



Transformation of J&K in less than four years is Phenomenal : LG Manoj Sinha



■ HT News Network

SRINAGAR, JUL 31: Lieutenant Governor Shri Manoj Sinha addressed a roundtable discussion on develop-

ment scenario in Jammu Kashmir, organised by India Foundation.

In his address, through video conferencing, the Lt Governor shared the stellar journey of Jammu Kashmir

towards peace, prosperity and unprecedented development.

"The transformation of J&K UT in less than four years has been phenomenal. We have decimated dis-

criminatory system prevalent for almost seven-decades and implemented inclusive policies that fostered development and touched the

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Lt Governor interacts with the citizens, addresses their grievances

■ HT News Network

SRINAGAR, JUL 31: Lieutenant Governor Shri Manoj



Sinha today interacted with the citizens who had registered their grievances on JKIGRAMS, during "LG's Mulaqaat" at the Civil Secretariat.

The Lt Governor also reviewed action taken by the Deputy Commissioners and concerned officials on the past grievances received from the citizens.

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"LG'S MULAQAAT"

NEWS BRIEF

Nearly 3,000 Eye Flu Cases In Jammu In One Week

JAMMU, JUL 31: Jammu has witnessed a sudden rise in cases of conjunctivitis, commonly known as eye flu, with nearly 3,000 infections reported in just over a week, officials said on Monday.

Doctors are advising the infected patients to isolate themselves at home and avoid public places.

"Nearly 3,000 cases of eye flu have been reported in Jammu over the past one week. At least 200 to 250 patients with eye flu symptoms visit the outpatient department (OPD) daily. Out of them, 70 to 80 percent are confirmed conjunctivitis cases," Head, Department

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HED rationalizes Major subjects in GDCs based on student enrollment

SRINAGAR JUL 31: The Jammu and Kashmir government has taken a decision to rationalise the major subjects offered in colleges based on enrolment data.

According to the news agency—Kashmir News Observer (KNO), the move, officials said is aimed at streamlining the education system and optimizing resources in the degree colleges.

Notably, the decision comes in the wake of the introduction of the National Education Policy (NEP) 2020 and its subsequent implementation in the academic year 2022, which saw the introduction of First Year Undergraduate (FYUG) programs in all degree colleges. In this regard, the nodal principal of

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Basant Rath's suspension extended by 180 days

SRINAGAR, JUL 31: The Government of India has extended the suspension period of former top cop Basant Rath for 6 more months till January 27 next year.

The Home Ministry of India has issued an order that reads the President, in exercise of the powers conferred under Rule 3 of the All India Services (Discipline & Appeal) Rules, 1969, placed Shri Basant Rath, IPS (ACMUT: 2000) under suspension from 08.07.2020, vide MHA's order of even number dated 08.07.2020, as disciplinary proceedings were contemplated against him.

The order further reads that based on the recommendations of the Central Review Committee, the President,

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J&K Govt Asks All Its Employees To Attend I-Day Functions In As Part Of Duty

■ HT News Network

JAMMU, JUL 31: The Government on Monday ordered all its employees to participate in the August 15 function.

"Independence Day is an important national event celebrated on 15th August every year. All government employees are duty bound to participate in commemorating such an important turning point in the history of our Nation," reads a government order.

"...all the officers/officials in the Union territory stationed at Srinagar/Jammu are therefore enjoined upon to attend the main function of the Independence Day Celebrations, 2023 at the Jammu and Kashmir Cricket Stadium, Sonawar, Srinagar/Maulana Azad Stadium, Jammu respectively, as part of their official duty," it said, adding, "Any absence shall be only permissible

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J&K COPS SENSITIZED ON DRONE CHALLENGES, MITIGATION

■ HT News Network

JAMMU, JUL 31: Continuing its drive to make the cops aware of the latest challenges and to educate the investigating officers to address the ever growing issue of drones, an elaborate presentation was made on Monday at District Police Office in Poonch district of Jammu and Kashmir.



The meeting was chaired by the Deputy Inspector General of Police, Rajouri-Poonch Range, Dr. Mohd Has-eeb Mughal.

SSP Poonch, Vinay Shrama welcomed the officers and threw light on the drone challenges and problems being faced by the investigating officers.

The DIG presented a detailed

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Locals Farmers Of R S Pura On Hunger Strike Against Smart Meter Installation

■ HT News Network

JAMMU, JUL 31: The locals and farmers of the border belt of Ranbir Singh Pura are sitting on a 'chain hunger strike' against the installation of smart meters and rising power tariffs in the area.

The Jammu and Kashmir government has faced criticism for its drive to install smart meters, with officials maintaining that the initiative will help improve the power scenario in the region.

On Monday, scores of people, mostly



women, came out on the roads here to join the hunger strike that has been ongoing for nine days.

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Independence Day Preparations: J&K Admin orders for decoration of all educational institutions, hoisting of national flag

■ HT News Network

SRINAGAR, JUL 31: The Jammu and Kashmir administration Monday ordered to decorate all educational institutions to be



decorated with lights besides hoisting the national flag for Independence Day-2023 celebrations.

According to the news agency—Kashmir News Observer (KNO), Jammu and Kashmir Chief Secretary, Arun Kumar Mehta said this in a review meeting

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J&K HC Quashes Govt Order To Take Over Madrassas In Kishtwar

■ HT News Network

JAMMU, JUL 31: Jammu and Kashmir High Court has quashed a government order to take over some madrassas in Kishtwar district, saying an official order issued last year cannot be universally applied to all such institutions in the Union Territory.

Justice Sanjeev Kumar passed a three-page order last week after hearing a petition that challenged a July 3 order of the Kishtwar additional deputy commissioner, directing the management of Charitable Educational Trust to

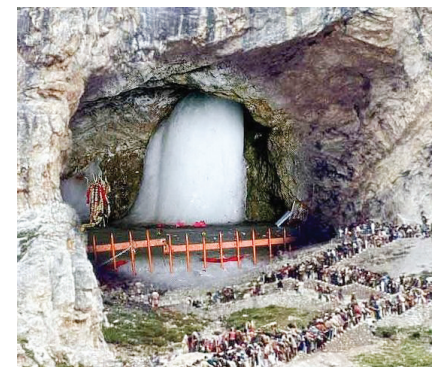
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Amarnath Yatra completes one month; 4 lakh pilgrims perform darshan

■ HT News Network

JAMMU, JUL 31: The pilgrimage to holy Amarnath cave shrine has completed one month, with nearly 4 lakh devotees performing darshan of the Ice-Shivlingam.

Official sources told news agency—Kash-



mir News Observer (KNO), that since the commencement 3,97,272 pilgrims visited holy cave during last 31 days and performed darshan of Holy Ice-Shivlingam of which 6,136 pilgrims paid obeisance till 5.00 pm on Monday (July 31).

Amid foolproof security arrangements

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July rainfall: Sgr breaks all previous records

Other Kashmir parts witness highest precipitation in past over one decade

■ HT News Network

SRINAGAR, JUL 31: Amid the frequent wet spells in Jammu and Kashmir this month, the summer capital of the Union Territory—Srinagar has broken all previous records as for the first time since 1891, the station has received a precipitation of 187.2 mm.

It has been after 131 years that Srinagar has witnessed such a huge precipitation in July month.

Independent Weather Forecaster, Faizan Arif Keng told the news agency—Kashmir News Observer (KNO) that Srinagar records wettest July

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July 2023: 8 persons including 4 non-local militants killed in J&K

■ HT News Network

SRINAGAR, JUL 31: Eight persons including 4 non-local militants and 3 infiltrators were killed in July this month in Jammu and Kashmir.

In the first seven months of the current year, 46 people have been killed in militancy-related incidents. These include 10 civilians, 23 infiltrators, 4 non-local militants, 8 local militants and 11 soldiers.

Three infiltrators this month were killed in the Nowshera Sector of Rajouri and Machil Sector of Kupwara along the Line of Control.

Four non-local militants all from Pakistan according to the police killed in Sinhras village of Sarankote Poonch

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139.04 Acres Of Defence Land In Srinagar To Be Developed For Tourism Promotion

SRINAGAR, JUL 31: Ministry of Defence signed Memorandum of Understanding (MoU) with Ministry of Home Affairs through Government of UT of J&K for transfer of Defence land measuring 139.04 acres situated at Tattoo ground to Ministry of Home Affairs for the promotion of tourism and other developmental activities in the region. Lieutenant Governor Shri Manoj Sinha presided over the MoU signing ceremony at Raj Bhawan.

Ministry of Defence was represented through Local Military Authority of Tattoo Ground Garrison and Defence Estate Officer Kashmir Circle Srinagar. The land will be handed over by the Ministry of Defence within the period of 120 days.

The Lt Governor termed the MoU as a momentous occasion in developing major tourism space in J&K UT.

Hailing the Army for its coop-



eration, the Lt Governor said the administration and security forces are dedicated to welfare of people.

We will make honest and dedicated efforts to fulfill all the conditions of the MoU and develop tourism and other related activities in such a way that the tourists visiting Kashmir valley find Tattoo ground as one of the most attractive destinations, he said.

The Lt Governor also discussed with the senior Army officers the 'Mera Mati Mera Desh' campaign to honour the martyrs and preparations for Independence Day events.

Lt General Rajiv Ghai, GOC 15 Corps; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Bidhuri, Divisional Commissioner Kashmir; senior officers of the Army and UT Administration were present on the occasion.

DAK demands NEET-DM/ MCh exam center in Kashmir

SRINAGAR, JUL 31: Doctors Association Kashmir (DAK) on Monday has demanded to set up National Eligibility cum Entrance test (NEET) center for DM/MCh courses in Kashmir.

"That would bring relief to hundreds of aspiring candidates who are appearing for various super specialty courses," said DAK President Dr Nisar ul Hassan. Dr Hassan said with no center in Kashmir, the aspirations of doctors in the valley are under the threat of going down the drain.

While Jammu has been provided with a center, but for majority in Kashmir there is no centre which is unfair. "This would jeopardize the career of hundreds of aspirants who would not be able to write the examination," he said.

The DAK President said most of the doctors who are appearing for the test are working in various hospitals and going to Jammu for the test would affect the functioning of the hospitals.

"Going outside Kashmir means lot of expenses on travelling and hotels which for many aspirants becomes financially unviable," he said.

"The increasing travel costs, combined with the uncertainty caused by frequent closures of the Jammu-Srinagar national highway due to inclement weather has left aspirants in a state of distress," he added. "NEET-SS is a single window entrance examination for various DM/MCh courses and it has replaced all state level tests," said Dr Nisar.

"The test for the academic session 2023 will be held on September 9 and 10. This online examination will be conducted by the National Board of Examination that has provided 45 test centers across the country," he said.

DLSA, Srinagar hosts Orientation/ Sensitization program on Child Rights

SRINAGAR, JUL 31: The District Legal Services Authority (DLSA), Srinagar under the aegis of J&K Legal Services Authority today held a captivating Orientation and Sensitization program on Child Rights, bringing together participants from diverse backgrounds including Police Officers, Panel Lawyers, Para Legal Volunteers, Members of Juvenile Justice Board, Members of Legal Aid Defence Counsel System and Members of Child Welfare Committee.

This enlightening event, organized by DLSA, Srinagar, was an ode to the protection and promotion of children's rights.

Jawad Ahmed, Chairman DLSA, Srinagar, graced the occasion as chief guest, imparting the event with great significance and motivation.

As a testament to the commitment of DLSA, Srinagar, in promoting child rights, the event welcomed Masarat Roohi, the Principal Judge, Family Court, Srinagar, Mukund Tibrewal (IPS on probation) presently posted as SHO Shaheed Gunj, Srinagar, Dr. Khair-un-Nisa, Chairperson, Child Welfare Committee, Srinagar, and Adv. Mujtaba, Child Rights Activist, as Guest Speakers. Their presence and participation added immense value and insight to the program.

The program commenced on a melodious note with the uplifting strains of the National Legal Services Authority (NALSA) Theme Song, resonating with the audience and setting the tone for the day's proceedings.

Chairman DLSA, in his address, emphasized the vital role that all stakeholders play in upholding and advocating for children's rights. He underscored the importance of empowering the younger generation with knowledge of their rights and encouraged the participants to become torchbearers in protecting the rights of children.

Masarat Roohi, in her enlightening presentation, highlighted the pivotal role of family courts in securing the welfare of children and reaffirmed her commitment to dispense justice in child-related cases.

Mukund Tibrewal shared invaluable insights about the collaborative efforts of the police department in ensuring the protection of children and fostering a safe environment for their growth. He highlighted the two major issues of substance abuse and sexual exploitation of children and emphasized upon the significance of a collaborative approach between law enforcement and legal entities in ensuring the safety and

well-being of children.

Dr. Khair-un-Nisa, Chairperson of the Child Welfare Committee, passionately addressed the audience, discussing the challenges faced by vulnerable children and the vital role of the Committee in providing them with care and support.

Adv. Mujtaba, a dedicated Child Rights Activist, ignited the spirit of advocacy among the attendees, urging them to be proactive champions of child rights.

A poignant moment during the program was the distribution of cheques under the victim compensation scheme, exemplifying the compassion and solidarity extended to the victims of child rights violations.

As a visual treat, a thought-provoking short film on child rights was screened, resonating deeply with the audience and reinforcing the urgency of prioritizing the protection of children's rights.

The Orientation and Sensitization Program on Child Rights organized by DLSA, Srinagar, left an indelible impact on all participants. The event served as a catalyst to encourage collective action in safeguarding the rights of children and fostering a safe and nurturing environment for their holistic development.

Deflating Tyres, Inflating Relief: Pulwama tackles wrong parking woes!

PULWAMA, JUL 31: Following widespread public discontent about the chaotic situation caused by street vendors and wrong parking outside District Hospital Pulwama, the local administration has taken decisive action to address the issue.

The road leading to the main healthcare facility in Pulwama had been plagued by street vendors occupying the space with their three-wheeler load carriers and push-carts. This occupation created immense inconvenience for patients and commuters, obstructing the movement of vehicles and even hindering emergency services, resulting in potential delays in critical patient care.

The local administration, prompted by the concerns raised by the public, swung into action to rectify the situation. The local police devised a novel approach to deter wrong parking. In recent weeks, the cops have started penalizing those resorting to wrong parking by deflating their vehicle tyres, effectively immobilizing the illegally parked vehicles.

The impact of this measure has been remarkable, with the road outside the District Hospital Pulwama now largely clear of encroachment. The concerted effort between the Traffic Police and the Municipal Committee Pulwama has successfully removed unauthorized vendors from obstructing the passage, bringing relief to local residents and patients visiting the healthcare facility.

When asked about the same by the news agency KNT, a Traffic policeman stated, "While our primary focus is to enforce traffic laws, we recognized that wrong parking was a significant issue affecting the smooth flow of traffic. We are duty-bound to ensure the easy access of vehicles to various routes."

Owais Mushtaq (JKAS), Executive Officer (Incharge), Municipal Committee Pulwama, earlier affirmed that the road outside the district hospital has witnessed significant improvement. He had stated, "We have taken action against some auto-rickshaw drivers, and this has led to a largely clear road. The shopkeepers of the area can attest to the positive change."

The district administration, in coordination with concerned authorities, aims to implement effective measures that strike a balance between the needs of street vendors and the welfare of the public.

Set up examination centre for students in Srinagar: Resident doctors

SRINAGAR, JUL 31: Resident Doctors Association GMC Monday appealed to authorities to set up a centre for students in Srinagar.

They said they have been receiving multiple representations from MD/MS doctors regarding the non-availability of an exam centre in Srinagar for the upcoming National Eligibility cum Entrance Test Super Specialty (NEET SS 2023) which will be conducted in September 9 and 10.

National Eligibility cum Entrance Test Super Specialty (NEET SS) is a crucial examination for aspiring medical professionals seeking admission to various super specialty courses in our country.

A significant number of candidates from the Kashmir division are facing this inconvenience while appearing for the NEET SS 2023 examination. Cur-



rently, the only examination centre for NEET SS 2023 in Jammu and Kashmir is in Jammu. This location proves to be highly inconvenient and distant for many candidates hailing from the Srinagar district and surrounding areas.

Majority of the candidates appearing for NEET SS 2023 from the state of Jammu and Kashmir are from Kashmir Division, it is essential to ensure that their examination experience is as smooth and comfortable as possible. One of the ways to achieve this is by establishing an additional examination centre in Srinagar, so that inconvenience faced by aspirants would not only be alleviated but also promote accessible and equal opportunities for aspirants from all regions of Jammu and Kashmir.

Resident Doctors Association GMC requested concerned authorities and LG office to intervene in this matter and help in setting up an additional NEET SS 2023 examination centre in Srinagar.

Rana reminds Mehbooba of PDP's dubious role in Kashmir politics

JAMMU, JUL 31: Hitting out at the Peoples' Democratic Party leadership for its dubious role in promoting separatism and creating disharmony in the inclusive Jammu and Kashmir over the decades in different avatars, Senior BJP leader Mr Devender Singh Rana today advised them not to test public memory, as they stand exposed for their dubious politics and double speak.

Reacting to remarks of PDP President Mehbooba Mufti, against BJP at the PDP Foundation Day, Mr. Devender Singh Rana on the sidelines of a party function here while talking to the reporters said the people of Kashmir are well aware about the dubious role played by the PDP and its leadership in different forms and colours to instigate and exploit the people.

"When it suits the PDP leadership, they can go to any extent in raising communal passions, as they

did in 1984 and 1987", Mr Rana said, recalling the Years of Mufti Mohammed Sayeed as Home Minister when the national interest was hugely compromised. He said the PDP's close links with anti-national and subversive elements, especially during 2002 and 2009 are well known. He recalled the sinister observations of the then PDP Chief who went to the extent of telling terrorists in 2002 that they need not worry as their representatives were in the Assembly.

"Much water has flown down the Jhelum during the past five years after abrogation of Article 370 that brought about discernible turnaround in the situation in the Valley and opened up vistas of economic opportunities across Jammu and Kashmir in the wake of focused attention towards infrastructural development and massive investments", Mr Rana said while addressing the workers.



He advised the opportunistic political entities in public space to shun colour blindness and muster the courage to move outside their comfort zones and ask the people associated with tourism and allied industries and they will tell them about the dividends of peace that has brought cheer in the lives of millions, they kept them deprived of for over three decades as a sin-

ister strategy to remain in the power corridors. Normalised and peaceful Kashmir doesn't fit in with their schemes, which is why they can't conceal their discomfort on seeing the Valley humming with activities round the clock, be it summer or the winter. Never ever has Kashmir witnessed such a tourism and pilgrim boom that is directly associated with the economy of both the regions of Kashmir and Jammu, he added.

Mr Devender Rana said whenever self-proclaimed representatives of Kashmir feel politically irrelevant; they raise the bogey of talks with Pakistan, terrorists and separatists, forgetting how severe miseries they have brought to the people. On the other hand, they used to remain in close proximity to those at the helm to bargain for power. However, such a strategy of 'blackmail and exploitation' has ended under the dynamic and deci-

sive leadership of Prime Minister Narendra Modi. He said the scenario has now changed because Delhi now has a strong determined government that wants the common people to be the end beneficiaries of the schemes and funds allotted for Jammu and Kashmir with no role for the 'middlemen' in terms of dubious politicians.

Cautioning against the double speak of rejected political leaders, who were attempting to strain Jammu and Kashmir trust with progress, development and harmony as per the cherished agenda of Prime Minister Mr Narendra Modi's solemn pledge of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Priyas, Mr Devender Rana said the people cannot be dissuaded from their chosen path of being the part of the country's growth story, with equal opportunities to all, irrespective of region, religion or caste.

SSR for upcoming Municipal Polls to start from Aug-01 at Bandipora

DC Bandipora reviews arrangements

■ HT News Network

BANDIPORA, JULY 31: The Deputy Commissioner Bandipora, Dr. Owais Ahmed, who is also District Election Officer (DEO), Monday, chaired a meeting of officers to review the preparations for holding Special Summary Revision (SSR) of urban areas for the municipal polls in the district.

The meeting was informed that the SSR shall start from the 1st of August with 1st July 2023 as the qualifying date. The DC stressed upon concerned to work in tandem and take concrete steps on maximum registration of the new eligible voters. He asked the concerned officers to intensify the efforts



for fulfilling all targets of SSR.

Dr Owais directed the officers to hold special registration camps on 6th of August and 10th of August at respective polling stations of three urban local bodies of the district including Municipal Committees of Hajin and Sumbal besides Municipal Council Bandipora.

The officers and officials associated with the SSR were exhorted to work with dedication and devotion to ensure that the exercise is completed within the stipulated period of time with 100 percent enrolment of eligible people who have attained the prescribed age of voting. He directed BLOs to conduct house to house surveys to ensure all eligible

voters are enrolled.

The DEO directed Dy. DEO, EROs and AEROs to gear up BLOs of their respective areas for the purpose.

He also stressed on enhanced awareness activities under SVEEP and directed EROs, AEROs to coordinate with Dy. DEO and College authorities of the district for organizing Registration Camps, intensified SVEEP activities and to conduct door to door surveys.

The meeting was attended by Dy. CEO, Electoral Registration Officer, Nodal Officer Coordination, Joint Director Planning, Deputy Election Officer, SDM Sumbal, Tehsildar Bandipora, DIO Bandipora and other concerned officers.

DEO Kulgam reviews preparations for conducting SSR of Municipal Electoral Rolls-2023

■ Farooq Rather

KULGAM, JULY 31: The District Election Officer (DEO) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today convened a meeting regarding Special Summary Revision (SSR) of Municipal Electoral Roll 2023 and reviewed arrangements put in place to conduct the process smoothly.

The Dy-DEO apprised the chair that as per the Schedule issued by the Chief Electoral Officer J&K, the Draft Electoral Roll shall be published by the EROs of Municipal Council/Committee's and people can file their



claims and objections from 01 August to 11 August 2023. Disposal of claims and objections is to be done by

or before 16 August, 2023. Moreover, special camps will be organized on 06 August (Sunday) and 10

August (Thursday) in the Municipal areas of Kulgam District.

The final publication of the Municipal Electoral Roll will be held on 25-03-2023.

The DEO instructed the concerned to ensure smooth conduct of this SSR of Municipal Electoral Roll so that no eligible voter is left behind.

The meeting was attended by ADDC, Showkat Ahmad Rather; EROs, Viqar Ahmed Giri and Mir Imtiyaz Ul Aziz; Dy-DEO, Bilal Ahmad Kamgar; AEROs, EOs and other concerned officers.

'Meri Maati, Mera Desh' campaign in full swing at Baramulla

Cultural events, Panch Pran Pledge ceremony organised to showcase feeling of Patriotism/ Unity of people towards Country

■ HT News Network

BARAMULLA, JULY 31: In connection with celebrations of 'Meri Maati, Mera Desh' campaign, the District Information Centre Baramulla in collaboration with Cultural Unit Srinagar and other departments today conducted a Cultural event at Eco Park Khadiniyar Baramulla through which a rich and glowing tribute was paid to all those heroes who made supreme sacrifices for the noble cause.

A large number of artists, poets, other prominent citizens besides concerned functionaries of all departments showed their enthusiastic participation in the Cultural programme.

The artistic performances highlighted diverse range of fascinating art forms of Jammu and Kashmir's



rich cultural heritage and traditional legacy.

It is worth here to mention that 'Meri Maati, Mera Desh' campaign aims at invoking a feeling of patriotism and unity in the hearts of people and promoting a sense of respect for the soil of the nation and symbols of coun-

try's Independence.

The campaign includes various components including Plantation and remembering brave hearts, Memorials / symbolic items to be placed with plants, hoisting of National Flag and singing of Rashtra Gaan (National Anthem) and Panch Pran Pledge.

As part of the campaign, Panch Pran Pledge ceremony was also undertaken by students, Volunteers and other prominent citizens at Sikh War Memorial Baramulla in connection with 'Meri Maati Mera Desh' campaign to affirm the objective to fulfil dream of a developed India in 2047.

Meanwhile, other programmes will be organized as part of the campaign to pay homage to the 'Veers' who had sacrificed their lives for our future. As part of this initiative a 'Shilphalakam' will be erected at each location to pay tributes to Veers.

SKICC bids affectionate farewell to Mushtaq Ahmad

■ HT News Network

SRINAGAR, JULY 31: Deputy Manager Technical Services, SKICC, Mushtaq Ahmad was today accorded an affectionate farewell after attaining the age of superannuation today. The officer has rendered 42 long years of excellent service to SKICC and played a vital role in developing the MIS of SKICC which is laced with high tech equipments for holding any kind of high level event there.

On the occasion, Director, SKICC hailed the immense contribution of Mushtaq Ahmad for development.

PUBLIC NOTICE

Where as my father's name has been wrongly entered in my passport No SG 1067496435223 as Mufti Aijaz -ul Hassan Banday Instead of Aijaz -ul Hassan Banday.

That my father's name mentioned in documents as Aiaz Ul Hassan Banday instead of Mufti Aijaz Ul Hassan Banday as per matriculation certificate.

3. That Aijaz Ul Hassan Banday and Mufti Aijaz Ul Hassan Banday is one and the same person.

Now I intend to make necessary correction accordingly.

Any person having objection to it may please file his/her objections in writing before the passport Officer Nehru park Srinagar within a period of 7 days of publication of this notice failing which no any objection shall be entertained.

Name Mohammad A Azib Banday
S/O Mufti Aijaz -ul Hassan Banday
R/O Abu-Bakir Colony Sultan-ul-arfeen Lane 1

PUBLIC NOTICE

I inform to general public that my electric bill is on the name of NOOR MOHD SHEIKH S/O MOHD SUBHAN SHEIKH R/O WAGOORA bearing Consumer ID No ..0212040013273 .Now want to change my electric bill name from NOOR MOHD SHEIKH S/O MOHD SUBHAN SHEIKH R/O WAGOORA to ALTAH AHMAD SHEIKH S/O MOHD SUBHAN SHEIKH R/O WAGOORA ...If anybody have any objection he/she may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained .

Name ...ALTAH AHMAD SHEIKH
S/O ...MOHD SUBHAN SHEIKH
R/O WAGOORA
Block ...WAGOORA
Distt...BARAMULLAH k

PUBLIC NOTICE

I inform to general public that my electric bill is on the name of MOHD YOUSUF MIR S/O GH AHMAD MIR WAGOORA bearing Consumer ID No ..0212040013274 .Now want to change my electric bill name from MOHD YOUSUF MIR S/O GH AHMAD MIR R/O WAGOORA to GOWHAR MEHRAJ WANI S/O MEHRAJ - UD - DIN WANI R/O WAGOORA ...If anybody have any objection he/she may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

Name ...GOWHAR MEHRAJ WANI
S/o ...MEHRAJ - UD - DIN WANI
R/o WAGOORA
Block ...WAGOORA
Distt...BARAMULLAH k

PUBLIC NOTICE

I have applied for the issuance of DEE Class Contract card .If anybody having any objection in this regard He / She may contact with Concerned Department within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name: MOHD ASSADULLAH GANAI
S/o: ...ALI MOHD GANAI
R/o: ...JAEHANGIRPORA
Block ...WAGOORA
Distt ...BARAMULLA k

PUBLIC NOTICE

I informed to general public that my Daughters Date of birth (DOB) is 20/03/2014....Now I am applying for her date of birth certificate (DOB) if anybody have any objection in this regard He/She may file His /her objection in the (BDO) office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name.....JAVIDA BEGEM
M/O.... TABIA JAAN
R/O.....NOPORA JAGIR
Block.... WAGOORA k

Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION BARAMULLA

NOTICE INVITING E-TENDER

e-NIT No: 46/4980-89/2023-24/RnB/Bla Dated 28.07.2023

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

| S.No | Name of Work | Adv. Cost (Rs. in incl. cost of Tar & 18% GST | Earnest Money | Cost of T/Doc. | Time of completion | M.H of Account | Project Authority | Class of Contractor |
|------|---|---|---------------|----------------|--------------------|---|---|---------------------|
| 1 | Restoration of Astanpora Ziyarat Sharief Fatehgrah (Fresh to NIT 36/1 of 2023-24) | 9.03 | Rs 18100/- | Rs 600/- | 15 Days | MH-3054-Potholes | Chief Engineer, PWD (R&B) Kashmir | C&D |
| 2 | Restoration of N.H. way to Gantamulla Bala (Gujjar Pati) (Fresh to NIT 36/2 of 2023-24) | 22.53 | Rs 45100/- | Rs 800/- | 15 Days | MH-3054-Potholes | Chief Engineer, PWD (R&B) Kashmir | B&C |
| 3 | Macadamisation of Check Jamal Mir road (Fresh to NIT 32/1 of 2023-24) | 18.04 | Rs 36100/- | Rs 800/- | 15 Days | Area Development Programme (PRI Grants) | District Development Commissioner Baramulla | B&C |

Position of AAA: Accorded

Position of Funds Available

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

| | | |
|---|--|-----------------------------------|
| 1 | Date of Issue of Tender Notice | 28.07.2023 |
| 2 | Period of downloading of bidding documents | 31.07.2023 to 07.08.2023 (4:00PM) |
| 3 | Bid submission Start Date | 31.07.2023 |
| 4 | Bid Submission End Date | 07.08.2023 (4:00PM) |
| 5 | Date & time of opening of Bids (Online) | 08.07.2023 (11:00AM) |

2. Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 in the name of Executive Engineer R&B Division Baramulla (tender inviting authority) as the cost of the tender document.

3. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Baramulla. Besides that, the successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

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

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

6. Instruction to bidders regarding e-tendering process.

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

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

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

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

6.5 Bidders must upload online scanned copy of all required documents (within the document upload limits) with their technical bid.

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

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

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

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

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

11. Price escalation and Taxes: -

11.1 The allotted cost shall be calculated after adding 18% GST on the quoted amount by the lowest bidder.

11.2 The allotted cost shall be deemed to include price escalation and all other taxes up to the completion of the work. Other Taxes and levies shall be deducted from the contractor's bills on the gross amount of the bill at the rates in effect at the time of recovery.

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

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

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

A valid Contractor/Firm Registration Certificate issued by a competent authority in accordance with the Contractor Registration Act.

Treasury Challan / Earnest money

Valid GSTIN Registration & PAN Card

Scanned copy of GSTIN registration and most recent clearance certificate FORM GSTR-3B from the previous quarter or month, whichever is applicable, ending quarter December-March-2023 or month April 2023.

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

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

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

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

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

DIPK-6058/23

Dated: 31.07.2023

Executive Engineer
R&B Division Baramulla

DC Rajouri reviews Preparations for 'Meri Maati Mera Desh' Campaign

HT News Network

RAJOURI, JULY 31: Deputy Commissioner Rajouri, Vikas Kundal, today reviewed the preparations for the 'Meri Maati Mera Desh' campaign under Azadi Ka Amrit Mahotsav here at a meeting.

The campaign is an opportunity for citizens to come together and celebrate the spirit of freedom and independence, while instilling a sense of national pride and unity.

Different components of the campaign were discussed, including Deep Dive-Silaphal-akam, Vasudha Vandhan, Veer-on Ka Vandan, Hoisting of

National Flag and Singing of Rashtra Gaan, and Panch Pran Pledge. The DC urged the departments to work in coordination to make the campaign a resounding success, not just by organizing events, but also by actively participating in the same.

The meeting also emphasized the importance of paying homage to the 'Veers' who have sacrificed their lives for the nation. The departments were asked to prepare a list of all such 'Veers,' including freedom fighters and defense/police personnel of the district.

The campaign promises to deliver a memorable and



impactful experience for every citizen of Rajouri, with each Gram Panchayat replenishing mother earth by planting at least 75 plant saplings, and organizing 'Mitti Yatras' as a part of the 'Vasudha Vandhan' activity. This will not only emphasize the

need to protect and preserve the environment, but also serve as a reminder of our duty towards our planet.

The DC highlighted the significance of celebration of Independence Day and said it will serve as a platform to instill a

sense of patriotism and national pride among citizens. He urged officers to work with dedication and commitment towards making the campaign a resounding success, and to encourage citizens to actively participate in the events.

With the "Meri Maati Mera Desh" campaign, the people of Rajouri would get an exceptional opportunity to celebrate the rich cultural heritage and diversity of the nation. The campaign is a call to action for citizens to reaffirm their commitment towards building a stronger, united, and prosperous India.

The meeting was attended by ADC, Rajiv Khajuria; ADC Koterkank, Surinder Mohan Sharma; ADC Sunderbani, Vinod Kumar Behnal; ADC Kalakote, Krishan Lal; ADC Nowshera, Kartar Singh; CPO, Mohammad Khurshid; Thanamandi, Shafiq Mir; ACR, Imran Rashid Kataria; CEO

Education, Sultana Kouser; ACD, Vijay Kumar, ACP, Sheraz Chowhan, District Information Officer Israr Bukhari and other concerned officers. The meeting also emphasized the importance of paying homage to the 'Veers' who have sacrificed their lives for the nation. The departments were asked to prepare a list of all such 'Veers,' including freedom fighters and defense/police personnel of the district.

The campaign promises to deliver a memorable and impactful experience for every citizen of Rajouri, with each Gram Panchayat replenishing mother earth by planting at least 75 plant saplings.

MVD Reasi organises medical camp for commercial drivers

M S Nazki



REASI, JULY 31: Motor Vehicle Department (MVD), under the aegis of ARTO, on Monday organized a medical camp-cum-awareness programme here at Tempo Stand. District Health Officer Dr Ashok Kumar, along with a team of paramedical staff, conducted eyesight tests and general health checkup of the drivers. All the commercial Drivers and conductors present at stand and some road users also availed the facilities.

A pledge on Road safety norms and Nasha Mukta was administered by ARTO, Tara Mani Sharma to the Drivers and conductors present there.

The District Health Officer gave a number of tips to the drivers on first Aid and evacuation of injured persons to the nearest health centre in the wake of a road mishap.

The ARTO said that the purpose of this camp was to ensure that people with poor eyesight are not allowed to drive.

Doda DC office staff accords farewell to colleague

HT News Network

DODA, JULY 31: The District Administration Doda accorded farewell to Lekh Raj, Orderly, on his superannuation after more than 27 years of dedicated service.

Deputy Commissioner, Vishesh Mahajan; Additional Deputy Commissioner, Dr. Ravi Kumar Bharti; Assistant Commissioner Revenue, Sanjeev Kumar; Account Officer Sumit, Law Officer and other officials of the DC Office congratulated him on attaining superannuation and wished him a happy, prosperous and healthy post retirement life. The District Administration Doda accorded farewell to Lekh Raj, Orderly, on his superannuation after more than 27 years of dedicated service.

Deputy Commissioner, Vishesh Mahajan; Additional Deputy Commissioner, Dr. Ravi Kumar Bharti; Assistant Commissioner Revenue, Sanjeev Kumar; Account Officer Sumit, Law Officer and other officials of the DC Office congratulated him on attaining superannuation and wished him a happy, prosperous and healthy post retirement life.

JK Green Drive Nowshera Forest Division organises plant distribution program at Radha Krishan Mandir Sunderbani

HT News Network

RAJOURI, JULY 31: A plantation distribution programme under JK Green Drive was today organised here in the premises of Radha Krishan Mandir Sunderbani by Sunderbani Forest Range in collaboration with Ekal Vidyalaya Foundation of India. President Gram Swaraj Yojna Sunderbani Joginder Gupta, Range Forest Officer Sunderbani Sudesh Kumar, SHO Sunderbani Rajesh Jasrotia and Teachers of Ekal Abhiyan participated in the plant distribution programme. About 1000 saplings of different species of Fruits, Medicinal and Ornamental plants were distributed among the devotees and general public.

Speaking on the occasion, the Range Forest Officer Sunderbani emphasized that it is equally important to increase the green cover by planting tree outside forest along with plantation on forest land. He appealed general public to plant at least five plants during the monsoon season to combat the problem of global warming and to achieve the goal of sustainable development. The Programme was conducted under the direct supervision of Vivek Verma, Conservator of Forests West Circle Rajouri and Satyendra Maurya, Divisional Forest Officer. The Programme was conducted under the direct supervision of Vivek Verma, Conservator of Forests West Circle Rajouri and Satyendra Maurya, Divisional Forest Officer.

DC Jammu reviews arrangements for JJM Fortnight

HT News Network

JAMMU, JULY 31: Deputy Commissioner Jammu Avny Lavasa today chaired a meeting of officers to review the arrangements for JJM fortnight which is scheduled to be held from August 01 to August 14, 2023.

During the meeting, arrangements for conducting special Gram Sabhas for discussing JJM, installation of Signages on all water supply schemes, installation of banners/ hoardings, conduct of rallies, painting and debate competition were reviewed. The Deputy Commissioner emphasized that objective of this campaign is to generate awareness



about the activities of JJM among common masses.

She said that officers of district administration will visit the gram panchayats to inspect the JJM works and interact with the local residents to spread awareness as well as to get feedback about implementation of JJM schemes. The Deputy Commissioner also asked the concerned to ensure availability of FTKs in each

Ramban admin gears up to observe JJM fortnight

HT News Network

RAMBAN, JULY 31: Deputy Commissioner, Ramban, today convened a high-level meeting to review arrangements for the Jal Jeevan Mission fortnight celebration, scheduled to be held from August 1st to August 14 in all 145 panchayats of the district.

The meeting was attended by Additional District Development Commissioner, Rajinder Sharma; ADC Harbans Sharma; PO ICDS, Jahangir Hashmi; CPO, Dr. Kasturi Lal; Executive Engineer Jal Shakti, Rajeev Gai, and several other officers.

The Deputy Commissioner directed the Jal Shakti Department to coordinate with the all concerned departments to organize activities as per plan during the celebrations of JJM fortnight.

The DC instructed concerned officers to put in place all requisite arrangements as per assignments given to their respective departments for celebrations of JJM fortnight.

Earlier, the Executive Engineer gave a PowerPoint presentation on the plan of activities to be organized during



the fortnight celebration across the district. It was informed that BDOs and other officers from district administration shall visit the allotted panchayats to inspect the works executed under JJM. The DC also directed the concerned departments to launch an IEC campaign to inform the public about the JJM fortnight celebration and achievements recorded under JJM in the district.

Reviewing the progress on 267 works of 88 JJM schemes being executed at different levels, the DC appre-

ciated the team of Jal Shakti Ramban for executing all water supply schemes smoothly besides ensuring proper water supply in the district. The Deputy Commissioner directed the Jal Shakti Department to coordinate with the all concerned departments to organize activities as per plan during the celebrations of JJM fortnight.

The DC instructed concerned officers to put in place all requisite arrangements as per assignments given to their respective departments for celebrations of JJM fortnight.

DC Kathua reviews arrangements for JJM Fortnight celebrations

HT News Network

KATHUA, JULY 31: To review arrangements for JJM fortnight, scheduled to be held from August 01 to 14, a meeting of officers was held today under the chairmanship of Deputy Commissioner Kathua, Rakesh Minhas in the Conference Hall of DC Office Complex. At the very outset, the SE Hydraulic Kathua briefed the meeting about the schedule of a two-week long event during which visiting officers will inspect the assets of JJM, besides checking their quality and other parameters. It was also given out in the meeting that the visiting officer will submit a detailed report on prescribed format after getting a first-hand appraisal of JJM works. During the meeting, the arrangements for conducting special Gram Sabhas for discussing JJM, installation of Signages on all water supply schemes were reviewed. It was informed that debates, painting competitions, rallies and street plays with themes like water



conservation; climate change etc will be organized during these days. The CEO Kathua was instructed to coordinate with the Jal Shakti department to organise these programmes smoothly across all the identified schools of the district. The DC instructed concerned officers to put in place all requisite arrangements for celebrations of JJM fortnight. He directed the visiting officers to exercise due care and diligence while consolidating the data and also emphasized on extensive field visits.

DEO reviews preparedness for Summary Revision of Municipal Electoral Rolls-2023 in Kishtwar

Filing of claims, objections starts from August 1 till August 11; Special Camps being held on August 6, August 10

HT News Network

KISHTWAR, JULY 31: District Election Officer (DEO) Kishtwar Dr. Devansh Yadav today chaired a meeting here in the VC Hall DC Office to discuss the action plan for smooth conduct of the Summary Revision of Municipal Electoral Rolls-2023.

The meeting was attended by ADC, (ERO Municipal Council Kishtwar) Inderjeet Singh Parihar; Deputy District Election Officer, Naresh Kumar; AERO (CEO Municipal

Council) Ninad Sen; Consultant SVEEP Riyaz Butt and other concerned officers from Urban Local Bodies and the Election Cell Kishtwar, including the Booth Level Officers (BLOs). The primary focus of the meeting was to finalize arrangements and modalities for the summary revision of the Municipal Electoral Roll, scheduled to take place from August 1 to August 11, 2023, encompassing all 13 Municipal Wards of the district. The DEO urged the officials to form teams for completing the sum-



mary revision, which includes the addition of new

voters, addressing omissions, and eliminating dupli-

cate entries, all before the assigned deadline. He emphasized the need for efficiency and timeliness, urging the officers to mobilize resources and personnel effectively to ensure the final publication of the Electoral Roll by August 25, 2023.

As part of the revision process, the Dy DEO was asked to submit daily progress reports. The DEO also urged all the officers and officials involved in the Summary Revision to approach the task with dedication and enthusiasm, aiming for 100

percent enrollment of eligible voters. In addition, ERO Kishtwar Inderjeet Singh Parihar notified the general public, youth, and political parties about the schedule for submitting claims and objections regarding the Electoral Rolls with reference to the qualifying date of July 1, 2023. The period for filing claims and objections will be from August 1, 2023 (Tuesday), to August 11, 2023 (Friday), while Special Camps would be held at the Polling Stations on August 6, 2023 (Sunday).

DC Poonch Reviews Arrangements for Shri Budha Amarnath Ji Yatra 2023

HT News Network

POONCH, JULY 31: Deputy Commissioner, Yasin M. Choudhary today chaired a meeting of officers of line Departments to review the preparations for the upcoming Shri Budha Amarnath Ji Yatra 2023.

The meeting was attended by Additional Deputy Commissioner Poonch, Tahir Mustafa Malik, CEO Poonch Dev. Authority, Dr. Mohd. Tanveer, General Manager DIC, Dr. Zakir Hussain, Assistant Commissioner Revenue, Zaheer Ahmed Kaifi, Assistant Commissioner Development, Abid Hussain Shah, SDM Mendhar Mohd. Jahangir Khan, Tehsildar Hqr. Jhangir Hussain, Tehsildar Mandi, Shazad Latief Khan, Tehsildar Surankote, Mohd. Akbar, DySP Hqr. Arfat Hussain, Xen PWD, Yasir Bashir Kichloo, Xen JPDC, Aftab Hussain, Xen PHE, Riaz Ahmed, District Information Officer Ayaz Bhatt, CEO Municipality, Mohd. Hanief, AD Food Ranjeet Singh, MVI, Gurmeet Singh, DPEO, N.M. Suri, besides all concerned officers, .

EDITORIAL

Addressing the Man-
Wild Animal Encounters
across J&K

In recent years, the region of Kashmir has experienced a concerning surge in bear attacks on humans. This alarming trend has led to tragic losses of lives and raised significant concerns among local communities and wildlife conservationists. To combat the rising incidents of bear attacks while maintaining a harmonious coexistence with these majestic creatures, a multifaceted approach is necessary, involving education, conservation efforts, and improved safety measures.

First and foremost, public awareness and education campaigns are crucial to reduce human-bear encounters and minimize potential conflicts. Local authorities, along with wildlife organizations, should collaborate to develop comprehensive outreach programs that enlighten residents and tourists about the risks associated with bears and the appropriate behaviors to adopt when in their habitat. Knowledge about bear behavior, body language, and the importance of securing food and waste properly can significantly reduce accidental encounters.

Furthermore, fostering a deeper understanding of the ecological role of bears is vital. These animals play a crucial role in maintaining biodiversity and ecosystem balance, contributing to the overall health of the region. Emphasizing this point in educational initiatives can generate empathy and foster a sense of responsibility towards preserving the natural habitat of these magnificent creatures.

Additionally, promoting responsible tourism practices is essential. Tour operators and visitors must be educated on maintaining a safe distance from bears and respecting their habitats. Implementing guidelines for bear-watching activities can help reduce stress on the animals and mitigate potential conflicts.

To minimize human-bear encounters in residential areas, communities can employ bear-resistant trash cans and food storage solutions. By preventing bears from accessing human food sources, the likelihood of dangerous encounters decreases, safeguarding both human and bear populations.

Moreover, authorities should establish a robust system for reporting and tracking bear sightings and attacks. Analyzing such data can aid in understanding patterns and risk factors, enabling the development of targeted interventions.

Collaboration between local communities, government agencies, and wildlife experts is crucial for the success of any long-term strategy. Community-based bear monitoring and management programs can empower locals to actively participate in conservation efforts and act as stewards for bear safety.

In conclusion, the escalating bear attacks in Kashmir demand immediate and comprehensive action. Through a combination of education, conservation efforts, and improved safety measures, we can foster a culture of coexistence and protect both human lives and the incredible biodiversity that defines the region. By valuing the ecological significance of bears and promoting responsible behavior, we can pave the way for a safer and sustainable future for all inhabitants of Kashmir, humans, and bears alike.



JASWINDER PAL



As the seasons change from one to another, our body often makes adjustments to cope with the changing weather conditions. This change can sometimes make us more susceptible to certain diseases. In this article, we will explore common ailments that arise during the changing seasons, along with essential tips on how to protect ourselves and take the necessary precautions to maintain our health and well-being.

Common diseases during changing seasons

Influenza (Flu):

The flu is a viral infection that usually spreads during the colder months. As the weather changes from warm to cold, the influenza virus becomes more prevalent, causing the flu to spread in communities.

Common Cold:

Like the flu, the common cold is caused by viruses and can be more common during the transitions between seasons when our immune systems can be compromised.

Respiratory infections:

Changing weather conditions can irritate the respiratory tract, making individuals more prone to respiratory infections such as bronchitis and pneumonia.

Allergies:

As the seasons change, allergen levels in the air can fluctuate, causing allergic reactions in some individuals.

Safety and Precautions

Maintain good hygiene:

Regular hand washing with soap and water can significantly reduce the risk of contracting viruses and bacteria. Encourage proper hygiene practices in your home and public places.

Vaccinations:

Make sure you and your family members are up-to-date on vaccinations, including flu shots. Vaccines play an important role in preventing certain diseases



and can strengthen your immune system.

Appropriate clothing:

Be aware of the weather and dress accordingly to protect yourself from extreme temperatures. Layering during cold weather and wearing breathable clothing during warm weather can help regulate body temperature.

Stay hydrated:

Adequate hydration is vital to maintaining a strong immune system. Regardless of the weather, drink plenty of water throughout the day.

Eat a balanced diet:

Eat a diet rich in fruits, vegetables and immune-boosting nutrients. A well-balanced diet supports the body's defense against infections.

Avoid Crowded Places:

During outbreaks, try to avoid crowded areas or maintain social distancing to reduce the risk of transmission.

Keep indoor air clean:

Use an air purifier to reduce the concentration of allergens and pollutants and keep your living spaces

well ventilated.

Exercise regularly:

Engaging in moderate physical activity can boost your immune system and overall health.

Get Adequate Rest:

Adequate sleep is essential for the body to repair and recharge its defenses.

Conclusion

As the weather changes, it is important to be aware of our health and take proactive steps to protect ourselves from potential illnesses. By following these precautions and maintaining a healthy lifestyle, we can navigate changing weather conditions with a stronger immune system and less risk of getting sick. Remember to consult a healthcare professional if you experience any symptoms, as early diagnosis and prompt medical attention can make a significant difference in recovery. Stay safe and healthy all year round!

The Author is a SAS Master, S Hakuwala,
District Sri Muktsar Sahib

Rationality of Indianization
of education policy



VIJAY GARG



Today new definitions and new paradigms are being given to the acquisition of knowledge in the country. Employment-oriented dimensions are also given to it for the goal of the new education policy. The power of 4G, 5G and 6G in the digital world has opened the doors of foreign universities to Indian students. Now they are allowed to earn two degrees at the same time in universities or educational institutions of their country instead of obtaining foreign visa to study, even though multilingual culture It is being asked to welcome but regional linguistic bigotry is coming in the way. Nevertheless, every day there is an effort by the UGC to open new doors for new expansion of knowledge.

Today the campuses of educational institutions have become big but there is a lack of enthusiastic and dedicated students. They feel that the courses which are being given to them in the name of new education are not practical even today. But the country is also looking towards its ancient culture. Looking for bright spots in its past history and giving Sha's new young generation wants to stand not only in foreign glare but also on the new and wide ground of Indianness. Which has been empowering the youth of this country for centuries.

In this matter, a big initiative has been taken by the controllers of education up to school education and higher education. For a long time, the ancient knowledge which was forgotten considering it impractical, has made up its mind to search for pearls of knowledge and gift it to the youth. It has been decided that in today's changing environment, each subject of The success of Indian knowledge



should be mixed in the course which not only explains the meaning of being an Indian to the new generation in the country, gives them pride but also gives them a new fundamental identity in the world of their knowledge. Obviously teachers will play a big role in its return.

For this they must have a message to sink into the depths of their reading rooms where this education is ready to communicate to them. UGC has taken an important initiative. He has also designed the curriculum on the Indian knowledge tradition. India's golden bird It was so called because astronomy had clear normative Vedic notions. Differences between plastic surgery and cataract surgery have also been written in Sushruta Samhita.

The scholars who have kept the teachings of that bygone era authentic till today include Charak, Sushruta, Aryabhatta, Varahmihir, Bhaskaracharya. Vidush is like Panini and Patanjali and symbols of women's strength are Maitreyi and Gargi. Study, research, knowledge presented by them will be includ-

ed in new courses. UGC now universities and The teachers teaching in the colleges are going to be trained under the Indian knowledge tradition. The subjects of the Indian knowledge tradition that can complement today's modern subjects include ancient mathematics, astrology, water management in ancient India, and the fields of education. With this decision, UGC has taken a big leap in making education complete.

It should be welcomed. But whatever is old is the best, there should be no such insistence. The one who is the best should be accepted and the one who could not keep up with the times should be allowed to disappear in the pages of a bygone era. Take some examples, even today the knowledge of Gita is so appropriate to live in practical life, if the sutras of Gita guide the path of a person, then humanity will get a new vision to live.

Panini's Sutras can become the basis of languages and Kautilya's Arthashastra can show a new way in the world of complex economy. Vasudhaiva Kutumbakam's announcement as a guide for

the welfare of all in the era of insensitivity, emergency and selfishness only for the satisfaction of the ego ; Which is also being given the ideal formula for the G-20 conferences being held in India, it is the gift of our ancient knowledge only.

What is needed at this time is that research and that exploration which does not negate the old knowledge, but by taking a dip in its sea, it can take out those refined knowledge sources, whose mixing with western knowledge can open the knowledge-ocean of a new solution. Instead of wandering in the dark, if the young generation is adorned with the Indian awareness of this lost knowledge of the past, then definitely those human sensibilities.

There can be a return to moral and ethical ideals, which we see disappearing today as western cut-throat competition commercialism dominates India's markets.

Vijay Garg Retired
Principal Educational Columnist
Malout Punjab

Chandimarh is a beautiful places but once you see the place you will time and again come here!



M S NAZKI



This is a story about a wonderful scenic-ly and spicy place known as Chandimarh on the Mughal road but in 1982 it was just a pebbled track from Buihaz on which the two best vehicles carried the human frames, I mean the legs!

Surankote is a little town on the banks of the Suran River with a very picturesque valley surrounded by towering peaks that are covered with snow during the winter and is generally known as Pahalgam of Poonch. In the past, this settlement was known as Sawernik in Rajatarangini. Nearly in 1036 AD, there existed a large fort called Kote, which was afterwards renamed Surankote!

Chandimarh or Chandi Marh is a village in Poonch district, Jammu and Kashmir, India, situated between Noori Chamb and Buihaz Block. It is 26 km east of the district headquarters Poonch, and 22 km from sub-district headquarters Surankote!

I'm lucky to have walked the distance along with a whole lot of friends, comrades and a few of them became great buddies and till now are! We were in NCC (National Cadet Corps) trek from Buihaz to Shopian! Wow! what an experience it was!

The night prior to the beginning of the trek from Malauna Azad stadium my dad (then NCC commandant Jammu and Kashmir) was telling me of various places en route! He did mention go and see what your J&K is adventure wise and this was one of the greatest so far in my life!

It was neither summer nor winter as we reached Buihaz in the evening and we had to stay put at Buihaz. I sent my eyes groping around as pre-autumn breeze whipped my face. I could see that mist rolling down the slopes of Pir Panjals and it had all the things that make an old town pleasant! We were to see more such great sights as after having the morning breakfast we were to see plenty of awe inspiring scenery! The next afternoons stop was at Chandimarh but before that we had come to know about several things about



Poonch! In my college days I had heard about the names of the places but I was seeing them now!

Poonch is a town and the administrative capital of the Poonch district in the Jammu division of Jammu and Kashmir, India. It is known as Prunts in Kashmiri and Pahari languages. It is close to the Line of Control, which serves as a de facto boundary with Pakistan-occupied Jammu and Kashmir. District Poonch is solely connected to the rest of the state and country by road. Jammu, the winter capital of Jammu and Kashmir, is roughly 240 kilometres away. Because the route travels through a mountainous terrain, the time required to traverse this distance is longer than in a flat location. Srinagar, the state's winter capital, is connected to the rest of the country through the Mughal Road and Jammu! But in 1982 it was not so the case!

Noori Chammb, Girgan Dhok and Lakes, Mandi. Loran, Nandishool, Surankote, Behramgala, Dehra-Gal and Chandimarh were the places that were rattled out by the locals as if they were experts and we all novices! Yes we were or I would go the extent of saying that we had no idea as to what the trek was about and thus clueless!

Poonch area, set amidst breathtaking snow-capped mountains, filled with picturesque lakes and flowing streams, abundant in nature's finest gifts of fruit, flower, woods, and age-old historical sites, provides a vacation potential. A tourist would fall in love with it and remember it for a long time.

The trek kicked off from Buihaz after we had our breakfast and hot tea in our enamel mugs! The initial walk from Buihaz was uneasy with our back packs as the feet inside the boots were getting used to the pebbled



pathway but no sooner they got used to the path way it was easy! Trust me every twist and turn through the mountainous path had a scenic surprise in store for us! And the trend continued till we reached Chandimarh!

Needless to mention the place was awesome! It was afternoon and for the remaining part of the day we had to be there and also the night to restart in the morning!

The rest of the afternoon we spent moving around the place! At that time it was a rugged beauty but now a chisled one as plenty of development has taken place as through this place moves up and down (bthways) the vehicles on four wheels!

Rugged at that time when the road was not there but it was still a beautiful place, romantic in every sense, I mean romance with nature!

At that time was an English Literature

student in Jammu University and at Chandimarh a few lines in my brain burst out and they were, when a poet digs himself into a hole, he doesn't climb out. He digs deeper, enjoys the scenery, and comes out the other side enlightened.

I think I already was. It was sad that I did not carry a notebook. The nearest from where I would get it was from at that time a Hairpur on the other side of the Pir Panjals! The distance which we had to cover was in six days with many stoppages and each of them (places) left a distinct mark in my memory!

Now the great Mughal Road is the road between Buihaz, a town in the Poonch district, to the Shopian district. The 84-kilometre road traces a historic route used in the Mughal period over the Pir Panjal Pass, at an altitude of 3,500 m (11,500 ft), higher than the Banihal pass at 2,832 m! In those days our instructors took us via the route the herdsmen followed. But what we saw beginning with Chandigarh was magic all the way with Mother Nature holding all the beautiful magical tricks n her huge and sumptuous bag of tricks which enthrall the eyes of the beholder with their hypnotic charms!

The trek passed through Buihaz, Behramgalla, Chandimarh, Dogray (Dogran), Godawan, Poshana, Chattapani, Peer Ki Gali, Aliabad, Zaznar, Dubjian, Hirpora, and Shopian.

The trek finally ended in Haripur and we moved to Panthachoke where we were given a day for a break! The next afternoon we were on our way to Khhyam movie hall and the movie on show was Dharmendras 'Ghazab' (fantastic)! We eight friends saw it, had 'Lavas rolls' and returned!

At night we never discussed the movie but definitely discussed the place Chandimarh which indeed was a 'Ghazab' of a place in our trek over the Pirpanjals!

The second time I went to Chandimarh was in 1986! Things were still fine as far calm went but this I had a company with me, that time a friend and now my wife! At that time at Chandimarh i told her, 'you are part of my story, memory and scenery, thank you' ! This time it was a pony ride! Finally I wil say that the really happy person is the one who can enjoy the scenery, even when they have to take a detour!

Chandimarh has many but once you see the place you will time and again come here! Trust me you will without taking a detour!

Netherlands Going For National Elections In November As Rutte Govt Resigns

A New Broad Left Wing Alliance Is Being Formed To Fight The Ruling Right



HELMER STOEL

On one question, both friend and foe can agree: the collapse of the Dutch government this July 7 marked the end of an era. Mark Rutte, the longest-serving prime minister in the Netherlands' history, tendered his cabinet's resignation, announcing he was unable to continue as head of government. The trigger was disagreement within his four-party coalition over immigration policy. Rutte had forcefully pushed for an ultimatum for putting a limit on family reunifications for asylum seekers — but not all his ministers agreed.

Not unjustifiably, critics suspected Rutte of a ruse designed to preserve his power. They suspected he was using a tough stance on immigration to win right-wing voters for his party, the liberal-conservative People's Party for Freedom and Democracy (VVD), before elections in which it will face many other anti-immigrant contenders. While he initially remained as caretaker prime minister, opposition leaders called a vote of no confidence. But the July 10 debate on the fall of the cabinet brought an unexpected twist, as Rutte announced at that he would quit as party leader and end his political career. "There has been speculation in recent days about what motivates me," he declared, "The only answer is: the Netherlands."

Much will undoubtedly be written about the rapid fall of the fourth Rutte cabinet and its interrupted plans. What is certain is that this marks a change in the political weather. With Rutte's departure, the spell of the 1990s has been shattered for good in the Netherlands, too.

During his thirteen years as prime

minister, Rutte showed a unique ability to brush off scandals and forge political alliances — earning him the nickname "Teflon Mark" at home and abroad. One of the main scandals concerned childcare benefits, in which 20,000 families — mostly from ethnic-minority backgrounds — were falsely accused by the tax authorities of childcare subsidy fraud. That led ultimately to the resignation of Rutte's third cabinet. In addition, he survived both a no-confidence vote and a parliamentary motion accusing him of being untrustworthy. And indeed, when it suited, he was not averse to outright lying, twisting words, or having a highly selective memory.

Rutte worked as HR manager at Unilever before becoming state secretary for social affairs in 2002 and party leader of the VVD in 2006. The Netherlands' longest-serving prime minister presented himself as a "post-ideological" pragmatist and technocrat par excellence. Notoriously, at a lecture in 2013 organized by liberal-conservative weekly Elsevier, he claimed that "vision" was just an "elephant blocking the view." Despite all the efforts of his spin doctors and campaign staffers, this statement would continue to haunt him. Rightly so, as it unintentionally but aptly summarized his view of politics.

As elsewhere in Europe, the 1990s saw the undisputed hegemony of a neoliberal politics in the Netherlands. Ideologically, Rutte is a child of this era. Indeed, behind his no-nonsense pragmatism and "common sense" lies a well-defined political program. Particularly influential in shaping his views were the ideas of Karl Popper and Friedrich Hayek. Like Hayek, Rutte embraced a highly reductive individualism — agreeing, as the Austrian-British economist wrote in his 1945 essay on this theme, that social phenomena can only be understood through "individual actions directed towards other people." Second, the



ideas of Rutte and the VVD also draw from the conservative tradition; which becomes apparent, for instance, in their organicist view of society as a *bezielverband*, an "animated union." Last, and importantly, Rutte and his party also shared Hayek's critique of all forms of state interventionism: the government only has a "condition-creating function" for the free market, itself supposed to generate a spontaneous order.

For Rutte and the VVD, the welfare state had to give way to the so-called "participation society," an idea introduced in both the Netherlands and Belgium, a euphemism for a major austerity operation in which voluntary initiative by citizens should replace the tasks performed by the government. As extensive research has since then shown, in practice these citizens' initiatives are only feasible for the upper middle class.

Rutte's four cabinets, from 2010 to 2023, guided the Netherlands through a series of international crises: from the credit crisis to the COVID-19 pandemic. In recent years, the ruins under Rutte's governments became increasingly visible. Besides the childcare scandal, this included the gas extraction scandal in the northern province of Groningen; lack of affordable housing; the clear decline of education and health care. After the longest

formation in Dutch political history, of 299 days, Rutte's fourth cabinet emerged, which, because of its ambitious program and explicit attempt to restore the trust of citizens, has been rightly described as a "repair-operation cabinet." But with his fourth cabinet, Rutte's popularity was at an all-time low. As many as 80 percent of voters were dissatisfied with it. The last provincial elections in March added to the pressure. The measures desired by the government to reduce nitrogen emissions helped lead to the massive victory of the right-wing populist Farmer-Citizen Movement (BBB), as a voice of protest against the coalition parties. And then, after the fierce criticism following the collapse of the government, the nine-lives technocrat suddenly seemed to have risked his last life.

Immigration had long been a spearhead of the VVD's political program. At the European level, Rutte pushed for a deal with Turkey and Tunisia for agreements on the reception of refugees. Last March, he pleaded with Italy's prime minister Giorgia Meloni for a similar deal with several African countries. And yet it was striking that Rutte chose to give his coalition partners an ultimatum. The disagreement was over which category of refugees could apply for family reunion, and Rutte was opposed to those fleeing

war in their own countries being able to do so. From the beginning, it was clear that this would prove unacceptable for two centrist coalition partners, the Christian Union (ChristenUnie) and Democrats 66 (D66).

That Rutte chose to let the government fall on the issue of migration signals a further shift to the right in the Dutch political climate. New elections have been announced for November this year. After an exodus of prominent politicians, several parties face a leadership vacuum. A favorite for the VVD is Dilan Yesilgöz, the former minister of justice, who would — ironically — become the first Dutch prime minister to hail from a migrant family. It seems out of the question that former coalition partners still want to cooperate with the VVD. It may instead collaborate with the BBB and, tellingly, with Geert Wilders's nationalist-populist Freedom Party (PVV), a party the VVD always considered too anti-European and too overly racist, but that in fact stands close to its formal positions on immigration. It is symptomatic of a recent broader trend across Europe in which the conservative right increasingly seeks alliances with the far right.

Yet the Right isn't getting everything its own way. A process some time in the making, we can today see increasing collaboration between the social democratic Labor Party (PvdA) and the Green Left (GroenLinks) — an alliance now consolidated in their decision to run one combined list in fall's elections.

The PvdA had already, since the early 1990s "shaken off its ideological feathers," in the words of its former leader Wim Kok, and has moved ever more to the center (also entering the VVD-led coalition in Rutte's second cabinet). But GroenLinks — originally a fusion between four parties of the radical left — remained an opposition party. A timely and promising aspect of this red-green alliance

is the attempt to effectively pair the struggle for secure livelihoods to an environmentalist agenda. In some instances, this rapprochement has led to refreshingly direct and combative language.

A joint mission statement from 2022 on climate politics states, for instance: "The exploitation of people and the planet have one and the same cause: an untamed capitalist system." Much depends on whether these parties dare (again) to oppose the right-wing parties with a clear alternative vision of their own — one able to win back part of the working-class vote and mobilize some of the politically disaffected. Although the alliance narrows the voter choice on the left of the political spectrum, it might just bring it closer to an election victory than it has been in years.

The Labor-GroenLinks pact has prompted European Commission vice president Frans Timmermans (PvdA) to quit Brussels, where he was the main architect of the European Green Deal, in order to bid for the leadership of the alliance, and — indirectly — for the prime minister's job. A popular but also controversial figure, Timmermans now seems to be the sole candidate to lead the left-wing alliance. Two earlier strong contenders have withdrawn, declaring their support for him.

According to recent projections, the new left-wing bloc could challenge the VVD to become the biggest party, leaving the BBB in third. To be sure, the outcome of the coming elections will be decisive for the future of environmental policies in the Netherlands. But what will happen still seems up in the air. One thing is certain: after thirteen years, Rutte's dream powder has finally worn off and the Netherlands are waking up from their long "visionless" slumber.

(IPA Service)
Courtesy: Jacobin

"Protect All Daughters Or No One?" Supreme Court's Tough Manipur Questions

■ HT News Network

New Delhi: The government today faced tough questions on Manipur, as the Supreme Court took up the petition of two women paraded naked and sexually assaulted by a mob. What happened in Manipur could not be justified "by saying that this and this happened elsewhere", Chief Justice of India DY Chandrachud said, when a lawyer brought up the recent poll violence in Bengal.

The Chief Justice raised six pointed questions and sought a response within 24 hours by the Centre and Manipur.

"There is no gainsaying the fact that crimes against women are taking place in all parts. The only answer is this. You cannot excuse what is taking place in one part of the country, like Manipur, on the ground that similar crimes are happening in other parts too. The question is, how do we deal with Manipur? Mention that...Are you saying pro-



tect all daughters of India or don't protect anyone?" the Chief Justice asked, responding to lawyer Bansuri Swaraj, who spoke about crimes against women in Bengal, Rajasthan, and Chhattisgarh.

"We are dealing with something which is of unprecedented nature -- violence in a situation of communal and sectarian strife."

On a request from the lawyer for the two victims, who argued that the women should have confidence in the investigation, the government said it had no objection if the Supreme Court monitored the investigation in the case.

"The government doesn't have the data now to tell you how many such cases have been registered. That shows the state of affairs," senior advocate Kapil Sibal, representing the two women, said while requesting a Supreme Court-monitored probe.

The court asked the Centre how many of around 6,000 FIRs filed since the violence broke out in Manipur were for crimes against women. The Centre said it did not have a break-up of such cases. The Supreme Court then directed the Centre and the Manipur government to return tomorrow with information on six points:

1. Break-up of cases
2. How many zero FIRs
3. How many transferred to the police station that has jurisdiction
4. How many arrested so far
5. Status of legal aid to the arrested accused
6. How many Section 164 statements (or statements before the nearest magistrate) recorded so far

The Supreme Court termed the offences against women "horrendous", and said it did not want the case to be handled by Manipur police. "Time running out for us, there is great need to have healing touch in the state," it said.

"This is not just one case like Nirbhaya. That is one isolated incident. Here it's a systemic violence perpetrated," the Supreme Court added. Police were collaborating with the culprits who perpetrated the violence, Mr Sibal alleged earlier during arguments, adding that the women sought protection from the police, but they took them to the crowd instead.

Violence During Haryana Religious Procession, 2,500 Stranded In Temple

New Delhi: Around 2,500 men, women and children have taken shelter at a temple near Haryana's Gurugram as massive violence is in progress outside. Stones are being thrown and cars have been set on fire. The police, who have already used teargas and fired shots in the air, have called in reinforcements. Shots were also fired. The police said around 20 people have been injured. One person has been shot and he is being evacuated.

Internet services have been suspended and prohibitory orders banning large gatherings have been issued.

The violence started during a religious procession in Nuh, adjoining Gurugram. The Brij Mandal Jal-abhishek Yatra, being held by the Vishwa Hindu Parishad, was stopped by a group of young men on the Gurugram-Alwar National Highway and stones were thrown at the procession.

As the violence escalated, government and private vehicles were targeted by the mob.

Currently, the 2,500 people, who came to take part in the religious procession, have taken shelter in



the Nulhar Mahadev temple. Their vehicles have been parked outside. The police have so far been unable to evacuate them.

Towards evening, violence spread to the Gurugram-Sohna highway where several cars were torched and stones were thrown at the police, sources said.

Reports say the clash was triggered by an objectionable video posted on social media by a Bajrang Dal activist.

Sources said Bajrang Dal member Monu Manesar and his associates -- suspect in several criminal cases -- had circulated the video a few days ago and openly challenged that he would stay in Mewat during the yatra.

Many are claiming to

have seen them during the yatra and the locals allegedly retaliated to it. Nuh violence: Stones are being thrown and cars have been set on fire. The police, who have already used teargas and fired shots in the air, have called in reinforcement. Around 2,500 men, women and children have taken shelter at a temple near Haryana's Gurugram as massive violence is in progress outside. Stones are being thrown and cars have been set on fire. The police said around 20 people have been injured. One person has been shot and he is being evacuated.

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Won't let injustice happen to anyone: Yogi

■ HT News Network

Gorakhpur, July 31 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Monday directed the officials that those who encroach on people's land and harm the weak should not be spared under any circumstances and strict legal action should be taken against them.

The CM issued the directive to the officials during the Janata Darshan held at Mahant Digvijaynath Smriti Bhawan on the premises of Gorakhnath temple. He heard the problems and grievances of 400 people and referred their prayer letters to the concerned authorities. He directed the officials towards a fast and satisfactory disposal of their problems while assuring visitors that no injustice would be done to anyone during his tenure. Yogi said that the government will provide full help for the treatment of patients seeking financial help. Handing over their applications to the officials, he directed that the estimation process of the cost of treatment be completed as soon as possible and made available to the government. He also directed officials to resolve matters related to revenue and police with complete transparency and fairness. "Injustice should not be done to anyone. Every victim should be treated sensitively," he said. He also gave positive assurances on employment-related issues to some of the visitors.

Punjab: 2 gangsters arrested with ammunition

■ HT News Network

Ludhiana, July 31 (UNI) Punjab police arrested two high-profile gangsters on Monday, striking a major blow against organised crime. One has been absconding since last 5 years. DGP Gourav Yadav said Jatinder alias Jindi is involved in 18 cases and Puneet Bains alias Mani is involved in 10 cases. He said 9 illegal weapons have been seized from them.

Over 35 Lakh Income Tax Returns Filed On Last Day, Deadline Till Midnight

■ HT News Network

The tax department said more than 6.50 crore ITRs have been filed so far, out of which about 36.91 lakh ITRs were today till 6 pm. Last year, about 5.83 crore ITRs were only filed till July 31. "Income Tax Department scales a new peak! More than 6.50 crore ITRs have been filed so far (31st July), out of which about 36.91 lakh ITRs have been filed today till 6 pm! We have witnessed more than 1.78 crore successful logins on the e-filing portal till 6 pm, today," the I-T department tweeted on July 31. "We extend our gratitude to taxpayers and tax professionals for helping us reach this milestone, and urge all those who haven't filed ITR for AY 2023-24, to file their ITR," the department further said. The Centre has clarified that it is not contemplating any extension of the due date. On missing the deadline for ITR 2023-24 filing, a penalty of 5,000 will be levied upon the taxpayer. However, the maximum penalty for filing a belated ITR is 1,000 for individuals whose total income does not exceed 5 lakh in a fiscal year. Listen to the latest songs, only on JioSaavn.com. In case of failure to file the tax return by the due date, the taxpayer will not be allowed to carry forward any loss under "profits and gains of business or profession" or "capital gains" to the next year.

Lok Sabha Passes Cinematograph (Amendment) Bill To Curb Film Piracy

■ HT News Network

New Delhi: The Lok Sabha on Monday passed a Bill to curb the menace of film piracy, revamp age-based certification given by the Central Board of Film Certification (CBFC) as well as uniformity in the categorisation of films and content across platforms. The Cinematograph (Amendment) Bill 2023 was passed in the Lok Sabha with a voice vote despite protests by the members of the Opposition parties over the ongoing Manipur ethnic violence. The Bill was passed by the Rajya Sabha on July 27. Speaking on the Bill, Union Minister for Information and Broadcasting Anurag Thakur said "We (the government) will do the work of stopping piracy through this Bill." "Piracy is like cancer and we are trying to uproot it through this Bill," Thakur said in support of the Bill, which has provisions to curb transmission of pirated film content on the internet as well as to classify films on the basis of age group, instead of the current practice of 'U', 'A', and 'UA'.

"U" is for unrestricted public exhibition and "A" is restricted to adult audiences, while "UA" is for unrestricted public exhibition subject to parental guidance for children below the age of 12 and "S" for



special category audiences such as doctors and scientists. The Bill seeks amendment to the Cinematograph Act, 1952. The amendments will address the issue of unauthorised recording and exhibition of films. The draft Act constitutes the Board of Film Certification for certifying films for exhibition. Such certifications may be subject to modifications and deletions. The Board may also refuse the exhibition of films. The Bill adds certain additional certificate categories based on age. Under the Act, the film may be certified for exhibition without restriction ('U'); without restriction, but subject to the guidance of parents or guardians for children below 12 years of age ('UA'); only to adults ('A'); or only to members of any profession or class of persons ('S').

"Anti-Humanity, Anti-India": Mamata Banerjee During Manipur Resolution

■ HT News Network

Kolkata: A resolution on Manipur was passed by the Bengal assembly today amid much ruckus, protests and paper tearing by BJP members led by Leader of the Opposition Suwendu Adhikari. While the BJP contended that Bengal cannot pass a resolution on another state and questioned the status of women in the state during political violence, Chief Minister Mamata Banerjee declared that anyone not willing to discuss Manipur is "anti-humanity, anti-peace and anti-India". "If the Prime Minister is unable to restore peace in Manipur, then let us (INDIA) be allowed to restore peace," Ms Banerjee said amid loud objections and slogan-shouting by BJP members. "I want to thank the speaker for allowing a discussion on the Manipur that is a burning issue. I thought they (Opposition) would support it," Mamata Banerjee added.

"I am laying on the table of the house letters I have received from Manipur. I am also going to quote from our delegation's letter and then lay it on the table of the house," said the Chief Minister, who visited Manipur over the weekend as part of an opposition delegation.

"Houses have been burned. People are



living in camps. 350 churches have been burnt. How do we bring back peace to Manipur?" she added.

Leader of the Opposition Suwendu Adhikari contended that the discussion is illegal as the matter is sub-judice.

"We will move court against this illegal decision to allow discussion on Manipur. This is against the ethos of federal structure," he said. "The first line of the resolution is political. Just mentioning India is not enough. Then even East India Company would have been nationalist... Women were burnt to death in (Bengal's) Bogtui," he added. But Ms Banerjee ordered him and another noisy BJP MLA to maintain silence. "Don't scream so much, you have just joined the BJP and you won't become a minister... Don't lecture me.

"Opposition Went To Manipur, Now Tell Parliament...": N Sitharaman

■ HT News Network

New Delhi: Union Minister Nirmala Sitharaman tore into the opposition today over not letting parliament function by "changing goal posts" over the Manipur crisis.

She said the government has agreed to discuss the Manipur ethnic violence in parliament, but the opposition has not allowed that to happen.

"People have come to Manipur, spoken to people there and come back. We want to hear what they heard from people in Manipur," Ms Sitharaman told reporters today.

"Who is stopping them from bringing this up in parliament? They have been asking for a discussion in parliament, what stops them? It is clear the opposition has been shedding crocodile tears. If their concerns were genuine, they would have allowed parliament discussion," Ms Sitharaman said.

A group of MPs of the newly formed opposition grouping INDIA had gone to Manipur for two days last week and met displaced people in relief camps.

"This is a clear exposure of the hypocrisy of the opposition. By saying 'Manipur, Manipur', they have absolutely disturbed parliament's functioning. First they say they want to discuss Manipur. Fine, we



bring up the matter, then they don't want to discuss, only disturb parliament's functioning," Ms Sitharaman said.

"The opposition's mindset is as black as the clothes they wore," she added.

The opposition has been demanding that Prime Minister Narendra Modi speak on the Manipur issue in parliament.

The Rajya Sabha saw chaotic scenes this afternoon as the impasse over the rule under which Manipur violence should be discussed dragged on for the eighth day.

"I will remind you, during the UPA's time, when Manipur saw a road blockade for

almost a year, no Home Minister went there. But Home Minister Amit Shah spent three days in Manipur. He went from relief camps to camps, met people. Who was the Home Minister in UPA's time who went to Manipur? Maybe a Minister of State went," Ms Sitharaman said, adding Manipur is a very sensitive issue, which the opposition has exploited.

The opposition kept pressing for a discussion under Rule 267, which allows for a suspension of all other business in the House. Chairman Jagdeep Dhankhar said the government was ready for a short

duration discussion under Rule 176.

The opposition, adamant to get the Prime Minister speak on the issue, has also brought a no-confidence motion against the government in a last-ditch attempt. More drama in Parliament is expected this week as the government preps to introduce a bill to control Delhi bureaucrats. "The opposition's mindset is as black as the clothes they wore," she added.

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Turkey trying to solicit guarantees for Russia from West to resume grain deal

■ HT News Network

Ankara, July 31 (UNI) Turkey is in talks with Western nations to elicit guarantees for Russian food exports that will pave the way for resuming the Black Sea Grain Initiative, whose extension was blocked by Russia earlier this month, a source in Ankara involved in the negotiations told Sputnik on Monday.

"As far as I know, a high-level telephone conversation [between the presidents of Russia and Turkey] is being prepared to take place in the near future. Among other topics, specific options on how we can help process and deliver Russian food to countries in need will be discussed. The delegations made some developments, presented them, and the decision will be made at the highest level," the source said.

The source also said that Ankara was discussing with a number of Western countries the removal of obstacles to Russian food exports, the reason cited by Moscow to block the grain deal's extension, adding that the process is coordinated with the



United Nations. "At our talks, we are seeking specific guarantees from our Western partners. Their absence has already brought the mechanism to a standstill and we are at risk of a food crisis," the source said.

When asked whether there is hope Russia will return to the deal, the source responded in the affirmative. On July 18,

the Turkey- and UN-mediated Black Sea Grain Initiative, which provided for a humanitarian corridor to allow exports of Ukrainian grain over the past year, expired, as Russia did not renew its participation in the deal. Moscow emphasized that the deal's component on facilitating Russian grain and fertilizer exports had not been

fulfilled, specifically with regard to reconnecting Russian banks to SWIFT and unblocking the Tolyatti-Odesa ammonia pipeline. Turkey is in talks with Western nations to elicit guarantees for Russian food exports that will pave the way for resuming the Black Sea Grain Initiative, whose extension was blocked by Russia earlier this month, a source in Ankara involved in the negotiations told Sputnik on Monday.

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Plane crash in California leaves Three dead

■ HT News Network

Washington, July 31 (UNI) Three people died when a small aircraft crashed into a hangar in the US state of California, CBS News reports citing the US Federal Aviation Administration (FAA).

The single-engine Beechcraft P35 crashed on Sunday morning at Cable Airport in Upland soon after takeoff.

No injuries were reported among firefighters but the only passengers on board the aircraft, a total of three people, died in the crash, CBS said.

The hangar sustained moderate damage. An investigation is underway.

Typhoon Khanun heads toward Japan's Okinawa, Amami regions

■ HT News Network

Tokyo, July 31 (UNI) Japan's weather agency said a large and powerful typhoon is expected to approach the country's southwestern regions of Okinawa and Amami from Monday through Tuesday.

The Japan Meteorological Agency (JMA) said Typhoon Khanun was moving across the sea south of Japan and headed north-northwest at 15 kilometers per hour as of 7:00 a.m. local time on Monday.

The storm had a central atmospheric pressure of 960 hectopascals, with winds of up to 144 kilometers per hour near its center and gusts of up to 198 kilometers per hour, said the JMA.

The agency added that winds of up to 90 kilometers per hour are expected in Okinawa and up to 72 kilometers per hour in Amami on Monday.

Weather officials forecasted that the storm will continue to move northward while developing, gradually change its course westward, and come closest to the regions of Okinawa and Amami through Tuesday.

China, UAE to hold first joint air force drills in Aug

■ HT News Network

Beijing, July 31 (UNI) China and the United Arab Emirates (UAE) will hold their first joint air force exercises in August, China's Defense Ministry announced on Monday.

The drills will be held in north-western China, in the Xinjiang Uygur Autonomous Region.

"This will be the first joint China-UAE air force exercise. It is aimed at deepening practical exchanges and cooperation between the armed forces of the two countries, as well as strengthening mutual understanding and mutual trust," China's defense ministry said.

The drills will be held in August, in accordance with the annual plan and relevant agreements between the two sides, the ministry said.

Illegal immigrants stranded at Libya-Tunisia border in dire conditions

■ HT News Network

Tripoli, July 31 (UNI) Hundreds of illegal African immigrants stranded at the border between Libya and Tunisia are living in dire conditions after being expelled by Tunisian authorities, a Libyan official told Xinhua on Sunday.

"A large number of African illegal immigrants remain in a vast desert area between Tunisia and Libya. They are living under tragic conditions, with a lack of food and drinking water in very hot weather," said Abdullah al-Fak'hal, commander of the desert patrols of the Libyan Illegal Immigration Control Department.

The humanitarian crisis at the Tunisia-Libya border has intensified in recent weeks, with more immigrants' bodies discovered by Libyan Border Control in uninhabited areas.

New Zealand's ruling party gears up for 2023 Election

■ HT News Network

Wellington, July 31 (UNI) New Zealand's ruling party, the Labor Party, unveiled its 2023 party list on Monday which gears up for the 2023 General Election in October. The new party list shows the Labor Party is strengthening its existing team and focusing on the bread-and-butter issues that matter most to New Zealanders, said the party's president Jill Day. "This election is about who best has New Zealanders' backs in tough times," Day said in a statement of the Labor Party, citing opportunities ahead such as the decreasing rate of inflation and the record low unemployment. Labor's plan is to cut inflation, bring down the cost of living, keep people and communities safe, and invest in education, health, and housing, she said.

28 detained for hiding deaths of 43 mine workers in China's Shanxi

■ HT News Network

Taiyuan, July 31 (UNI) Police authorities have detained 28 suspects involved in hiding the deaths of 43 mine workers and 40 safety accidents over nearly two decades in Daixian County, north China's Shanxi Province, the joint investigation team of the province announced on Sunday.

Sri Lanka Records Single-Digit Inflation For 1st Time Since Crisis: Data

■ HT News Network

Colombo: Cash-strapped Sri Lanka on Monday said that its inflation has dropped to 6.3 per cent, a single-digit figure for the first time in two years, providing much-needed relief to the people amidst the worst financial crisis.

In a statement, the Census and Statistics Office of the Sri Lankan government said that the overall rate of inflation as measured by the Colombo Consumer Price Index on a year-on-year basis is 6.3 per cent in July 2023 and it was down from 12 per cent recorded in June this year.

"The overall rate of inflation as measured by the Colombo Consumer Price Index on a year-on-year basis is 6.3 per cent in July 2023. This was down from the 12 per cent recorded in June," the statement said.

The last time single-digit inflation was recorded was 5.8 per cent in September of 2021. The highest inflation since the island nation's economy came under its worst crisis was



69.8 per cent recorded in September last year.

The statement further said that the decrease in the cost of food commodities had contributed to lower inflation. Over the past 12 months, food prices fell absolutely by 1.4 per cent, based on the index.

Sri Lanka in the unprecedented forex crisis curtailed imports leading to scarcities and high prices.

But since securing the IMF bailout of USD 2.9 billion in March this year the relaxation of import restrictions plus action to end power shortages had improved the situation drastically.

Governor of the Central Bank Nandalal Weerasinghe had said the country should record single-digit inflation by the third quarter of this year. Sri Lanka, which announced its first-ever sovereign default in April 2022, has negotiated with the IMF for a bailout of USD 2.9 billion.

The island nation faced its worst economic crisis in history due to a shortage of foreign exchange reserves.

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An imperative in the IMF bailout is to restructure external debt, which needs to be completed by September.

Clashes kill six in Lebanon's Palestinian refugee camp

■ HT News Network

SIDON: At least six people were killed on Sunday in clashes in south Lebanon's restive Ain al-Helweh Palestinian refugee camp, said Palestinian president Mahmud Abbas's Fatah movement and a source at the camp. The fighting between Fatah and Islamists in the camp, which erupted overnight, killed a Fatah military leader and four of his colleagues, the secularist movement said. A Palestinian source inside the camp, speaking on condition of anonymity, said an "Islamist from the Al Shabab Al Muslim group" was also killed and six others including the group's leader were wounded. A journalist said clashes at Ain al-Helweh, the largest of the 12 Palestinian refugee camps in Lebanon, were still ongoing on Sunday afternoon.

Fatah in a statement confirmed the death of commander Ashraf al-Armouchi and four of his "comrades" during a "heinous operation".

The statement denounced an "abominable and cowardly crime" aimed at undermining the "security and stability" of the Palestinian camps in Lebanon.

A Lebanese soldier was also wounded, hit by shrapnel from "a mortar shell that fell in one of the military posts", the army said on Twitter, which is being rebranded as X. His condition was reported as stable.

Lebanese Prime Minister Najib Mikati in a statement called the timing of the clashes "suspicious in the current regional and international context".



Mikati criticised "repeated attempts to use Lebanon" as a battleground for the settling of outside scores "at the expense of Lebanon and the Lebanese".

"We urge the Palestinian leadership to cooperate with the army to control the security situation and deliver to the Lebanese authorities those who compromise it," his statement added.

A ceasefire was agreed from 6pm during a meeting of Palestinian factions including Fatah, also attended by members of the Lebanese Amal and Hezbollah movements, a joint statement afterwards said.

A journalist reported that the sound of gunfire lessened in the evening.

Fighting between rival groups is common in Ain al-Helweh, which is home to more than 54,000 registered Palestinian refugees who have been joined in recent years by thousands of Palestinians fleeing the conflict in Syria. By long-standing convention, the Lebanese army does not enter Palestinian refugee camps in the country, leaving the factions themselves to handle security. The camp has gained notoriety as a refuge for extremists and fugitives.

Wagner Group Not Recruiting Fighters, May Do So In Future: Mercenary Chief

■ HT News Network

Russian mercenary chief Yevgeny Prigozhin said in a voice message published on Monday that his Wagner group was not currently recruiting fighters but was likely to do so in future.

The future of Wagner and Mr Prigozhin has been unclear since he led a short mutiny against the Russian defence establishment in late June and the Kremlin said he and some of his fighters - who have fought in some of the fiercest battles of the Ukraine war - would leave for Belarus.

Despite that, Mr Prigozhin attended a meeting with Putin five days after the mutiny and was photographed last week in St Petersburg, where President Vladimir Putin was hosting African leaders.

"Today we are defining our next tasks, whose outline is becoming clearer and clearer. Undoubtedly, these are tasks that will be carried out in



the name of the greatness of Russia," a voice sounding like Mr Prigozhin's said in the message. It was published on Grey Zone, a Telegram channel affiliated with Wagner.

After the June mutiny, the Kremlin said Wagner fighters who had not taken part would transfer to the regular army, signing contracts with the Defence Ministry. Apparently alluding to this, Mr Prigozhin said in the voice message that "unfortunately" some of his fighters had moved to other "power structures", but he said they were looking to return.

"As long as we don't experience a shortage in personnel, we don't plan to carry out a new recruitment," Mr Prigozhin said.

"However, we will be extremely grateful to you if you keep in touch with us, and as soon as the Motherland needs to create a new group that will be able to protect the interests of our country, we will certainly start recruiting."

Since the mutiny, some Wagner fighters have moved to Belarus and started training its army. In comments published last week, Mr Prigozhin also said Wagner was ready to further increase its presence in Africa.

Its role there, especially in support of governments in Mali and Central African Republic, is a source of concern for Western governments. The United States has accused it of committing widespread atrocities and imposed sanctions on it as a criminal organisation. Mr Prigozhin says it works in line with the laws of the countries where it operates. Last week he welcomed a military coup in the west African state of Niger and made what appeared to be a pitch for his fighters to bring order there.

West African bloc urges Niger's military leaders to cede power in a week

■ HT News Network

Abuja, July 31 (UNI) At an emergency meeting held on Monday, the Economic Community of West African States (ECOWAS), which groups 15 countries, agreed to impose sanctions on Niger's military leaders involved in a recent coup. Nigerian President Bola Tinubu, also chairman of the Authority of Heads of State and Government of ECOWAS, denounced the coup, saying the regional bloc "rejects coup and interruption to constitutional order."

"As African leaders, it is our responsibility to foster stability and progress," Tinubu said, noting that ECOWAS advocates collaborative efforts to ward off coups on the African continent. The regional bloc said in a statement that the military junta in Niger must cede power in a week and immediately release and reinstate the country's elected president, Mohamed Bazoum, or ECOWAS will take all necessary measures, including the use of force, to restore constitutional order in Niger. Last year, ECOWAS's leaders agreed to create a regional security force to intervene against rebel groups and prevent military coups. Niger is a member of ECOWAS. ECOWAS's leaders agreed to impose financial and travel sanctions on Niger's military leaders involved in the coup, and also a no-fly zone over the country. They also decided to freeze Niger's assets in the central and commercial banks.

Banks disburse Rs 473.95 Crores in priority, Rs 627.82 Crores in non-priority sector in Ganderbal

■ HT News Network

GANDERBAL, JULY 31: The District Development Commissioner (DDC) Ganderbal, Shyambir today chaired District Level Review Committee (DLRC) and District Consultative Committee (DCC) of district for taking review of the performance related to quarter ended March 2023.

At the outset, Lead District Manager Ganderbal, Shabir A. Dar informed the meeting that banks operating in the district have disbursed an amount of Rs 473.95 Crores

in priority sector against the annual target of Rs. 637.47 crores and Rs 627.82 Crores in non-priority sector against the annual target of Rs. 224.62 Crores thus registering an achievement of 280%.

While reviewing the achievement bank wise it was informed that J&K Bank alone has disbursed Rs.423.44 crores under priority sector and 546.30 crores under Non priority sector aggregating to total credit of Rs 969.75 showing an achievement of 88 percent contribution towards total credit dispensation in the district.



It was also informed that there has been a total credit disbursement of 1101.77 crores against the yearly target of Rs 862.08 crore registering an achievement of 128% of the annual credit plan 2022-23 for quarter ending March 2023. The DDC emphasized the need for improving the credit flow in Agriculture and allied sectors under HADP plan. Besides the credit flow in renewable energy sector was also emphasized upon.

The performance with respect to social security schemes under Janasurakhsha was also discussed and the DDC emphasized the need for

roping in the people under social security schemes with joint coordination of all concerned agencies.

Besides reviewing the performance of Banks and Govt. departments under various schemes, the Chairman of DCC & DLRC meetings directed the line agencies to sponsor quality cases and the Banks for speedy disposal of Govt. Sponsored cases.

The meeting was attended by, LBM Ganderbal; DDM, NABARD; GM, DIC; CAO, CAHO, AD Fisheries, AD Handicrafts & Handloom, District Coordinators of all Banks and representatives of other development agencies.

PQT of Mission Youth held at all District headquarters Dr. Shahid Choudhary compliments Deputy Commissioners for support

■ HT News Network

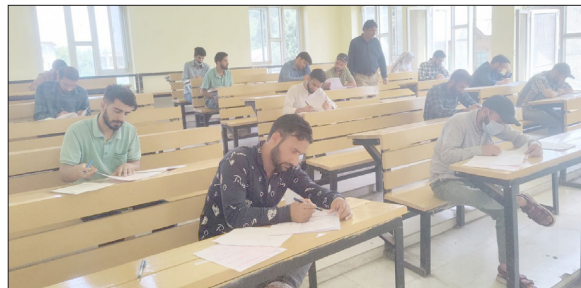
SRINAGAR, JULY 31: Mission Youth J&K successfully conducted the Parvaaz Qualifying Test (PQT) in all 20 districts of Jammu and Kashmir for selecting candidates from marginalised communities for free coaching of competitive exams like IAS/JKAS.

The scheme had witnessed an overwhelming response as more than 7000 candidates registered for the program and the examination was held at all district headquarters yesterday.

day.

Speaking on the successful culmination of test, CEO Mission Youth, Dr. Shahid Iqbal Choudhary complimented district administrations and their respective Deputy Commissioners for their collaboration, which played pivotal role in making program a resounding success. He emphasized the significance of this initiative in providing aspiring candidates an invaluable opportunity to receive top-notch guidance for their civil services preparation.

Dr. Choudhary further highlighted the accomplishments of the previous



year's PARVAZ scheme, which initially provided 1000 seats for IAS/JKAS to underprivileged candidates. He highlighted that in response to the overwhelming demand and enthusiasm from the ground, the allocation of seats has been increased

by an additional 50%, opening up even more avenues for young individuals to pursue their dreams.

Mission Youth, in its commitment to empowering the youth of Jammu and Kashmir, has taken this significant step to help students from marginalised

communities. This transformative program has been designed to support and assist aspiring marginalised candidates in their journey to crack these prestigious administrative examinations.

The PARVAZ scheme, initiated by Mission Youth, stands as a beacon of hope for eligible candidates by offering high-quality coaching and comprehensive guidance. Participants are granted access to a wealth of valuable resources, including study materials, interactive learning sessions, test series, and personalised mentorship

from experienced faculty members. The overarching objective is to equip candidates with the knowledge and skills necessary to excel in the fiercely competitive exams. This transformative initiative epitomizes Mission Youth's unwavering commitment to nurturing the untapped potential of young individuals from Jammu and Kashmir and empowering them to achieve their aspirations. From the program's inception to the conclusion of the PQT, the entire process of registration was end-to-end digital and user-friendly, completed.

Civil Sectt Treasury bids affectionate farewell to Showket Ahmed

■ HT News Network

SRINAGAR, JULY 31: In a simple but impressive function organised by Civil Secretariat treasury here, Sheikh Showket Ahmed, Accounts Assistant was accorded affectionate farewell after attaining the age of superannuation today.

On the occasion, the officers and officials of Treasury highlighted various instances of the official during his exemplary service career of more than 31 years.

The officers and officials on the occasion extended their best wishes to Showket Ahmed and wished him for his future endeavours.

CUK's workshop on 'website designing' ends

■ M S Nazki

Ganderbal, July 31: The three-day training workshop on 'website designing' organized by the Department of Convergent Journalism (DCJ), in collaboration with Department of IT, Central University of Kashmir (CUK) concluded at varsity's Tulmulla campus.

The workshop was organized for the students of semester IV of New Media Specialization who were made familiar with website designing, layout and sketching from 26-28th of July. The workshop aimed to provide basic skills to new media students for creating their own news webpages with special focus on layout and design.

Dean, School of Media Studies, Prof. Shahid Rasool, conveyed his best wishes for the smooth conduct of the workshop. Head DCJ, Dr Arif Nazir said these kinds of events will help students in creating their own domains and equip them with necessary skills.

SP College starts admission process for various UG, PG programs

SRINAGAR, JULY 31: Sri Pratap College Srinagar has started admission process for various PG and UG (NEP-2020) programs offered by the college from 27th July, 2023. Accordingly all those students who are desirous to seek admission in College are informed that they will be admitted through common admission portal <https://jkadmission.samarth.ac.in/> for undergraduate programs under NEP-2020 and through <https://www.cusrinagar.edu.in/NEP/> for post graduate programs.

The candidates are advised to go through the eligibility conditions of the courses available on our university website <https://www.cusrinagar.edu.in/> and check admission notifications. The admission to both the programs will be strictly as per Cluster University guidelines.

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S/O Mehraj Ud Din Bhat
R/OShalteng Srinagar

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R/O ...KAKOTHAL KREERI
Distt ...BARAMULLA

PSPS Govt College for Women bids farewell to Dr. Anjana Gupta, HOD Chemistry Department

■ HT News Network

JAMMU, JULY 31: Padma Shri Padma Sachdev Government College for Women Gandhinagar today bade emotional farewell to Dr. Anjana Gupta, HOD Department of Chemistry on her Superannuation in the College Auditorium.

She has rendered more than five decades in teaching as a diligent worker and contributed as a great teacher in the holistic growth of students in person and institution in general. Her dedication, commitment, and attitude towards work have inspired everyone.

Prof. Mala Bhasin, HOD Botany and Staff Secretary of the college welcomed the guests. Prof. Minu Mahajan, the Principal of the College congratulated and wished her happy, healthy and contented post-retirement life ahead. The faculty members shared their experiences and happy moments spent together in the institution with the rosary of words and music.

Towards the end, Dr Anjana Gupta narrated the Odyssey of her service years and cherished the beautiful moments and thanked everyone for their warm and cordial gesture-overwhelmed on seeing the Comprehensive Presentation jotting down her years of Service by Prof. Malti Rajput.

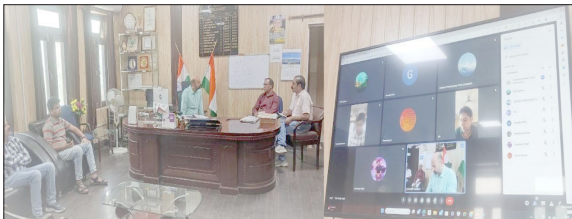
The Programme concluded with the Presentation of Memento as a Souvenir and token of Respect. The proceedings of the program were conducted by Dr. Revika Arora and coordinated by the team- Dr. Nidhi Suri, Prof. Neelam Thapa, Prof. Sania Hamid, Prof. Suman Bala and Prof. Sugandha Mahajan.

DC Ramban reviews preparedness for Azadi Ka Amrit Mahotsav activities themed "Meri Maati Mera Desh"

■ M S Nazki

RAMBAN, JULY 31: Deputy Commissioner Ramban, Mussarat Islam today chaired a meeting of line departments to review preparedness for executing the activity plan regarding celebration of Azadi Ka Amrit Mahotsav themed- "Meri Maati Mera Desh".

The meeting was attended by Chief Planning Officer, Dr. Kasturi Lal, CEO, Dev Anand, ACD, Ashok Singh Katoch while BDOs and



other concerned officers attended the meeting through virtual Mode.

Discussing the activities for celebrating Azadi Ka Amrit Mahotsav themed "Meri Maati Mera Desh", the DC said that this year, the focus of the celebrations will be on "Veero Ka Naman"

and "Veero Ka Vandan". Local veers (heroes) will be felicitated to acknowledge their contribution towards the country. The families of the freedom fighters will also be felicitated as a mark of respect and gratitude towards their sacrifices.

In consonance with the

theme "Meri Maati Mera Desh", a "Mitti Yatra" will be taken out from each Panchayat to the national capital. The yatra will symbolize the connection between the land and its people and will mark India's independence. The officers also discussed the need for outreach sessions with the heads of each panchayat and other stakeholders to leverage mitti diyas and kalash. All government buildings and institutions will take the Panch Pran pledge with participation.

DIPR Centre Udhampur staff plant saplings of Pongamia pinnata at Devika Ghat

■ HT News Network

UDHAMPUR, JULY 31: The staff of Department of Information and Public Relations, Udhampur Centre along with a local NGO conducted a plantation drive here on the Banks of Devika Ghat, here today.

The DIPR staff led by District Information Officer Rajinder Kumar

Digra planted Saplings of Indian Beech tree (Pongamia Pinata), locally known as "Sukh Chain" or the tree of tranquility and happiness here at Devika Ghat Near open Air theatre Udhampur. While interacting with participants, the DIO said "Planting a tree helps us connect with nature" while quoting that Trees and forests play an essential role in mitigating the impact of climate change. President

Karam Kartey Chlo, Vikas Kumar, besides officials of the Information department including Amit Kumar, Senior Cultural Assistant, Amit Mehra & Pawan Kumar, Mohit Singh and Bablu ji were present on the occasion. President Karam Kartey Chlo, Vikas Kumar, besides officials of the Information department including Amit Kumar, Senior Cultural Assistant, Amit Mehra & Pawan Kumar, Mohit

DDAC organizes One-Day Drug Demand Reduction Training programme at GHS Malangam, Bandipora

■ HT News Network

BANDIPORA, JULY 31: In a collaborative effort by the District Drug De-Addiction Centre (DDAC) Bandipora, J&K, and the District Administration Bandipora, a comprehensive awareness and sensitization programme on Drug Demand Reduction was today conducted at Govt. High School Malangam. The programme aimed to address drug addiction issues, spread awareness and highlight the services provided by DDAC in the journey towards whole-person recovery.

The one-day programme witnessed active participation from students, teachers, and non-teaching staff members of the school,



who were enlightened about the various aspects of drug addiction and its impact on individuals and society.

The programme was organised under the leadership of District Development Commissioner, Bandipora, Dr. Owais Ahmed and under the supervision of District Social Welfare Officer, Bandipora, Hidayatullah Mir, who is also Nodal Officer for DDAC. Showkat Ahmad, the Project Coordinator, DDAC Bandipora, highlighted the diverse range of services

offered by the centre, including identification, awareness, counseling, education, prevention, treatment, and rehabilitation. He emphasized that DDAC is dedicated to providing indoor and outdoor patient treatment facilities, along with a whole-person recovery approach to ensure effective drug demand reduction. Shabnum Shaban, Counselor at DDAC, provided insights into the well-equipped infrastructure of the centre.

GCW Udhampur hosts National webinar on medicinal plants for health and well being

■ HT News Network

UDHAMPUR, JULY 31: Internal Quality Assurance Cell (IQAC) of Government College for Women Udhampur, in collaboration with Government Ayurvedic Hospital, Jammu today organised a National webinar on the topic, "Medicinal Plants for Health and Well-being" under Azadi Ka Amrit Mahotsav and Ayush-Arogya Mahotsav.

Principal of the host college, Prof. Anjali Mahajan was the chief guest on the occasion. In her address, Prof. Anjali Mahajan congratulated and lauded the organisers for organising such a wonderful webinar on this highly important subject.

"Our life is directly dependent on plants whether for food or medicines. Nowadays people start moving towards herbal medicines as they are cost effective and have fewer side effects," she added.

Dr. Arun Gupta, Medical Officer AYUSH, Govt Ayurvedic Hospital, Jammu was the resource person. He delivered a brainstorming online lecture on Medicinal Plants for Health and Wellbeing. He threw light on health and well being and how plant based medicines play an important role in maintaining the same. He discussed in detail the bioactive components, botanical, local as well as common names of some important medicinal plants like Atropa, Datura, Opium,

Brahmi, Giloy etc.

Besides, he also spoke about healthy foods, crude part extracts, nutraceuticals, pharmaceutical auxiliary products like binding agents (gum acacia) etc. Dr. Arun also elaborated the use of plants in treating various ailments like nervous disorders, gastrointestinal problems, respiratory problems, urinary and kidney related problems, menstrual disorders, liver and heart related complications etc. The session culminated with a healthy discussion. The lecture was attended by about 80 persons from various colleges/ Universities of UT of J&K and other states. Dr. Suresh Kumar, Associate Professor and Dr. Rajesh Kumar, Assistant Professor from HP.

Eating Ultra-Processed Foods can Increase Risk of Death for People With Type 2 Diabetes

New research indicates that ultra-processed foods can increase mortality risk among those with type 2 diabetes.

Risk of mortality from cardiovascular disease was particularly elevated among these individuals.

Further research is required into how and why ultra-processed foods may lead to worse health outcomes among people with diabetes.

For those with type 2 diabetes, diet is critical—and eating foods with high nutritional content is crucial for a healthy weight and controlled blood sugar levels.

However, a new study, led by researchers at the Department of Epidemiology and Prevention at the I.R.C.C.S. Neuromed and published July 26 in the American Journal of Clinical Nutrition, highlights the significance of another factor: the level of processing a food has undergone.

“To our knowledge, this is the first cohort study analyzing the impact of ultra-processed foods (UPFs) among people diagnosed with diabetes,” stated Maria Laura Bonaccio, PhD, an epidemiologist at the Department of Epidemiology and Prevention at IRCCS Neuromed in Italy and lead author of the research.

Ultra-processed foods more than double heart disease risk

To explore the impact of ultra-processed foods on type 2 diabetics, the researchers analyzed data from 1,065 individuals with the metabolic condition.

Data was collected from the ongoing Moli-Sani Study, which began in 2005 and records health information of around 25,000 individuals living in Italy’s Molise Region. Researchers collected participants’ data from 2005-2010 and followed up with them for a median of 11.6 years.

They found that those who ate higher amounts of ultra-processed foods were at greater risk of all-cause mortality and mortality from cardiovascular disease. The



difference in risk level was rather unexpected, Bonaccio told Healthline.

“We were somewhat surprised by the magnitude of the risks associated with an elevated ultra-processed foods intake, which is 2.5 times higher for [cardiovascular disease] mortality compared to people having less [ultra-processed foods] in their diet,” she said. “This is huge.”

Importantly, the researchers also learned that eating healthy foods alongside ultra-processed foods (such as those in the Mediterranean Diet) didn’t negate or “undo” their harmful effects.

“Our data indicate that [ultra-processed foods] intake is a key risk factor for mortality in this population of people with type 2 diabetes independently of adherence to the Mediterranean Diet,” revealed Bonaccio. “This means that, even if you report a high adherence to a healthful, nutritious diet, such as the Mediterranean Diet, this is not enough if you still consume lots of UPFs.”

While the researchers only reviewed

the impacts of ultra-processed foods, and not processed foods in general, they believe the findings are still significant.

In addition to being the first cohort study to explore the impact of ultra-processed foods on people with type 2 diabetes, “our findings have important implications for public health policies,” asserted Bonaccio. “[They] suggest that dietary guidelines for people with type 2 diabetes should also recommend strongly reducing UPF consumption.”

The lowdown on ultra-processed foods

Ultra-processed foods are abundant in US diets, accounting for almost 60% of an average individual’s energy intake. But what are they? Essentially, making something ultra-processed involves “taking a food in its natural (homegrown) state and changing it by adding salt, sugar, oil, and additives like chemicals, colors, flavorings, stabilizers, and preservatives,” explained Kimberly Gomer, MS, a registered dietitian

and licensed dietitian nutritionist, and director of nutrition at Body Beautiful Miami.

Gomer told Healthline that adding such ingredients gives foods “an extremely long shelf life — which is attractive to both people and industry.”

The addition of salt, sugar, and fats also makes ultra-processed foods highly addictive.

“I call them the ‘trifecta,’ as that combination can cause a large dopamine rush to the brain and signals the body to crave more of the same,” explained Kara Burnstine, MSRD, LDN, CDCES, a registered nutritionist and certified diabetes educator at Pritikin Longevity Center.

Some well-known ultra-processed foods include: However, there are other everyday foods that many of us might consider “healthy” but are actually ultra-processed.

Gomer noted that protein bars and shakes are two culprits, while Bonaccio added that certain types of spreadable or sliced cheeses are also ultra-processed.

And the list doesn’t end there. “Other examples would be flavored yogurts, low-fat muffins, granola bars, packaged smoothie mixes, and plant-based meat alternatives,” said Burnstine.

How ultra-processed foods impact health

There are a few reasons why ultra-processed foods are so bad for people with type 2 diabetes. “UPFs are loaded with sugar and have less fiber, which leads to rapid glucose spikes,” explained Dr. Srujana Yada, an endocrinologist with Texas Diabetes and Endocrinology. “[This], in turn, causes bad glycemic control in diabetes patients,” she told Healthline. Furthermore, “processed food can cause weight gain, increased insulin resistance, and worsened diabetes control.” Unsurprisingly, ultra-processed foods’ addictive-like properties often make reigning in their consumption a struggle

NEWS

How the immune system contributes to Parkinson’s disease



Over the past few years, we have learned much more about the immune system and its impact on various diseases and aspects of our health.

While it helps protect the body from invading germs Trusted Source and viruses, the immune system also lends a hand in the overall health of different parts of the body such as the brain Trusted Source, heart Trusted Source, and gastrointestinal system Trusted Source.

And when a person’s immune system is not healthy, it leaves them susceptible to viral infections and other diseases. It can also impact their mental health Trusted Source and even cause sleeping issues Trusted Source.

In the case of the neurodegenerative Trusted Source condition Parkinson’s disease, researchers still do not know exactly what causes it. However, some researchers now believe that it may have direct ties with the health of a person’s immune system.

Medical News Today spoke with six experts to find out how the immune system might cause Parkinson’s disease. They also discuss how further research into this area might help scientists in developing new therapies and even protect against Parkinson’s disease.

And they offer advice on modifiable factors a person could change to help potentially influence the immune system and protect against the condition.

The role of inflammation in Parkinson’s

An immune system that does not function correctly is a main driver of systemic inflammation in the body.

Studies have shown that chronic inflammation may play a role in the development of a variety of conditions, including cardiovascular disease Trusted Source, diabetes Trusted Source, mental health concerns like depression Trusted Source, and brain-related diseases such as Alzheimer’s disease Trusted Source.

According to Dr. Julie Pilitsis, a board-certified neurosurgeon at Marcus Neuroscience Institute, established at Boca Raton Regional Hospital, part of Baptist Health, there is mounting evidence that inflammation plays a role in many diseases, including those of the brain.

“With age, our immune system becomes weaker and as the mean age for Parkinson’s disease is 60, age may explain how the immune system can be involved in some of the older patients affected,” she told Medical News Today. “Immune system involvement in brain diseases is not unheard of,” added Dr. James Beck, senior vice president and chief scientific officer of Parkinson’s Foundation.

“Multiple sclerosis is primarily a brain disorder that involves and is treated by modulating the immune system,” he exemplified.

1,774 health facilities in 32 states/UTs adopted ‘Scan and Share’: Govt

As many as 1,774 health facilities across 32 states and Union Territories have adopted the ‘Scan and Share’ service which enables for quick and seamless OPD registration for patients using smartphones, the Lok Sabha was told on Friday.

A total of 52 lakh tokens have been generated using the service under the Ayushman Bharat Digital Mission (ABDM) which aims to create a digital platform enabling interoperability of health data within the health ecosystem to create longitudinal electronic health record of every citizen, Union Health Minister Mansukh Mandaviya said in response to a question. According to the data shared by the minister, 552 healthcare facilities in Uttar Pradesh (the highest), followed by 336 in Andhra Pradesh, 277 in Bihar, Karnataka 224 and 137 in Maharashtra have adopted the service.

Under the Mission, the Scan and Share feature has been enabled for quick and seamless OPD (out patient department) registration for patients at hospitals using their



smartphone, he said. This facility has been provisioned through the use of a hospital-specific QR code and an ABDM-enabled personal health record (PHR) application. By scanning the QR code, patients can share their demo-

graphic details with the hospital via the Ayushman Bharat Health Account (ABHA) profile.

In return, they receive a token number that they can use to obtain their OPD printed card from the OPD registration counter, Mandaviya explained. He said this process not only saves patients’ time by reducing waiting hours, it also ensures that the hospital receives accurate patient information in a timely manner. In addition, the OPD crowd also reduces.

“As on July 24, a total of 1,774 health facilities across 32 states and UTs, including Jharkhand, have adopted this service of Scan and Share, and over 52 lakh tokens have been generated using the service,” he said. In Jharkhand, six health facilities (All India Institute of Medical Sciences Deoghar; District Hospital Chatra; Sadar Hospital Giridih; MGM medical college Jamshedpur; East Singhbhum, Sadar Hospital Khunti; and Dr A Kumars Pathology, Hazaribagh) have adopted this service, the health minister added.

Sickle cell disease in children: Early detection, intervention and long-term management

Sickle cell anaemia is a serious health problem that affects millions of people in India where in the Indian belt, which includes the states of Gujarat, Maharashtra, Chhattisgarh, Orissa and some of Bengal, sickle cell anaemia is most common while there are also areas in Tamil Nadu, Kerala, the South and Telangana that are affected by it. According to the Indian Journal of Medical Research, India is home to over 20 million patients with sickle cell disease but even though this inherited blood illness is so common, it is still largely unaddressed. In an interview with HT Lifestyle, Dr Santanu Sen, Consultant, Paediatrics, Paediatric Hematology, Oncology and Stem Cell Transplantation at Kokilaben Dhirubhai Ambani Hospital in Mumbai, explained, “Sickle cell disease is a hereditary blood disorder that parents pass on to their children. The red blood cells’ irregular shape, which resembles a sickle and gives sickle cell disorders their name, causes the symptoms of the condition. Because of their sickle shape, red blood cells become stiff and sticky and become trapped in the body’s tiny blood veins as they circulate. This interferes with the flow of oxygen to various body areas and causes symptoms including anaemia, flare-ups of pain from bone and joint degeneration, swelling in the extremities, an elevated risk of infection, inhibition of normal growth, and eyesight

issues.”

He elaborated, “Sickle cell disease is a hereditary blood disorder that can be detected through newborn screening or prenatal testing if there



is a family history. Symptoms may appear as early as 2-5 months of age and, if left untreated, can lead to serious health problems and even death. Effective management and treatment are crucial for reducing complications and improving quality of life. The only cure for sickle cell anemia is a stem cell transplant, which is a high-cost and complex treatment in India. Screening is a crucial tool in preventing this disease, and the government has a critical role to play in increasing awareness and providing access to screening.”

According to him, one of the biggest challenges in addressing sickle cell

anemia in India is the lack of awareness among the general population. Dr Santanu Sen suggested, “If the disease is prevented in the current generation, it can be prevented from passing on to the next generation. This highlights the need for increased education and awareness about the disease, especially in tribal areas where the burden is highest. Sickle cell anemia is a pressing health issue in India that requires immediate attention. The Union Budget of 2023 also focused on the elimination of Sickle Cell Disease potentially by 2047. To tackle this issue, the government and private hospitals must work together to make this treatment more accessible, affordable and available to those in need.”

Bringing his expertise to the same, Dr Vipin Khandelwal, Consultant Hematology, Hemato-Oncology, Pediatric Bone Marrow Transplant Physician at Apollo Cancer Centres in Navi Mumbai, shared, “Sickle cell disease (SCD) is a hereditary blood disorder that primarily affects children. It is characterized by the presence of abnormal hemoglobin molecules in red blood cells, causing them to become rigid and sickle-shaped. This can lead to a range of complications, including chronic pain, organ damage, and increased susceptibility to infections. Early detection, intervention, and long-term management are crucial in improving the quality of life for children with SCD.”

A Vegetarian Diet May Help Improve Your Cholesterol, Blood Sugar Levels and Lead to Weight Loss

A Mediterranean diet Trusted Source has long been associated with good heart health, according to the American Heart Association. But a meta-analysis of previous research Trusted Source is showing that a vegetarian diet may have significant improvements in helping people lower LDL or “bad” cholesterol, help with blood sugar levels, and lower body weight for high-risk patients.

How diet can impact your health

The American Heart Association’s recommendations Trusted Source for a healthy dietary pattern include a diet focused on minimally processed plant foods, fish, seafood, and low-fat dairy. The meta-analysis looked at 20 randomized controlled trials that show the role of a vegetarian diet in the prevention of cardiovascular diseases in the general population.

“This study aims to discuss the relationship between a plant-based diet and cardiometabolic risk factors, using randomized



clinical trials,” said Jenna Litt, a registered dietitian at Northwell Lenox Hill Hospital, who was not involved in the study. “This study differs from previous studies, as it focuses on different types of vegetarian diets, like vegan versus lacto-ovo-vegetarian.”

Of all the studies that the researchers screened, they were able to find 20 articles to include with the average age of sample sizes ranging from 28 to 64 and the average study duration ranging from 2 to 24 months. Results of this study showed that vegetarian diets were associated with decreasing LDL-C or “bad” cholesterol within six months. Additionally, it led to better HbA1c (a measure for blood sugar) levels, and

lower body weight. It showed a non-significant relationship between plant-based diets and systolic blood pressure.

This means that it may be beneficial for someone who is at high risk for cardiovascular disease to start incorporating vegetarian patterns into their diet.

“Based on this study, there is a clear relationship between a plant-based diet and reduction in cardiometabolic risk,” said Litt. “Thus, going forward, it may be beneficial for those who are at greater cardiometabolic risk to trial a modified plant-based diet.”

A modified plant-based diet means following plant-based one to two times a week to see if there is any improvement in weight,

HbA1c, or LDL cholesterol levels.

Not all vegetarian diets are created equally

Before anyone embarks on a vegetarian or plant-based diet, it’s important to understand what exactly that means.

“I’m frustrated with the term ‘vegetarian,’ because it doesn’t imply that people are choosing a healthy diet,” said Christopher D. Gardner, Ph.D., chair of the American Heart Association’s Lifestyle Nutrition Committee and the Rehnborg Farquhar Professor of Medicine at Stanford University in Stanford, California. “I much prefer a whole-food, plant-based diet as a term.” Gardner conducted a study in 2005 Trusted Source that looked at two low-fat diets, both of which met the guidelines of the American Heart Association. One featured Snack-well cookies, chicken without the skin, and mashed potatoes with light margarine, while the other featured a spinach salad with an egg, whole grain bread with butter.

Jasprit Bumrah returns to lead India for T20Is in Ireland

Prasidh Krishna, Jitesh Sharma and Rinku Singh were also picked

NEW DELHI: A fully-fit Jasprit Bumrah is finally back in the India squad - as captain as well - for the T20Is in Ireland in August. In another boost to India's fast-bowling stocks, Prasidh Krishna was also picked in the squad for the three games in Dublin.

Bumrah hasn't played any cricket since the T20I series at home against Australia last September. He has been at the National Cricket Academy (NCA) in Bengaluru for the past two months where he has slowly increased his bowling workloads after undergoing surgery in New Zealand for a back injury. He had a few practice games and the NCA staff, led by VVS Laxman, is believed to be satisfied with Bumrah's progress.

ESPNcricinfo has learned there were deliberations over whether Rituraj Gaikwad, who was named captain for the 2023 Asian Games, should lead in Ireland as well to reduce Bumrah's workload, but it's understood the fast bowler was keen to lead. Bumrah had previously captained India in the Birmingham Test against England last year. Prasidh, meanwhile, is returning after extensive rehabilitation for a lumbar stress fracture that had kept him out of all



cricket since the tour of Zimbabwe in August 2022. He didn't undergo surgery initially and had been working towards a full recovery prior to the Ranji Trophy, but was advised surgery in December after another assessment.

At the time of his injury, Prasidh was emerging as an effective bowler in the middle overs in ODIs with his height, pace and hard lengths. Last week, the BCCI had said that Bumrah and Prasidh were "bowling with full intensity

in the nets."

Many of the players picked for the T20 cricket competition in the Asian Games were also selected to tour Ireland. The ODI regulars were rested to prepare for the Asia Cup starting on August 30 in Sri Lanka, just a week after the final Ireland T20I on August 23. The team management is considering a conditioning camp in Bengaluru prior to their departure to Sri Lanka.

Apart from Gaikwad, Jitesh Sharma, Rinku Singh and Shivam

Dube were also picked on the back of impressive IPL seasons. Gaikwad was Chennai Super Kings' second highest run-getter with 590 runs in 16 innings at a strike rate of 147.50 in a victorious season.

In all, seven members of India's Caribbean-bound T20I squad, including seamers Mukesh Kumar and Arshdeep Singh, feature in the side for the Ireland tour. Ravi Bishnoi, Shahbaz Ahmed and Washington Sundar are among the spin-bowling options for India.

Hardik still 'turtle, not the rabbit' as he builds up bowling workload for World Cup

NEW DELHI: Hardik Pandya has declared he's ready to shoulder a significantly higher bowling workload as he builds towards the 2023 World Cup, but is still a "turtle, not the rabbit." Hardik, currently in the Caribbean with India's limited-overs squad, has had two full months off since the IPL finished. In this period, he "switched off" for a month and then underwent a three-week physical conditioning at the National Cricket Academy, where there was an equal emphasis on fitness as there was on skill.

Ahead of the series, he had said he'd informed the team management of his

keenness to play only if he could contribute with the ball too.

At IPL 2023, Pandya bowled 25 overs across 16 games for runners-up Gujarat Titans. In the Caribbean, Pandya has so far bowled 9.4 overs across two ODIs. In the first, he opened the bowling but was required for just three overs in a game where only 45.5 overs were bowled. In the second, he went wicketless in 6.4 overs as West Indies levelled the series with a six-wicket win.

After the second ODI, Hardik, who stood in for the rested Rohit Sharma, spoke about how he is slowly increasing his bowling workload

keeping in mind the 50-overs World Cup. After the ongoing ODI series, Hardik's next 50-overs engagement is likely to be the Asia Cup from August 30. In between, he'll lead India in the T20I series against the West Indies. "My body is fine. I have to bowl more overs and get my workload up for the World Cup," he said. "I'm a turtle right now, not the rabbit and hoping everything goes right as the World Cup comes on."

On Sunday, head coach Rahul Dravid touched upon the need to look at the bigger picture, without being influenced by short-term results. India have chosen to hand opportunities to fringe players to try and give them game time in the absence of regulars who are recuperating from injuries.

Hardik, though, is excited about the decision. "To be honest, you want to be going 1-1 to the third game as it'll be more challenging and exciting," he said. "They will be tested; we will be tested now that the series stands 1-1. The next game will be exciting for the viewers as well as the players."

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