you," he further said. He said Vedas teach that we should collect good ideas from wherever we can without getting into where the knowledge has come from.

"We should see whether the knowledge is for the benefit of the society, people, world and universe without caring about where it has come from," Shah said. The Union minister said it is important to connect our ancient Indian educational philosophy with modern dimension.

H said there have been many changes in the fields of knowledge and science, and we should understand the changes and unify the two to create a complete education system.

Education means showing the right path to a child and becoming his or her guide, he said.

A total of 2,927 students graduated from the institute. Mr Shah also urged the graduating students to make use of the wealth of knowledge that is available in Sanskrit language, Upanishads and Vedas. The Union minister said it is important to connect our ancient Indian educational philosophy with modern dimension. H said there have been many changes in the fields of knowledge and science, and we should understand the changes and unify the two to create a complete education system. Education means showing the right path to a child and becoming his or her guide, he said.

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## Self-Regulation Of Television Channels Must Be Effective: Supreme Court

■ HT News Network

New Delhi: The Supreme Court on Monday said that the self-regulation of television channels should be effective. A bench led by Chief Justice of India DY Chandrachud made these remarks when it was hearing a plea challenging Bombay High Court.

The News Broadcasters Association (NBA) has filed an appeal against the Bombay High Court order that contained adverse observations over the self-regulation of TV channels. The court asked the NBA counsel to submit suggestions to strengthen the self-regulatory mechanism. The court noted that the quantum of penalty set many years ago has not been increased since then. The court noted the quantum of the penalty was not increased since 2008. The court said that the fine should be in proportion to the profiles earned by the channel from that show.

## BJP releases list of candidates for assembly by-election

■ HT News Network

New Delhi, Aug 14 (UNI) BJP on Monday released the list of candidates for the upcoming assembly by-election in Kerala, Uttar Pradesh and Uttarakhand.

According to a party release, Linjal G has been fielded from Puthuppally in Kerala, Dara Singh Chauhan from Ghosi in Uttar Pradesh and Parvati Das from Bageshwar in Uttarakhand. The voting will take place on September 5 and the counting of votes will be done on September 8. Earlier, the Election Commission has announced dates for the bye election to fill vacancies in 7 (Seven) Assembly Constituencies in 6 States which includes, Jharkhand, Kerala, Tripura, West Bengal, Uttar Pradesh and Uttarakhand. The seven assembly seats are, Dumri in Jharkhand, Puthuppally in Kerala, Boxanagar and Dhanpur in Tripura, Dhupguri in West Bengal, Ghosi in Uttar Pradesh, and Bageshwar in Uttarakhand. Out of these seven assembly seats, Dhupguri and Bageshwar are reserved for Scheduled Castes (SCs).

## SC refuses to stay Bihar Caste Survey; defers hearing till August 18

■ HT News Network

New Delhi, Aug 14 (UNI) Supreme Court on Monday refused to stay the Bihar government's Caste-based Survey and deferred the hearing of a plea, with a direction to re-list it along with similar petitions filed in the top court on August 18. A bench of the Supreme Court, headed by Justice Sanjiv Khanna and also comprising Justice SVN Bhatti, refused to stay the Bihar government's Caste-based Survey presently going on in the state. The Top Court passed the order after hearing an appeal filed by a Non-Governmental Organisation (NGO) 'Ek Soch Ek Prayas' against the decision of the Patna High Court to uphold the Bihar government's caste-based survey. The Patna HC had rejected the batch of pleas challenging the Bihar Government's decision to conduct a caste-based survey in the State.

## "Bengal Was Once Cradle Of Renaissance": JP Nadda's Swipe At Trinamool

■ HT News Network

Kolkata: BJP national president JP Nadda on Sunday said West Bengal, once a cradle of the country's renaissance, is now lagging behind because of TMC misrule.

Criticising West Bengal Chief Minister Mamata Banerjee for establishing a "jungle raj" in the state, Nadda said she should stop behaving like a "champion of democracy" nationwide.

Reacting to Nadda's claim of Bengal lagging, the Trinamul Congress said Mamata Banerjee government had ushered a new era of development in Bengal.

"West Bengal was once the cradle of the renaissance of the entire nation. It was Bengal which showed the path to the entire nation. But in the last few decades, Bengal has been lagging behind. After years of misrule by the Left regime and then by the TMC, Bengal now tops the charts in crime against women, corruption, and unemployment," Nadda said at a party programme here. Prime Minister Narendra Modi is taking the country forward and West Bengal Chief Minister Mamata Banerjee is taking the state backwards. The misrule of the TMC has led to Bengal lagging by



several years," he said.

Nadda said "jungle raj" is going on in the state under the TMC regime.

"People are not allowed to speak. There is no democracy in Bengal. Complete anarchy is going on. But Chief Minister Mamata Banerjee talks about democracy in the country and is acting as if she is the champion of democracy. She should first look at her own backyard as she and her party are prevailing over complete lawlessness and jungle raj in the state," he said.

The BJP national president also mocked political parties "which bred on dynasty politics and asserted that dynasty politics is a bane for democracy.

"We are fighting regional parties, which have turned into dynastic outfits. These parties neither have any principles nor policies.

## "Sadness, Anger Won't Go Away So Easily": Rahul Gandhi On Manipur Violence

■ HT News Network

Kozhikode, Kerala: Congress leader Rahul Gandhi on Sunday said the continuing violence in the northeastern state of Manipur is disturbing and needs to be stopped immediately.

The MP from Wayanad said the violence in the state was a direct result of a particular type of politics of division, hatred and anger.

"So, it is important to keep everyone together as a family," said Rahul Gandhi, who was on a two-day visit to Kerala and will return to Delhi tonight.

He said everyone has to come together to not only help Manipur heal, but also "ensure this new unpleasant type of politics does not spread and is stopped in its tracks".

Speaking after laying the foundation stone of the Community Disability Management Center (CDMC) at St Joseph High School Auditorium in Kodenchery here, Rahul Gandhi said he has been disturbed for the last few months ever since he visited Manipur.

"I saw with my own eyes what happened there and what has been done to the people of Manipur. In my 19 years of political life, I have never experienced what I expe-



rienced in Manipur." It is as if one person has been torn into two pieces. It is like someone has torn one whole state of the union. The violence, rape and killing just continues. So, it is important that the violence (in Manipur) is stopped immediately," he said. Rahul Gandhi further said that the wounds inflicted as a result of the violence would take many years to heal.

"The sadness and anger will not go away so easily," he added.

He said the violence in Manipur was a lesson to him on what happens when you use politics of division, hatred and anger in a state.

"It is a direct result of a particular type of politics where you divide the country and spread hatred and anger. So, it is important to keep everyone together as family," he said.

# After Moon, ISRO getting ready for Aditya-L1 Sun Mission

■ HT News Network

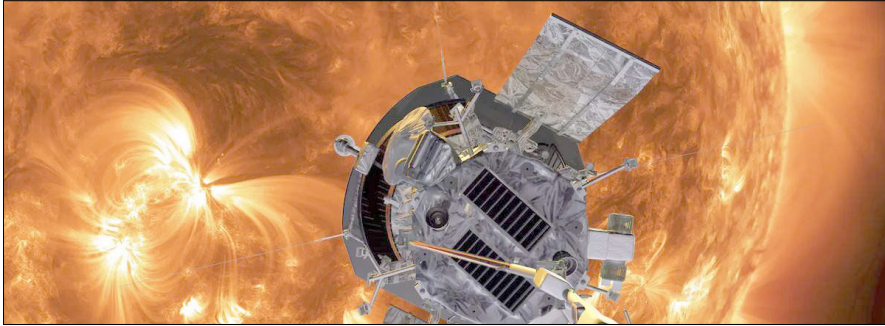
Chennai, Aug 14 (UNI) After the third moon mission Chandrayaan-3, the Indian Space Research Organisation (ISRO) is getting ready for the launch of Aditya-L1 Solar Exploratory mission to study the Sun, from the spaceport of Sriharikota.

ISRO will be using its reliable and workhorse launch vehicle PSLV for the Sun mission. ISRO on Monday said "PSLV-C57/Aditya-L1 Mission: Aditya-L1, the

first space-based Indian observatory to study the Sun is getting ready for the launch." The satellite was realised at the U R Rao Satellite Centre (URSC), Bengaluru and has arrived at SDSC-SHAR, Sriharikota, it said, in an update on the Sun mission.

ISRO said Aditya-L1 will be the first space-based Indian mission to study the Sun.

The spacecraft will be placed in a halo orbit around the Lagrange Point-1 (L1) of the Sun-Earth system, which is about 1.5 million km from the Earth. A satellite placed in the halo orbit around the L1 point has the major advantage of continuously viewing the Sun without any occultation/eclipses. This will provide a greater advantage of observing the solar activities and its effect on space weather in real time.



The spacecraft carries seven payloads to observe the photosphere, chromosphere and the outermost layers of the Sun (the corona) using electromagnetic and particle and magnetic field detectors. Using the special vantage point L1, four payloads directly view the Sun and the remaining three payloads carry out in-situ studies of particles and fields at the Lagrange point L1, thus providing important scientific studies of the propagatory effect of solar dynamics in the interplanetary medium.

The suits of Aditya L1 payloads are expected to provide most crucial information to understand the problem of coronal heating, coronal mass ejection, pre-flare and flare activities and their characteristics, dynamics of space weather, propagation of particle and fields etc. The major science

objectives of Aditya-L1 mission included study of Solar upper atmospheric (chromosphere and corona) dynamics; study of chromospheric and coronal heating, physics of the partially ionized plasma, initiation of the coronal mass ejections and flares; Observethe in-situ particle and plasma environment providing data for the study of particle dynamics from the Sun; Physics of solar corona and its heating mechanism; Diagnostics of the coronal and coronal loops plasma - Temperature, velocity and density; Development, dynamics and origin of CMEs; Identify the sequence of processes that occur at multiple layers (chromosphere, base and extended corona) which eventually leads to solar eruptive events; Magnetic field topology and magnetic field measurements in the solar coro-

na and Drivers for space weather (origin, composition and dynamics of solar wind).

The instruments/payloads of Aditya-L1 are tuned to observe the solar atmosphere mainly the chromosphere and corona. In-situ instruments will observe the local environment at L1.

There are total seven payloads on-board with four of them carrying out remote sensing of the Sun and three of them carrying in-situ observation.

The Remote Sensing Payloads are Visible Emission Line Coronagraph (VELC) for Corona Imaging & Spectroscopy; Solar Ultraviolet Imaging Telescope (SUIT) having capability to Photosphere and Chromosphere Imaging - Narrow & Broadband; Solar Low Energy X-ray Spectrometer (SoLEXS) to see Sun-as-a-star observation and High Energy L1 Orbiting X-ray Spectrometer (HELIOS) as Hard X-ray spectrometer to see Sun-as-a-star observation.

The In-situ payloads are Aditya Solar Wind Particle Experiment (ASPEX) for Solar wind/Particle Analyzer Protons & Heavier Ions with directions; Plasma Analyser Package For Aditya (PAPA) for Solar wind/Particle Analyzer Electrons & Heavier Ions with directions and Advanced Tri-axial High Resolution Digital Magnetometers for in-situ magnetic field (Bx, By and Bz).







# Mega Tiranga rally witnesses overwhelming response & huge participation at Anantnag

■ HT News Network

ANANTNAG AUGUST 14: As part of 'Azadi Ka Amrit Mahotsav' and under 'Meri Maati, Mera Desh' campaign, a mega Tiranga Rally was today organised at Sports Stadium Anantnag.

The rally witnessed massive participation of over 25,000 people including all stakeholders, general public and Youth Club.

The rally was flagged-off by the

Deputy Commissioner (DC) Anantnag, S.F Hamid during a grand ceremony held today at Sports Stadium Anantnag.

The rally started from the Sports Stadium Anantnag and passed through the main town Anantnag and culminated at Ashajipora. Participants were carrying the National Flag and were enthusiastic about their participation in the grand rally.

During the rally, people sang patriotic songs of nation and paid tribute to the freedom fighters who have



sacrificed their lives for the nation. They took the pledge that they will leave no stone unturned in making the India the developed nation and will be faithful towards nation. The tiranga which was carried on the heads by people was 950 meter long and the rally was 1250 meter long, besides due respect was paid to the tiranga.

Speaking on the occasion, the DC said that the idea behind the campaign of 'Meri Maati, Mera Desh' in general and Tiranga yatra in particular, is to

instill the feeling of patriotism in the hearts of people and reminisce the journey of India and those who have contributed towards creating this great nation.

The DC said that in connection with the 'Meri Maati, Mera Desh' campaign, multiple events are being organized in the district and many more Tiranga rallies will be held. He congratulated people for their enthusiasm and commitment and urged them to participate wholeheartedly in the upcoming events of 'Meri Maati, Mera

## FCS&CA Bandipora organise Awareness Camp at Pazalpura

■ HT News Network

BANDIPORA, AUGUST 14: The Food Civil Supplies & Consumer Affairs (FCS&CA) Bandipora today organised an Awareness Camp at Pazalpura Bandipora.

The camp was presided over by the Assistant Director FCS&CA Department Bandipora, Bilal Hassan. Other Officers and officials, besides huge gathering of public from different sections of the society including PRIs were present at the camp.

The camp was conducted as part of deliverables set by the Government to the Department and in light of

celebrations of the 'Meri Maati, Mera Desh' campaign.

Speaking on the occasion, the Assistant Director FCS&CA emphasized that the objective of this camp was to create awareness among the officials in particular and the public in general, regarding their rights and responsibilities as a consumer.

He asked the officials to serve the consumers in a complete professional manner so that they do not face any inconvenience while drawing their monthly ration or for any other issue.

He further informed the general public that the additional quota of rice under the PMFSS Scheme has been



made available at ration stores since this month i.e August 2023. He also said that the Department will

open new Fair Price Shops in the unfilled locations, so that the public get ration at ease.

Moreover, the locals were also given information about Fortified Rice, its importance and doubts related to it were also cleared on spot.

He further informed that the Department has launched OTP based transaction option for getting monthly ration easily and in a hassle free manner. He also said that the weeding out of in-eligible beneficiaries is being carried out throughout the District.

Various other public representatives also spoke on the occasion and appreciated the department for introducing Aadhar enabled distribution saying that the system has brought more transparency and account-

ability in the ration distribution process and they are getting ration supply on time.

On the occasion, the Assistant Director distributed PHH ration cards among the eligible beneficiaries during the camp and further stressed to all the field functionaries to speed up the process of weeding out of in-eligible beneficiaries, so that eligible left out beneficiaries will be included in the NFSA category. He further informed that the Department has launched OTP based transaction option for getting monthly ration easily and in a hassle free manner. He also said that the weeding out of in-eligible beneficiaries.

## Meri Mati, Mera Desh campaign observed at IUST

■ HT News Network

Awantipora, August 14. Awantipora, August 14. The National Service Scheme (NSS) unit, of Islamic University of Science and Technology (IUST), headed by Dr Tariq Ahmad Ganie, today organized a series of programs under the aegis of "Meri Mati Mera Desh" Campaign.

The event commenced with the inspiring "Panch Pran Pledge," where all attendees vowed to serve the nation and safeguard its environment. A plantation drive was also organized in the campus which was attended by officers including Dean Academic Affairs, Registrar Finance Officer, deans, directors, heads of departments and NSS volunteers. The University also organized Dedication of Shiphalakam and Veeron Ka Vandana campaigns, by honouring the families of the martyrs and paying homage to them. Prof Shakil Ahmad Romshoo Vice Chancellor of IUST presided over the function which was attended by Prof Naseer Iqbal, Registrar, Finance Officer, Mr Samir Wazir and others.

## DIPR organizes Panch Pran pledge at Srinagar

■ HT News Network

SRINAGAR, AUGUST 14: As part of ongoing celebrations of 77th Independence Day under the theme 'Meri Maati Mera Desh', the officers and officials of Directorate of Information and Public Relations (DIPR) today took oath on Panch Pran at Media Complex here.

The pledge was administered by Director PR, Mir Afroz to the employees on the occasion. He also explained the meaning and purpose of the Panch Pran pledge to the officers and employees.

The pledge ceremony was a reminder on importance of patriotism and national service besides also inspired the employees to work harder for the development of the nation. The pledge ceremony was attended by senior officers and officials of the DIPR.

## JJM Fortnight programme concludes at Kulgam

■ HT News Network

KULGAM, AUGUST 14: Jal Jeevan Mission Fortnight programme concluded today at Kulgam.

During this fortnight, 08 villages have been declared as 'Har Ghar Jal', where 100% household's have been covered with providing FHTC to each and every household.

It was informed that out of these 8 villages 6 villages come under jurisdiction of Special PHE Division Kulgam and 2 are under PHE Division Qazigund.

On the final day of JJM Fortnight, Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmed Giri participated in a special Gram Sabha held at Liroo Narsingpora.

During the programme, on spot FTK training (Field Test Kit Training) was provided to paani samiti members for checking various parameters in drinking water.

Later, the ADC visited visited Liroo Filtration Plant and took stock of the progress of Rapid Sand Filtration. It was informed that the estimated cost of the filtration plant is Rs. 2.48 crore.

The ADC instructed the concerned executing agency to ensure timely completion of the filtration plant.

## Meri Maati Mera Desh CUK's Deptt of politics, DSW holds lecture, plantation drive

■ HT News Network

Ganderbal, Aug 14: Under the aegis of Meri Maati Mera Desh, Department of Politics and Governance in collaboration with the Directorate of Students' Welfare (DSW) organized a lecture on "Jan Bhagidari movement" by Prof. Gul Mohammad Wani from University of Kashmir, and a plantation drive at Tulmulla campus here on Monday. Addressing the participants, Prof. Wani spoke about the importance of people's participation in democracy for social change and highlighted the significance of participatory democracy and the need for the dialogue between different stakeholders. "People must be at the centre of policy making and governance and Jan Bhagidari movement tries to bring the people centre stage in the deliberative and participatory democracy in India." Prof. Wani said that Mahatma Gandhi was the only political leader who made the freedom movement a people's movement. "World's leading economists have described Gandhi as a People's economist as he was very close to the living experiences of the people.

## "Meri Mati- Mera Desh" - Handwara's three decade long wait ends, First Movie screened at Cinema Hall at Handwara

■ HT News Network



Kupwara, Aug 14: Three decade long wait of Cinema Lovers ended today with the special Screening of Shahrukh Khan starrer Bollywood Movie "Chak De India" at newly inaugurated Multipurpose cinema Hall at Handwara under "Meri Mati- Mera Desh"

Pertinently, cinemas were closed down in Kashmir Valley after the surge of militancy in early 90s.

Today after more than three decades, hundreds of people including students of different schools, PRIs and local youth enjoyed the screening of Shahrukh Khan starrer Movie "Chak De India" in a series of shows.

People of the district expressed their gratitude to Hon'ble LG Manoj Sinha for opening Cinema in Handwara and screening of movies. The Screening of Movie was preceded by a colorful cultural Show, which was organized by the District Administration under the supervision of Additional Deputy Commissioner Kupwara Nazir Ahmad Mir. Show was presented by the students of Balashram and Narinakatan which was attended by Chairman Municipality Handwara, District Information officer Kupwara, Tehsildar Handwara, Deputy CEO Kupwara, SHO Handwara and other Officers.

## Director Agriculture visits Potato Seed Development Farm Bosain Baramulla

■ HT News Network

SRINAGAR, AUGUST 14: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Potato Seed Multiplication Farm Bosain Baramulla and inspected different blocks of the farm besides interacting with the technical experts and staff of the said farm.

Speaking on the occasion, Director Agriculture said that from the last more than two years the department is vigorously working for the transformation of departmental seed multiplication farms. He said the area is having one



of the best suitable agro-climatic conditions for the production of different kinds of vegetable seeds including potato seed. Director said that the

department is endeavouring to ensure that only quality seed reaches the farming community of the region. "We are pursuing a plan to achieve self-reliance in seed

production and departmental farms are of pivotal importance in this direction", he added. He asked the officers to put in all the efforts so that not only the local potato requirement is fulfilled but potato from Kashmir is supplied to different parts of the country. Director Agriculture said that the department has strengthened the marketing mechanism of different agriculture crop from the last two years. He asked young agripreneurs to come forward and take potato cultivation on commercial lines. There is a great scope for value addition of this crop, he added.

## DIYA's Lighting Ceremony held at District Police Lines Kulgam under "Meri Maati Mera Desh" Campaign

■ Farooq Rather

Kulgam\*: August 14, 2023  
istrict police Kulgam observed a Diyas Lighting Ceremony at DPL Kulgam under the banner "Meri Maati Mera Desh" "MITTI KONAMAN VEROON KO VANDAN" Program with an aim to pay homage, remembrance and respect to Martyrs of Police. This initiative has proven significant

enthusiasm and means to develop patriotic temper and feelings among jawans. During the event Diyas were lit at Police martyrs memorial wall, at which names of all the martyrs of district are inscribed. The Ceremony was attended DM Kulgam \*Dr Bilal Mohi-ud-din Bhat-IAS\*, SP Kulgam \*Shri Sahil Sarangal-IPS\*. Besides \*DySP HQRS Kulgam\*, \*DySP PC Kulgam\*, \*DySP PC Hatipora\*

## Partition Horrors Remembrance Day observed by JKAACL

■ HT News Network

JAMMU, AUGUST 14: Partition Horrors Remembrance Day is an annual national memorial day observed on 14 August in India, commemorating the victims and sufferings of people during the 1947 partition of India. It was first observed in 2021, after an announcement by Prime Minister Narendra Modi.

The day remembers the sufferings of many Indians during the partition. Several families were displaced and many lost their lives in the partition. It aims to remind Indians the need to remove social divisions, disharmony and to further strengthen the spirit of one-



ness, social harmony and human empowerment.

J&K Academy of Art, Culture and Languages in collaboration with Indira Gandhi National Centre for the Arts, Jammu Centre, organized one Day Seminar on Partition Horrors Remembrance Day. Major General S.K. Sharma (AVSM) was the Chief Guest on the occasion while Ashwani Khajuria, Administrator associated Hospitals, Jammu was Guest of Honour.

At the outset, Secretary J&K Academy of Art, Culture and Languages, Bharat Singh Manhas welcomed all the dignitaries. He said that this programme is being organised to showcase the sufferings of partition affected people of our country. He said that on this Day we want to remind ourselves of the need to remove the poison of social divisions, disharmony and further strengthen the spirit of oneness, social harmony.

## AKAM: DMO Srinagar organises event; demonstrates dedication to environment's well-being & Mine Workers' safety

■ HT News Network

SRINAGAR, AUGUST 14: As part of the ongoing 'Azadi Ka Amrit Mahotsav' (AKAM) celebrations, the District Mineral Office (DMO) Srinagar organized an event, demonstrating its dedication to the environment's well-being and the mine workers' safety. Taking a step towards a greener future, officers from the mining department and committed mine workers joined forces for a successful tree-planting campaign. This effort involved planting trees around district mines, echoing the theme "Meri Maati Mera Desh" and strengthening the connection between our land and



our nation. Moreover, a focused training session was conducted to raise health and safety awareness among mine workers. This initiative aimed to improve the overall well-being and security of those working in the local mining sector. It epitomized the ongoing #AzadiKaAmrit-

Mahotsav celebrations, resonating with the sentiment of "Meri Maati Mera Desh." Moreover, a focused training session was conducted to raise health and safety awareness among mine workers. This initiative aimed to improve the overall well-being and security of those working.



# WHO calls on Asian countries to quit tobacco farming

By: Sanjeet Bagcchi

[NEW DELHI] The World Health Organization (WHO) has asked countries in its Western Pacific region to repeal subsidies on growing tobacco and, instead, promote the cultivation of sustainable crops, including rice and vegetables.

About 400 million people in the Western Pacific region are smokers and three million a year die from tobacco-related diseases, WHO figures show.

"Imagine if we used the same 1 million hectares to grow nutritious food. We could nourish millions of people, help children grow and develop, and support adults to reach their full potential."

Zsuzsanna Jakab, WHO acting regional director for the Western Pacific

The region covers several top tobacco-producing countries, including Cambodia, Japan, the Philippines, South Korea and Vietnam, with over one million hectares of land dedicated to tobacco farming.

"Imagine if we used the same one million hectares to grow nutritious food," says Zsuzsanna Jakab, WHO acting regional director for the Western Pacific.

"We could nourish millions of people, help children grow and develop, and support adults to reach their full potential."

Smoking tobacco is widely recognised as the leading risk factor for lung cancer. Cigarette smokers are 15 to 30 times more likely to get lung cancer or die from the disease than non-smokers, according to the US Centers for Disease Control and Prevention. Cigarette smoking also causes cancers of the mouth and throat, oesophagus, stomach, colon, rectum, liver, pancreas, larynx (voice box), trachea, bronchus, kidney, urinary bladder, and cervix as well as acute myeloid leukaemia.



Imagine if we used the same 1 million hectares to grow nutritious food. We could nourish millions of people, help children grow and develop, and support adults to reach their full potential.

Zsuzsanna Jakab, WHO acting regional director for the Western Pacific

WHO estimates that land devoted to tobacco farming in the Western Pacific could be repurposed to grow about 60,000 tonnes of fruits and vegetables, which could meet the daily recommended needs of over 400,000 people a year.

Alternatively, it could be used to grow 243,000 tonnes of rice, which could support three million people per year and contribute to reducing food insecurity, the

UN health agency suggests. Tobacco farming damages the environment through deforestation, water contamination and soil degradation. Tobacco farmers and their family also often face health issues from exposure to tobacco dust and pesticides.

A study conducted in Bangladesh suggested that tobacco farmers are at risk of cancer, respiratory ailments, allergies and skin-related disorders but are attracted

by the profits to be made from tobacco farming.

International tobacco companies active in Malaysia and the Philippines did not respond as of press time to SciDev.Net's queries regarding WHO's calls for a reduction in tobacco farming in the Western Pacific region. Diptendra Kumar Sarkar, public health expert and professor at the Institute of Post Graduate Medical Education and Research, Kolkata, India, tells SciDev.Net that revenue and job losses in the industry may weigh against the introduction of laws banning tobacco cultivation.

"But the balance would tilt heavily against it if the expenditure on tobacco-related agricultural loss exceeds tobacco-related health care expenditure," he said.

Sarkar recommends a "phased, targeted approach" to reducing tobacco cultivation considering that "while social awareness is an acceptable model, its effects are only in the long-term and quite unpredictable".

All countries in the WHO Western Pacific region are parties to the WHO Framework Convention on Tobacco Control adopted in 2003 by the World Health Assembly, which entered into force in 2005. Under the treaty 180 countries are committed to promoting financially viable alternatives for tobacco farmers and workers and ending subsidies to tobacco farming.

Anish Ray, a paediatric blood cancer specialist working at the Cook Children's Medical Center, in Texas, US, told SciDev.Net that the WHO move was very welcome but long overdue.

"It remains to be seen how world leaders choose to act upon this very important health initiative – tobacco has been responsible for health hazards and loss of lives for centuries," he said.

## NEWS

### Reduced Risk Of Heart Attack & 5 Other Benefits Of Following A Vegetarian Diet



A vegetarian diet can reduce the risk of heart attack in several ways. Animal products like meat and dairy contain high levels of saturated fats and cholesterol, which can lead to the accumulation of plaque in the arteries. Vegetarian diets are typically lower in saturated fats and cholesterol, leading to lower levels of harmful LDL cholesterol.

Plant-based diets are also often high in potassium and low in sodium, which helps regulate blood pressure. Consuming fewer animal products and more fruits, vegetables, grains, and legumes can help lower blood pressure, reducing the risk of heart disease and heart attacks.

#### 1. Weight management

Vegetarian diets are generally lower in calories and higher in fibre compared to diets that include meat. This can help with weight management, as high-fibre foods make you feel fuller for longer and may reduce overall calorie intake.

#### 2. Lower risk of certain types of cancer

Research suggests that vegetarians have a lower risk of developing certain types of cancer, such as colorectal, breast, and prostate cancers. This may be due to the higher intake of fruits, vegetables, and legumes, which are rich in antioxidants and phytochemicals that help protect against cancer.

#### 3. Improved digestion

Vegetarian diets are typically rich in fibre from fruits, vegetables, whole grains, and legumes. This high fibre content can help promote better digestion, prevent constipation, and maintain a healthy gut microbiome.

#### 4. Reduced inflammation

Plant-based diets are naturally anti-inflammatory due to the abundance of fruits, vegetables, whole grains, and legumes. This can help reduce the risk of chronic inflammation, which has been linked to various health issues, including heart disease, arthritis, and certain types of cancer.

#### 5. Longer lifespan

Some studies have shown that adhering to a vegetarian diet could potentially increase lifespan. This may be due to the lower risk of chronic diseases and the overall healthier lifestyle associated with vegetarianism.

It is important to note that although a vegetarian diet can help reduce the risk of heart attack and boost one's health in a variety of ways.

## How Avocado Milkshake Boosts Heart Health And Improves Digestion

Originating from the lush landscapes of Mexico and Central America, the avocado, scientifically known as *Persea Americana*, has become a culinary sensation worldwide. A staple in many diets, Americans alone devour roughly half of the world's avocado production. With a distinctive egg-shaped appearance, rough exterior, and deep purple-black hue when ripe, avocados are a treat for both the eyes and the taste buds.

The amalgamation of health and flavour that avocados bring to the table is

unmatched. Enriched with essential vitamins and minerals, consuming this fruit contributes to overall well-being and disease prevention. As advocates of a balanced diet emphasize, the inclusion of fruits and vegetables is a cornerstone of good health.

One tantalizing way to harness the avocado's benefits is through the creation of a creamy and delectable avocado milkshake. This culinary delight requires just three primary ingredients: ripe avocado, milk, and a touch of sugar. Often referred to as Butter Fruit, avocados are brimming



with a plethora of nutrients, including Vitamin K, B5, B6, C, E, potassium, magnesium, fibre, and beneficial fats. Notably, they contain a favourable type of cholesterol that promotes heart

health.

What sets the avocado milkshake apart is its lush texture, which eliminates the need for additional creams or ice creams. For those embracing a vegan

lifestyle, non-dairy milk offers an equally satisfying alternative.

But the benefits of this delightful shake don't stop at its taste and creaminess. Avocados are being recognized for their potential to defend against Alzheimer's and memory loss. Packed with vitamin E, they hold the promise of combating cognitive decline due to ageing. Furthermore, they might contribute to heart health by potentially reducing body fat and lowering triglyceride levels.

Age-related concerns extend to bone health, an area where avocados shine

once again. With their vitamin K content, they act as guardians against bone diseases and fractures, offering protection as we journey through life.

The avocado's prowess extends to digestive health as well. A 100-gram serving contains an impressive 7 grams of fibre, which aids in preventing constipation. The high potassium content, approximately 485 milligrams per 100 grams, not only helps regulate blood pressure but also contributes to a well-functioning heart and potentially reduces the risk of diabetes

## Rosemary For Hair Fall: Can This Herb Really Help Promote Hair Growth? Expert

Hair fall is an extremely common issue that affects both men and women. This is why the internet is flooded with remedies and tricks that can help stop hair fall and boost hair growth. After aloe vera, methi, rice water and whatnot, the current internet sensation is rosemary. Many have shared their personal experiences on social media claiming that rosemary oil can help control hair fall and promote new hair growth. But is it effective or just another fad? In this article, let's analyse the properties of rosemary and how it contributes to better hair health.

Rosemary for hair fall: Is it really effective?

Rosemary is a healing herb that can offer several health benefits. It is commonly available in the form of essential oil. Rosemary essential oil improves circulation, promotes nerve growth and has anti-inflammatory properties. These three properties of rosemary make it an effective remedy for hair fall.



Lack of blood supply to hair follicles can cause hair to fall and disturb the hair growth cycle. Rosemary improves circulation and nerve growth which can ultimately enhance blood circulation to hair follicles.

The anti-inflammatory effect of rosemary also helps reduce scalp irritation, dandruff and itching.

Dr Anil KV Minz, Senior Consultant - Dermatology at Marengo Asia Hospitals, Faridabad explained the three mechanisms through which rosemary may help with hair growth. Here are the major takeaways:

**1. Antioxidant properties:** Rosemary contains com-

pounds with antioxidant effects that can help protect the hair follicles from damage caused by free radicals, potentially promoting healthier hair follicles and hair growth.

**2. Anti-inflammatory effects:**

Inflammation can contribute to hair loss, and rosemary has been found to have anti-inflammatory properties. By reducing inflammation on the scalp, rosemary may create a healthier environment for hair growth.

**3. Improved circulation:**

Some studies on animals have suggested that rose-

mary oil may increase blood flow to the scalp, which could potentially stimulate hair growth by improving nutrient and oxygen delivery to the hair follicles.

You can dilute a few drops of rosemary essential oil in a carrier oil, such as coconut or jojoba oil. Massage this a few hours before washing your hair.

You can also use rosemary-infused water to beat hair fall. Boil some fresh rosemary springs in water and allow it to cool down. Use it as a final

"Regarding the quantity to use, exact recommendations for the amount of rosemary to use for hair growth are not available. It is important to note that undiluted essential oils can be irritating to the skin, so it is crucial to dilute them before use and perform a patch test on a small area of skin to check for any adverse reactions," Dr Minz added. Also, rosemary should not be used in excess quantity.

## Yoga And Breathing Techniques May Help Asthmatic People Breathe Better: Study

Breastfeeding is essential to meet a baby's nutritional requirements. Since mothers are mostly busy taking care of their babies, it leaves them with little time to take care of their dietary requirements.

Adding dry fruits and nuts rich in vitamins, minerals, and essential nutrients can be the easiest way to stay healthy.

Shabana Parveen, Clinical Nutritionist, Artemis Hospitals, Gurugram, tells IndiaToday.in that dry fruits are rich in essential elements which can improve milk production and quality.

Almonds contain calcium and protein that help maintain healthy bones and promote tissue growth.

Almonds contain calcium and protein that help maintain healthy bones and promote tissue growth. Walnuts are an excellent source of omega-3 fatty acids that aid in



baby's brain development," says Shabana Parveen.

"Walnuts are an excellent source of omega-3 fatty acids that aid in baby's brain development. Cashews, with their beneficial lipids, can boost energy levels, while dates, which are a natural supply of iron and fiber, can help with postpartum healing," she adds.

**Raisins aid in digestion and provide an energy boost.**

Marisha Baurai, the Food Innovation Technologist at Farley suggests dry fruits and nuts that you can add to your diet not only to take care of your health but also to provide the right nutrition to your baby.

These are rich in healthy

fats, proteins, zinc, and iron which play a vital role in postpartum recovery. Adding cashews in your diet can support the overall growth and development of your baby through breastmilk and provide you strength and essential nutrients to keep you fit and active.

Almonds carry fats, proteins, fiber, and essential vitamins, and consuming them can boost your energy levels and promote the overall well-being for the mother and baby.

Walnuts are an excellent source of omega-3 fatty acids that aid in baby's brain development.

Walnuts are an excellent source of omega-3 fatty acids that aid in baby's brain development.

Meanwhile, dates provide adequate energy, especially during the postpartum period when you may feel tired or fatigued. They are rich in fiber and iron and consuming them can benefit in regulating bowel movements and preventing constipation as well.

#### Apricots for immunity

Apricots are loaded with vitamin A, vitamin C, potassium, dietary fiber and other essential nutrients, beneficial in supporting the immune system and body's digestion. Adding apricots in your diet prevents the risks of diseases and keeps you and your baby healthy by meeting essential nutritional requirements.

#### Raisins to prevent iron deficiency

These are excellent sources of iron which can prevent anemia by fulfilling your body's iron requirements. During breastfeeding, the requirement for iron increases in mothers, which makes raisin an essential addition to the diet to boost iron intake.



