



Teachings Of Nund Reshi (RA) Continue To Inspire World: LG Manoj Sinha

■ HT News Network

BUDGAM, AUG 01: Lieutenant Governor Shri Manoj Sinha paid obeisance at Charar-e-Sharief shrine at Budgam, today.

He was accompanied by Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Bidhuri, Divisional Commissioner Kashmir; Dr Syed Abid Rasheed Shah, Secretary Tourism Department and other senior officials of Police and Civil administration.

During his visit to Charar-e-Sharief, the Lt Governor interacted

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India moved from trust deficit to trust surplus: Modi

■ HT News Network

PUNE, AUG 1: Emphasising that development of the country is not possible in an environment of mistrust, Prime Minister Narendra Modi on Tuesday asserted that the country has moved from trust deficit to trust surplus.

Speaking after receiving the Lokmanya Tilak National Award here, he gave examples of the trust surplus in the major changes effected in last nine years, mentioning that India becoming fifth largest economy is one such example, development of Made in India corona vaccine, giving collateral-free loans under Mudra Yojana, surrendering of the gas subsidy by lakhs of countrymen are some of examples.

He also emphasised that due to this trade surplus, the Swachta campaign and Beti Bachao-Beti Padhao became a people's movement.

Modi stressed that increasing public trust is becoming the medium of progress for the people of India.

He also underlined that after 75 years



of independence, the country is looking at Amrit Kaal as the Kartavya Kaal, where every citizen is working at their own level keeping in mind the dreams and resolutions of the country.

As a result, today the world is also witnessing the future in India as our efforts are becoming an assurance for the entire humanity, he said.

The Prime Minister expressed that citizens will definitely turn the dream of a strong and prosperous India

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NEWS BRIEF

ACB, Kashmir traps sarpanch for accepting bribe

SRINAGAR, AUG 1: Anti Corruption Bureau (ACB) Kashmir on Tuesday claimed to have trapped a sarpanch for demanding and accepting bribe, officials said.

ACB in a statement said that a complainant approached Police Station ACB Srinagar, with a written complaint against a public servant identified as Muzaffar Ahmad Rather, Sarpanch Manigam-A, allegedly demanding bribe for settlement of property dispute between the complainant and his sister.

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Air Force Chopper Airlifts Private Chopper Near Amarnath Cave

SRINAGAR, AUG 1: A military transport helicopter Tuesday came to the rescue of a private operator providing heli-services for the Amarnath Yatra pilgrims after its single-engine copter developed some snag at the Panchtarni helipad of the pilgrimage, officials said. A Mi 17 V5 helicopter of the Air Force successfully recovered an AS-350 helicopter operated by a private operator from the Panchtarni helipad, the officials said. They said the challenging mission involved a complex underslung operation from a helipad located at a dizzying elevation of 11500 ft.

After lifting the underslung

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Tiranga Shikara Rally Organised At Dal Lake

SRINAGAR, AUG 1: A 'Tiranga shikara' rally was organised at the Dal Lake here on Tuesday as part of the 'Azadi Ka Amrit Mahotsav' celebrations in the run-up to Independence Day.

The event was organised by Salute Tiranga — a New Delhi-based NGO.

The rally, in which about 150 people participated, took place from Nehru Park to SKICC, from where it went on to Char Chinari, before culminating at the SKICC.

"This is the first time that a tiranga shikara rally has been conducted in Jammu and Kashmir. On Prime Minister Narendra Modi's resolution of 'Har Ghar Tiranga', the youth of the Union Territory has decided that the campaign will continue from August 1 to 15," president of J-K Salute

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Pakistan Gifting Drug Menace To J&K Youth: DGP



■ HT News Network

SRINAGAR, AUG 1: Jammu and Kashmir Director General of Police (DGP) Dilbag Singh on Tuesday said Pakistan is gifting drug addiction to the youth of the Union Territory just like the neighbouring country did with Punjab at the end of militancy.

"This (drug supply) conspiracy is from Pakistan. In Punjab, drugs were introduced by Pakistan after the end of militancy. Police are eradicating

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JK police's SIU attaches property of militant commander in Kupwara district

■ HT News Network

SRINAGAR, AUG 1: Special Investigation Unit (SIU) of Jammu and Kashmir Police on Tuesday attached property of a militant commander operating from Pakistan in Kupwara district of North Kashmir.

Police said the land measuring six Kanals

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Srinagar airport is 3rd highest prof-making airport for AAI



■ HT News Network

SRINAGAR, AUG 01: Srinagar airport is the third highest profit-making airport for the Airport Authority

of India (AAI) which maintains 133 airports across India.

Details available with news agency—Kashmir News Observer

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NIA conducts searches at 7 locations in NGO terror funding case in Kashmir

■ HT News Network

SRINAGAR, AUG 1: National Investigation Agency (NIA) on Tuesday conducted

searches at seven locations in four districts of the Valley in the NGO terror funding case relating to raising of funds for sponsoring terrorist activities, officials of the Agency said.

The Tuesday searches were part of NIA continuing efforts to disrupt and dismantle the terror financing network in Kashmir.

A spokesperson of the NIA said extensive raids were conducted on Tuesday at seven locations in Srinagar, Budgam,

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J&K SET TO ACHIEVE 100% FHTCS BY YEAR END: CS



■ HT News Network

SRINAGAR, AUG 01: Chief Secretary, Dr. Arun Kumar Mehta today kick started

the 'JJM Fortnight' during which senior level officers would visit the site of Jal Jeevan Mission (JJM) works to ensure that

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Close to LoC, Kupwara's Keran takes tourists' breath away, emerges first choice for guests

'Exchange of greetings, waving at tourists across river amid captivating hooting adds charm to destination'



■ HT News Network

KERAN, AUG 01: In a bid to revive Kashmir's leading tourist hotspots like Gulmarg and Pahalgam, Keran, a picturesque border region in north Kashmir's Kupwara district, blessed with the seren-

ity of the Kishenganga (Neelum) river forming the Line of Control between Pakistan occupied Kashmir (PoK) and Jammu and Kashmir, is poised to emerge as a sought-after destination.

The border tourist destination of

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DC Srinagar finalises Action Plan for smooth conduct of SSR of Municipal Electoral Roll-2023

SRINAGAR, AUG 01: The Deputy Commissioner, Srinagar, Mohammad Aijaz Asad, who is also the District Election Officer (DEO) Monday chaired a meeting at Meeting Hall of DC Office Complex, here to review preparations for Special Summary Revision (SSR) of Urban Local Bodies (ULBs)/Srinagar Municipal Corporation electoral roll and finalise the action plan for smooth conduct of SSR in the district.

Besides, Additional Deputy Commissioner (ERO), Syed Shabir Ahmad; Additional Deputy Commissioner (ERO), Syed Ahmad Kataria; Joint Commissioner SMC (ERO), Syed Abul Qasim; Joint Commissioner SMC (ERO), Riyaz Ahmad and Deputy District Election Officer (DDEO) Srinagar, Shakeel Hussain, the meeting was attended by Election Registration Officers (EROs), Assistant Electoral Registration Officers (AEROs), Nodal Officer Colleges, Nodal Officer, SVEEP, Official from District Election Office Srinagar and ERONET Operators of all 8 Assembly Constituencies of Srinagar District.

At the outset, the DEO took a detailed review of the Action Plan for smooth and successful conduct of the Electoral Roll Revision of the Urban Local Body (ULB) to register all eligible electorates in all 08 Assembly segments of the Srinagar District. He also discussed the steps required to

update and finalise the Municipal Electoral Rolls in the district.

Speaking on the occasion, the DEO emphasized the EROs, AEROs and other officials of District Election Authority to put in coordinated efforts to ensure the exercise for Electoral Roll Revision regarding ULB is conducted in all the eight Assembly Constituencies of the district as per laid guidelines of Election Authority.

The DEO directed the Officers to conduct revision strictly in accordance with the ECI guidelines as per schedule and complete the process within the given timeline. He exhorted upon the concerned Officers to take extra care while making the addition of new voters, left out voters, deletion of absent/shifted/deceased electors and modification in the particulars of already registered voters to improve the health of Electoral Rolls and making it error free.

The DEO also asked the EROs and AEROs, Nodal Officer SVEEP and other concerned to remain proactive during conduct of Special Summary Revision to build awareness and activate all their resources for successful conduct of all SVEEP programmes/activities regarding ongoing Revision of Municipal Electoral Rolls across all Assembly segments of the Srinagar district.

He also asked them to create momentum regarding the exercise



from the day first and supervise the process with focused attention to ensure 100% registration of all eligible and ensure no elector is left unregistered keeping in view the limited time period to conduct the exercise.

On the occasion, the DEO was given a detailed overview about the exercise and it was given out in the meeting that the Electoral Roll Revision with July 01, 2023 as the qualifying date is commencing from August 01 with the publication of Draft Electoral Rolls.

Giving activity wise details, the DEO was informed that the period of filing claims and objections for Additions,

Deletions, Corrections and Transpositions is from 01-08-2023 to 11-08-2023. It was also informed that 2 Special Camps for Electoral Registration will be organised at all the Polling Stations of the District on August 6, 2023 (Sunday) and August 10, 2023 (Thursday).

Similarly, the DEO was informed that the disposal of claims and objections shall be made by August 16, 2023 (Wednesday) and date for updation of Electoral Rolls is fixed on August 21, 2023 (Monday). While final publication of Electoral Roll is scheduled for August 25, 2023.

In order to have focused outreach to enroll all eligible electors and con-

cerned Booth Level Officers (BLOs) shall remain available at respective booths with requisite Forms and Draft Electoral Rolls for the assistance of the Electors.

The Nodal Officers from Colleges and Schools of District for SVEEP were asked to conduct special awareness programmes in their respective Educational Institutions so that all eligible young voters are made aware to acquire the power to vote during the ongoing revision of rolls.

During the meeting, it was also informed that the Ward Officers as per the instructions of the Election Department have to depute Polling

Station Level Officers (PSLOs) in respect of all 74 Electoral Wards who will be assisted by Assembly Level BLOs. Each Ward Officer shall ensure distribution of Electoral Rolls and all relevant forms to PSLOs/BLOs falling within their administrative jurisdiction. The Ward Officers shall monitor the daily progress of claims and objections received by each PSLOs/BLOs and shall update the office of District Election Officer, Srinagar as well as Commissioner of the Corporation.

Likewise, all the concerned EROs shall ensure the publication of Draft Electoral Rolls on 01.08.2023 at all the 840 Polling Stations of 74 Electoral Wards of Municipal Corporation of District Srinagar. The Polling Station Level Officers (PSLOs)/BLOs shall remain present in their respective polling areas.

In addition, each ERO has to issue Notice of publication on Form-2 and the notice has to be published across all the 74 Electoral Wards of the Corporation. ERO/AEROs/Ward Officers/PSLOs/BLOs shall ensure availability of sufficient numbers of the copies of draft rolls, forms of claims and other relevant material during the revision period.

Earlier, the DEO was informed that as many as 748081 voters are already registered in all 8 Assembly segments of the District and a total 840 number of polling stations have been designated in Srinagar.

Poor air quality is behind for rise in lung cancer cases among non-smokers: DAK

SRINAGAR, AUG 1: Doctors Association Kashmir (DAK) on Tuesday put responsible the increasing exposure to toxic air for rise in lung cancer cases among the non-smokers.

On world lung cancer day, DAK President Dr Nisarul Hassan said that "Poor air quality is behind the spike in lung cancer cases among non-smokers."

Dr Hassan said evidence has shown that polluted air is associated with increased risk of lung cancer which is the most prominent cancer in Kashmir.

A new ground breaking study conducted at Francis Crick Institute and University College London has revealed that poor air quality can



increase the odds of lung cancer in individuals who do not smoke.

"Researchers have found that increased exposure to fine particles - typically seen in vehicle exhaust and smoke from fossil fuels trigger inflammation which causes cancerous state in lung cells," he said.

The DAK President said the air quality in Kashmir has been constantly deteriorating for the past few years due to the increasing number of vehicles, constructions, brick kilns, cement and other factories which emit pollutants and significantly pollute the air.

"And this is contributing to the enormous burden of lung cancer in the valley," Dr Hassan said.

Dr Nisar said while smoking continues to be an important risk for lung cancer, in Kashmir many people who have never smoked are diagnosed with lung cancer and air pollution is a big factor.

"It is a wakeup call about the damaging impact of air pollution on human health. We cannot ignore climate health. If we want to address human health, we have to address climate health, he said.

"There is an urgent need to control air pollution to reduce the burden of lung cancer in the community and save precious human lives," he added.

Advisor Bhatnagar chairs 54th AGM, 69th BoDs meet of JKAIDCL

SRINAGAR, AUG 01: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today chaired the 54th Annual General Meeting (AGM) and 69th Board of Directors (BoDs) meeting of J&K Agro Industries Development Corporation Limited (JKAIDCL) at Civil Secretariat here.

The meeting was attended by Principal Secretary, Public Works department, Shailendra Kumar; Commissioner Secretary, Industries and Commerce, Vikramjit Singh; Managing Director, JKAIDCL, Dr. Arun Kumar Manhas; Director General Codes, CGM NABARD, Director Agriculture, Jammu/Kashmir, Director Horticulture, Jammu/Kashmir, Director Animal Husbandry, Jammu/Kashmir, representative of department of Agri Cooperative Farmers Welfare, Gol and other concerned officers both in person and through video conferencing.

While chairing the AGM, Advisor Bhatnagar impressed upon the management of corporation to take steps for enhancing and diversifying the business of the corporation. He asked them to prepare 'Business Management Model' of all units of the corpora-



tion for their effective utilisation and development.

During the AGM, the BoDs approved the Director Report and Annual Accounts for financial year 2021-22 for its onward submission.

Meanwhile, in the BoDs meeting, the Board took some significant decisions for improving the overall functioning and performance of the corporation. Various critical matters concerning the organization's operations were also discussed in detail during the BoDs meet. The Board also held robust discussion on the

corporation's business activities and strategies and also deliberated on future plan for the Corporation to make it profit centric.

Speaking during the meeting, Advisor Bhatnagar emphasized on the corporation's commitment to bolstering the agricultural infrastructure in the region. He highlighted the significant strides made in the development of vital agricultural facilities and urged for further collaborative efforts to enhance agricultural productivity and ensure farmers' welfare.

The Advisor stressed upon the management of corporation to

implement key innovative technology-driven solutions to boost agricultural efficiency, identifying investment opportunities to attract private sector participation, and enhancing the reach of agricultural services to remote areas. He encouraged the Corporation to continue its efforts towards improving the livelihoods of farmers and promoting the growth of the agro-based economy in Jammu and Kashmir.

Advisor Bhatnagar also urged upon the management of corporation to explore new opportunities for growth and diversification

to further strengthen the agro-based economy of Jammu and Kashmir. He reaffirmed the corporation's mission to empower farmers, increase their income, and contribute to the overall economic growth of the region.

During the meeting, the BoDs asked the management of corporation to prepare models for augmentation of various business units of the corporation.

Managing Director, JKAIDCL, Dr. Arun Kumar Manhas, on the occasion gave a detailed presentation on the performance of the corporation. He informed the BoDs that the corporation completed four big projects like 60MT ripening chamber at Lal Mandi Srinagar, automation and upgradation of food processing division Khunmoh Srinagar, 320MT cold storage unit at Chenani Udhampur and establishment of petrol pump at Khunmoh Srinagar at the cumulative cost of Rs. 601.84 lacs. Dr. Manhas also informed the Board that JKAIDCL has completed the statutory Audit upto financial year 2021-22 while as the statutory audit of thw financial year 2022-23 is going on, making it the first corporation of Jammu and Kashmir to do so.

Demand for NEET-SS exam centre in Kashmir grows shriller Now National Medicos Organisation writes to NBE for intervention

Srinagar, Aug 01: The demand for the National Eligibility Cum Entrance Test for Super Specialty (NEET-SS) has grown shriller as the National Medicos Organisation J&K has written to the governing body of the National Board of Examination (NBE) for intervention.

The NEET-SS exam is slated to take place on September 9-10, 2023, putting the students with the burden of travelling to Jammu or other states to sit the significant test. On September 4, admit cards are anticipated to be released and around 500 aspirants from Kashmir are scheduled to appear in the examination.

"NBE is conducting an entrance examination for admission in DM/ MCH courses, which is scheduled to be held on the 9th and 10th of September this year. Candidates of the Jammu and Kashmir region are distressed due to the absence of an examination centre in Srinagar. The aspirants are in a quandary, stated by incharge of the resident doctors

association of Skims Institute Srinagar Dr Rubeena and other aspirants. Many candidates were unable to appear in the examination last year owing to no NBE centre in Srinagar," the medicos' organisation has written to NBE, a copy of which lies with the news agency—Kashmir News Observer (KNO).

It said that both travelling via aerial routes or roads connecting the valley to other states may cause hardship due to unpredictable weather or landslides on national highways in J&K. "This obstacle may avert aspirants during their journey. You are being appealed to assign an examination centre in Srinagar for DM/MCH candidates," the letter mentions.

Several candidates who have to appear in the examination told KNO that they will have to spend more than Rs 20,000 per head and at least three to four days of travel to other states to appear in the

examination.

"We aren't against setting up examination centre in Jammu but there is a need for such centres in Kashmir as well, where there are hundreds of candidates," they said. "In case no examination centre was being established in Kashmir, we will have to bear the financial strain of flight tickets, and hotel accommodations besides uncertainty due to the frequent closures on the highway."

The upset candidates have already written to LG Manoj Sinha to intervene at the earliest so that they won't have to suffer.

Various associations including RDA SKIMS and others have also shot letters to the LG seeking his intervention.

Meanwhile, top health officials already informed KNO that they have taken up the issue with the concerned authorities and are hopeful that a centre will be allotted in Srinagar

Young boy carrying sports items in rice bag wins hearts on internet

SRINAGAR, AUG 01: In a unique display of love for cricket, a 13-year-old boy from north Kashmir's Baramulla district was seen carrying gloves, a bag and other sports items in a bag used for carrying rice. A picture of Uzair from Tarhama, Kunzer went viral on social media and the netizens showered love and appreciation to the boy for his enthusiasm towards the sport. Talking exclusively to the news agency—Kashmir News Observer (KNO), Uzair's father, Ghulam Nabi, said his son has immense love for cricket. He used to carry plastic bags, polythene and other bags to carry his cricket items.

"His friends came to call him, but they were not sure whether they could go to play cricket or not, as they don't have a proper kit bag. After seeing them puzzled, Uzair suggested of carrying the sports items in a rice bag (locally known as Buhirr). He made holes in the sides, tied it to his back, and moved on," Ghulam Nabi said. Uzair studies in 6th standard. Nabi said after the picture of his son went viral on social media; he received a kit bag along with a bat. "But if my child gets further support, he will play big as he has great respect and craze for the game," he said

DC Kulgam reviews implementation of COTPA-2003 in district

Rs 78k fine realised from violators up to June this year; district to introduce Tobacco Vendor Licence through Dedicated Portal

■ **Farooq Rather**

KULGAM, AUGUST 01: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of District Level Coordination Committee for National Tobacco Control Programme (NTCP) and reviewed measures for implementation of Cigarettes and Other Tobacco Products Act (COTPA)-2003 in the district.

Addressing the meeting, the DC directed the concerned officers to ensure strict implementation of the provisions of COTPA-2003 across the district.

Besides, he stressed to conduct surveys of shops selling tobacco products around health and educational institutions within a



radius of 100 yards so that a strategy for their control is devised. The DC directed the enforcement teams to intensify the drives for imposition of fine on the offenders in and around the hospitals, educational institutions, Government offices etc adding that this shall give a strong message to the offenders to refrain from such activity. He also instructed NIC and Health authorities to introduce

Tobacco Vendor Licence, which can be availed through a dedicated online portal wherein only license holders shall be authorized for sale of tobacco products. During the meeting, Nodal Officer for Enforcement of the COTPA in the district was directed to ensure imposition of challans on the offenders who smoke at public places. It was intimated that 849 challans, and an amount of Rs 78530

has been realized as fine from offenders during the ensuing year. He was also directed to submit a monthly report regarding the number of challans made and fine recovered besides other controlling measures.

To ensure tobacco free educational institutions, college Principals, Chief Education Officer & Zonal Education Officers were directed to ensure that no sale of tobacco products/cigarettes is made within 100 yards of college and school premises in the district. The meeting discussed the removal of advertisements from public places especially in towns so as to convey one and all, its importance. The district has taken the lead in removal of advertisements from main town Kulgam.

DC Shopian attends Public Outreach programme at Doompورا

Interacts with people, listens to their issues; reviews progress of JJM & other works

■ **HT News Network**

SHOPIAN, AUGUST 01: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today visited Doompura village of the district to interact with people and take stock of ongoing development activities in the village.

The people of Doompura put forth issues of vital public importance including providing potable water facility, construction of bridge, connecting Doompura with Keegam and adjacent villages and other demands.

DC heard them patiently and assured that all the genuine issues of public importance will be solved within the stipulated time frame.

He also visited some development work sites along with officers.

Speaking on the occasion, DC said that the district is all set to achieve saturation in JJM Schemes.



He further said that the District Administration is actively involved in saturating targeted deliverables across all panchayats of Shopian.

The DC directed Jal Shakti authorities present on the occasion to speed up their under execution developmental works and leave no stone

turned in providing the quality water facility to the people.

The DC was accompanied by Executive Engineer, Jal Shakti, Abdul Rashid Wani, AEEs, and officers of concerned departments. A large number of people were present on the occasion.

Director JKEDI felicitates family of Martyrs on their visit to JKEDI

■ **HT News Network**

SRINAGAR, AUGUST 01: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) solemnly honored the family of Captain Tushar Mahajan (Shaurya Chakra) on their visit to JKEDI. This poignant occasion marks a moment of deep reflection and solidarity with the families of these valiant bravehearts who made the supreme sacrifice while serving the nation.

In 2016, Captain Tushar Mahajan (Shaurya Chakra), Captain Pawan Kumar (Shaurya Chakra) and Lance Naik Om Prakash (Shaurya Chakra) exhibited extraordinary courage and unwavering dedication to their duty. Tragically, they laid down their lives at JKEDI Pampore campus defending the country during an act of heroism in the line of duty. Abdul Gani, a devoted JKEDI employee, and two valiant CRPF Jawans, HC RK Rana and HC Bhola Singh also demonstrated unwavering dedication, making the ultimate sacrifice. Their selfless service and unwavering commitment to their work serve as a testament to their bravery, and they shall forever be honored and remembered for

PUBLIC NOTICE

It is informed to general public that I Ghulam Hassan Qureshi want to apply for Date of Birth Certificate of my Daughter. In this regard if anybody having any objection may file the same in the office of BDO Singhpora within 07 days from the date of publication of this notice after that no objection will be entertained.

Name: Saima Hassan
D/o Ghulam Hassan Qureshi
R/o Dusiipora Tehsil Singhpora
Dist. Baramulla
D.O.B: 06-04-2006 LM

PUBLIC NOTICE

I have lost my Date of Birth certificate (DOB) as my DOB is 18/09/1990 Now I am applying for the issuance of Date of Birth certificate from (BDO) office WAGOORA if anybody have any objection in this regard He/She may Contact with BDO office WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name...RUKSANA JAAN
D/OGH MOHIDIN KHAN
R/OTANGWARI BALA k

HT - KASHMIR

DDC Ganderbal reviews progress of FPO formation in district

Directs for guiding FPO's towards formation of sustainable entities

■ **HT News Network**

GANDERBAL, AUGUST 01: A District Monitoring Committee (DMC) meeting held under the chairmanship of District Development Commissioner (DDC) Ganderbal, Shyambir discussed the progress of the FPO formation under Central Sector Scheme on formation and promotion of 10000 FPO's.

Junaid Ahmad Hakim, DDM NABARD who is the Member Secretary of the committee briefed the forum about formation of five FPO's in the district by implementing agencies viz., SFAC, NABARD and NAFED. It was revealed that out of five FPOs, four are of farmers associated with horticulture produces and one is of promotion of vegetables in the district.

The DDC directed all the line departments and



CBBOs to take active part in guiding these FPOs towards formation of sustainable entities.

He directed to take a holistic view of the problems being faced by the farmers and suggest the best practicable medium for the FPO's sustainability for a longer period.

He further directed the FPO members who were present to take advantage of different Govt. Schemes and register with the departments for ranging

benefits under HADP.

The DDC directed the agencies to arrange for buyer - seller meets and explore the potential of different online and offline platforms for better revenue generation for the FPOs.

The meeting was attended by DDM NABARD, LDM, Deputy Registrar Cooperatives, Chief Horticulture Officer, Chief Agriculture Officer, line departments, CBBO's, farmers, CEO's, members from the FPOs and other concerned. Junaid

Ahmad Hakim, DDM NABARD who is the Member Secretary of the committee briefed the forum about formation of five FPO's in the district by implementing agencies viz., SFAC, NABARD and NAFED. It was revealed that out of five FPOs, four are of farmers associated with horticulture produces and one is of promotion of vegetables in the district.

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Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION QAZIGUND NOTICE INVITING E-TENDER

NIT No. 48 OF R&B/QAZIGUND/2023-24 /E-TENDERING/4366-80 DATED: 01-08-2023

For and on behalf of the Lt. Governor, Union Territory of J&K e-tenders are invited on %age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/ Central Governments for each of the following works:-

S. No	Name of Work	Estimated Cost (Rs in Lacs)	Cost of T/Doc. (in Rs)	Earnest Money (In Rs)	Time of Completion	Class of Contractor
1.	Providing and making arrangement on the eve of 15th August 2023 at Head Quarter Qazigund.	0.685/-	200/-	1370	03 Days	DEE Class
2.	Providing and making arrangement on the eve of 15th August 2023 at Head Quarter Devsar.	0.515/-	200/-	1030	03 Days	DEE Class
3.	Providing and making arrangement on the eve of 15th August 2023 at Head Quarter Verinag	0.364/-	200/-	728/-	03 Days	DEE Class

1. The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms- and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

S. No.	Particulars	Dated
1	Date of Issue of Tender Notice	01.08.2023
2	Period of Downloading of bidder documents	From 04.08.2023 (11:00 AM) To 09.08.2023 (04:00 PM)
3	Bid submission Start Date	From 04.08.2023 (11:00 AM)
4	Bid Submission End Date	To 09.08.2023 (04:00 PM)
5	Date and time of opening of bid (online)	09.08.2023 (04:10 PM)
In the office of Executive Engineer PWD (R&B) Division QAZIGUND.		

2. Bids must be accompanied with cost of tender document in shape of Treasury Challan / Receipt (Under MH-0059 PWD) in favour of Executive Engineer R&B Division QAZIGUND (Tender Inviting Authority) (Name of Work to be mentioned on the Treasury Challan / Receipt) (Refer Govt. order No. O.M No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD (2% of advertised Cost) in the shape of CDR/ FDR/ BG pledged to Executive Engineer PWD (R&B) Division QAZIGUND (Tender receiving Authority).

3. All the bidders have to submit Earnest Money/ Bid Security (EMD @ 2% of Advertised Cost) in the shape of CDR/ FDR/ BG. Non submission of Earnest Money/ Bid Security shall render the bidder as Non-responsive.

4. The 1st lowest responsive (Successful) Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/ FDR/ BG in favour of Executive Engineer R&B Division QAZIGUND (Tender receiving authority) within 03 Days before fixation of Contract and shall be released after successful completion of Defect Liability Period (DLP) of the work. Failure to produce Performance Security shall render the L1 as non-responsive and case for debarring of the Contractor for a period of 01 Year be forwarded to Higher Authorities.

5. The Earnest Money Deposit (EMD @ 2% of Advertised Cost) in the shape of CDR/ FDR/ BG of the successful Bidder shall be released after receiving Performance security @ 5% of the allotted cost in the shape of CDR/ FDR/ BG and same shall be released after successful completion of Defect Liability Period (DLP) of the work.

The bidders are requested to quote their rates excluding GST. GST @ 18 Percent shall be added to the contract value by the allotting authority at the time of issuance of allotment.

6. The date and time of opening of Bid shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through e-mail message on their e-mail address. The bid of Responsive bidders shall be opened online on same Web Site in the office of Executive Engineer PWD (R&B) Division QAZIGUND.

7. The bid of the work shall remain valid for a period of 120 days from the date of Opening of Technical bids.

8. The Earnest Money/ Performance Security shall be forfeited if:-

a) Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modification in the terms and conditions of the bid.

b) Failure of successful bidder to furnish the required performance security within specified time period before issue of letter of intent.

c) Successful Bidder fails to execute the agreement within 28 days after fixation of contract.

d) If at any stage of work, the Bidder back up from the contract, again the Performance security/ EMD as well as work done claim will be forfeited.

9. Instruction to bidders regarding e-tendering process.

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

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

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

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

e. Bidders must ensure to upload scanned copy of all necessary documents with bid. Note:- Scan all the documents on 100 dpi with black and white option.

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

11. Scanned copy of cost of tender document in the shape of Treasury Challan / Receipt in favour of Executive Engineer PWD (R&B) Division QAZIGUND (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD in the shape of CDR/ FDR/ BG pledged to Executive Engineer PWD (R&B) Division QAZIGUND must be uploaded with the documents of the bid.

The Original Treasury Challan (Cost of Tender Document), EMD and other relevant bid documents shall be obtained from the lowest bidder before the fixation of the Contract.

12. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In case they should attempt to create similar BOQ manually.

13. Price escalation and taxes: The %age quoted by the bidder entirely in Indian Rupees, shall be deemed to include price escalation and all taxes up to completion of the work. Deduction on account of taxes shall be made from the bill of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

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

15. In case of CRP and other specified project, the relevant guideline/ standard bidding documents shall be followed.

16. Instruction to bidder (ITB)

All Bidders shall upload the following information and documents along with qualifying criteria/ qualification information with the bids.

a. All bidders shall upload Copies of Original Documents defining constitution/ Legal status, place of registration and principal place of Business with Cell No. and Correspondence Address.

All Bidders shall upload Treasury Challan (Cost of tender document) and Earnest Money/ Bid Security.

a. All Bidders shall upload Valid Registration with renewal (Latest), Valid GSTIN No. & Valid PAN No.

b. But the registration card issued by the PWD (R&B) should be renewed by the issuing Department i.e PWD (R&B).

c. The Registration Card should be online available on JKPWD's Website created by JKPWD.

d. All Bidders shall upload Scanned Copy of GSTIN Registration and latest clearance certificate/ Acknowledge Receipt of GST Return Copy "FORM GSTR-3B" Latest Quarter April-June, Latest Month (June-2023)

2. The bidder shall show responsibility and risk should visit and examine the site of work and its surroundings before submission of bid.

3. All the documents relating to the bid shall be in English language.

All construction materials shall be supplied by the contractor at his own cost as per the prescribed specifications

4. If the bidder does not quote for any item of the rate list/ quantity schedule, cost of such item/ items shall be deemed to be part of overall contract value. No rate shall be allowed for such item/ items in the allotment of contract.

5. Bidder must ensure to upload scanned copies of all necessary documents including tender documents fee in terms of soft copies with technical bid. No document(s) which has/ have not been uploaded shall be entertained in the form of hard copy. However, in case of any clarification the bidders shall have to produce original documents in support of soft copies if needed arises.

17. The tender/ bid is liable to rejection if it does not fulfill the requirements laid down in NIT

18. Performance Security shall be released after DLP is over successfully.

19. All other terms and conditions as mentioned in PWD Form 25.

DIPK-6140/23

Dated: 01.08.2023

Sd
Executive Engineer
PW (R&B) Division QAZIGUND//

DC Ramban reviews arrangements at 143 panchayats, 3 municipalities for "Meri Maati Mera Desh" campaign

■ HT News Network

RAMBAN, AUGUST 01: Deputy Commissioner Ramban, Mussarat Islam today reviewed activity wise preparedness for the execution of the plan finalized by the district administration for "Meri Maati Mera Desh" - the nationwide campaign being held under Azadi Ka Amrit Mahotsav.

Additional Deputy Commissioner, Harbans Sharma; Chief Planning Officer, Dr. Kasturi Lal; ACD, Ashok Singh Katoch, DPO, CHO and other concerned officers attended the meeting.

Discussing the arrangements, the DC directed ACD and EOs of municipalities to erect memorial plaques in all Panchayats



and identified locations in MCs as per guidelines. He informed that National Flag will be hoisted around the Amrit Sarovars in 66 Panchayats as well as identified locations in other pan-

chayats of the district besides organizing different events.

The DC directed all the stakeholders to promote the main idea of the programme "Mitti Ko Naman" and "Veeron Ka Van-

dan" and encourage public participation to ensure Janbhagidari. Local veers (heroes) shall be felicitated to acknowledge their contribution towards the country. The families of the free-

dom fighters will also be felicitated as per local custom and tradition, he added.

The DC emphasized the need to celebrate the Azadi Ka Amrit Mahotsav in a grand manner while ensuring the safety of all participants. Participants will be asked to upload Individual Selfie on Campaign Website, "https://yuva.gov.in/meri_maa-ti_mera_desh" and Digital Certificate with social share prompt to be generated.

In addition, 75 indigenous saplings will be planted at each event across 143 panchayats to promote environmental conservation, he added. In each program to be held at gram panchayat the national flag would be hoisted and people would sing the Rashttra Gaan.

DC Jammu inspects arrangements for Independence Day at M.A Stadium

■ HT News Network

JAMMU, AUGUST 01: Deputy Commissioner, Avny Lavansa today conducted on the spot inspection of the arrangements for Independence Day 2023 celebration at M.A Stadium.

The DC inquired about the security arrangements, traffic regulation, seating arrangements, Full Dress Rehearsal, decoration, PAS, Power and water Supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading at the venue of the function and other vital issues. The officers concerned

gave details of security and police deployment besides space identified for the parking of vehicles. She directed them to make fool-proof arrangements in advance for the National event. The Joint Director Information was asked to make the arrangements for Public Address System, Media coordination for proper coverage, Shehnai Vadan besides recommendation of commentators for the event. The DC instructed the Jammu Municipal Corporation and PHE to make adequate provision of drinking water at the venue on the day of I-Day celebrations.

DLSA Udhampur organises awareness program on NALSA, social security schemes

■ M S Nazki

UDHAMPUR, AUGUST 01: District Legal Services Authority, Udhampur, under the guidance of its Chairman District (Pr. Distt. & Sessions Judge), Haq Nawaz Zargar and overall Supervision of the DLSA Secretary, Ajay Kumar, organised an awareness programme on NALSA Schemes and Social Security Schemes.

The Resource person of the Programme was Adv Sanjeet Kr. Bavouria, DLSA Panel Lawyer.

The programme was held at Sallian Talab Udhampur and attended by locals. The resource person highlighted the importance of getting benefits provided by various NALSA Schemes and Social Security Schemes especially Shramyogi Mandhan Yojana, Unorganized Workers Social Security Act, Pradhan Mantri Suraksha Bima Yojana, Pradhan Mantri Jeevan Jyoti Bima Yojana, Pradhan Mantri Jan Arogya Yojana etc. The participants included Unorganized Workers who were informed about the provisions of these schemes.

DHEW-Mission Shakti Kishtwar organises awareness programme

■ HT News Network

KISHTWAR, AUGUST 01: The District Hub for Empowerment of Women, Mission Shakti, under the aegis of Social Welfare Department organised an awareness programme in the Paramedical Nursing College Indira Nagar Kishtwar.

The DHEW members explained about Women Empowerment, fostering Gender equality, Financial literacy, Women Helpline (181) and various Women Welfare Schemes and others.

The participating women were asked to strive for their empowerment and autonomy by becoming a part of the political, social and economic system. "Improvement in the status of women also enhances their decision-making capacity in all spheres of life. There is an immense need to promote the fulfillment of women's potential through education, skill development and employment, giving paramount importance to the elimination of poverty, illiteracy and ill health through laws, regulations and other appropriate measures. Eliminating violence against Women, Eliminating discriminatory practices by employers against women are important areas to be addressed" the speakers said.

They were further told about the importance of financial literacy among women to enable them to make wise decisions with their money, identify financial frauds, realize long-term goals—a child's higher education, buying a house, or establishing a business.

3 MT for HSS scholars held at CUJ Varsity takes lead in holding this globally acclaimed competition

■ HT News Network

JAMMU, AUGUST 01: A globally acclaimed competition among researchers and academia popularly known as 3MT, Three-Minute Thesis Competition was held at Central University of Jammu wherein young researchers participated, today. The 3MT is evolving as one of the best practices of the Central University of Jammu as the Varsity has taken a lead in registering with the University of Queensland to organise 3MT which has been adopted by 200 universities across the globe. The 3MT is a global level competition which was developed by the University of Queensland, Australia with the objective of providing a platform to young researchers to present to effectively explain research

in language appropriate to a non-specialist audience in THREE MINUTES with only one PowerPoint slide.

Young enthusiastic researchers of Humanities and Social Sciences stream from Central University of Jammu and several other universities participated in the 3 MT. Around thirty young researchers from different disciplines of Humanities and Social Sciences had registered who were adjudicated by a panel of judges, Prof. Vijaylakshmi Brara, from The Royal Global University, Guwahati and Prof. Suparn Sharma, Dean, School of Business Studies, SMVD University. The first prize with a cash money of Rs 5,000 was won by Abhigya Langleh NSS from CUJ, second with prize money of Rs 3000 was won by Shivalika Sharma,.

Doda Admin discusses activity plan for 'Meri Mati Mera Desh' Campaign

■ HT News Network

DODA, AUGUST 01: District Administration Doda today discussed the rollout of the 'Meri Maati Mera Desh' campaign in the district. A meeting in this regard was held in the DC office under the leadership of Deputy Commissioner, Vishesh Mahajan. At the outset, the DC highlighted the importance of 'Meri Maati Mera Desh' campaign and said that it aims to foster a sense of unity and pride across all sections of society, celebrating India's rich heritage and patriotic spirit. He expressed that celebrating Azadi Ka Amrit Mahotsav, the hallmark event on the Independence Day 2023, will be paying tribute to the 'Veers' (martyrs) through ceremonies



at all levels across the district. He instructed that under the 'Meri Maati Mera Desh' program, memorial plaques would be placed at Amrit Sarovars, panchayat Ghars, parks and other public places in the memory of Martyrs who sacrificed their precious lives for the national cause. ADDC, assisted by Assistant Commissioner Development, ACP and DPO shall be nod-

al officers for monitoring and implementation of the campaign in the district. ACD Phulail Singh briefed the meeting about different themes under the "Meri Maati Mera Desh" campaign, and gave a detailed outline of the events to be held in the district. It was given out that programmes will be held at each Panchayat and Block between 9th August to 15th August

under the theme "Meri Maati Mera Desh" and stakeholders involved have been asked to make all the necessary preparations well in advance for the successful conduct of the campaign. The Amrit Sarovars, Panchayat Bhavans, and other public places have been identified, and Panchayat wise list of Veers (Martyrs) is being prepared for the installation of memorial plaques. The ACD was asked to identify youth volunteers for Maati-Yatra. Maati-Yatras from Panchayats will be taken to blocks where from it would be collected in earthen urns for forward journey to New Delhi by these youth volunteers from each block for construction of the National Memorial at Kartavya Path.

DM Rajouri discusses defence land issues with Army and Revenue officers

■ HT News Network

RAJOURI, AUGUST 01: District Magistrate Rajouri, Vikas Kundal, today chaired a joint meeting of revenue and Army officers to address various issues related to defence land, acquisition, de-requisition of immovable property, attestation of mutations and rental issues. The meeting was held to ensure coordination between the Defence and revenue offices and to resolve minor issues. Vikas Kundal stressed the importance of coordination among the officers to achieve maximum results and advised for holding regular meetings of revenue officers, ADEO office, and



Military officers to address minor issues effectively.

The joint verification of land by civil and military authorities was also discussed, emphasizing the need for accurate and transparent processes.

The officials also discussed the attestation of mutations and the meeting aimed to find solutions to streamline the process. Regarding the demarcation

of land, the revenue officers were directed to complete the pending demarcations at the earliest.

The meeting was highly productive, with both revenue and Army officers collaborating to find solutions to the issues related to defence land. The District Magistrate highlighted the importance of timely resolution of issues to avoid any delays.

ADDC Kishtwar reviews performance of Agriculture, allied Sectors

■ HT News Network

KISHTWAR, AUGUST 01: Additional District Development Commissioner (ADDC) Kishtwar, Sham Lal, today chaired a meeting to evaluate the progress and functioning of the Agriculture, Horticulture, Animal and Sheep Husbandry departments in the district. Joint Director Planning, Mohammad Iqbal; CAO, Amjad Hussain Malik; CHO Sajid Mustafa; LDM Pankaj Bhadani, besides representatives of agriculture & allied departments attended the meeting. During the meeting, the focus was on devising a comprehensive Action Plan and implementation of different interventions at the ground level to facilitate development of agricultural and allied sectors.

The ADDC emphasized the need to adopt a range of hard, soft, and technological interventions to significantly enhance income of farmers associated with agriculture, horticulture, animal husbandry, sheep husbandry, fisheries and sericulture



sectors. To ensure seamless farming operations, the availability of sufficient quantities of seeds and fertilizers was stressed upon by the ADDC. The Agriculture Department was directed to ensure the availability of superior quality seeds that meet prescribed standards. Regarding the ongoing Kisan Sampark Abhiyan training program under the Holistic Agriculture Development Programme (HADP), it was reported that 125 panchayats out of 136 have been covered, benefiting 19,822 farmers through proper guidance and training. The remaining panchayats are scheduled to be covered by or before 31st August 2023.

Secretary Health visits Udhampur, inspects works on ongoing projects

■ HT News Network

UDHAMPUR, AUGUST 01: Secretary, Health and Medical Education, Bhupinder Kumar today conducted extensive tour of district Udhampur and took stock of works on major ongoing projects of the district including construction of new Government Medical College here.

The Secretary was accompanied by Deputy Commissioner, Sachin Kumar Vaishya Director Coordination new Medical Colleges, Joint Director Planning, H&ME, Chief Medical Officer besides officers of executing agencies during the visit.

Bhupinder Kumar, during

the tour, visited construction sites of 200 bedded district hospital, make shift building of GMC Udhampur, as well the library and took first hand appraisal of all the ongoing works there.

He directed the concerned executing agencies for expediting pace of works on these projects and complete them in a time bound manner by way of deploying additional manpower and increasing number of shifts at the construction sites.

The Secretary also directed Principal GMC Udhampur to monitor the progress and regularly review these projects to ensure their smooth and seamless completion. He also emphasized to ensure that the makeshift



college building of GMC is completed as per the given timeline of 15th August in all respect so that the college is ready to receive 1st batch of MBBS students in September.

Later, Secretary, Health also chaired a meeting with officers and faculty members of GMC Udhampur and stressed upon them to render their services with utmost care, compassion

and professional integrity, keeping patient care at the core. He impressed upon the medical fraternity for improving public service delivery through various schemes and leveraging the

latest online initiatives of Health and Medical Education Department.

In the meanwhile, Bhupinder Kumar also visited the construction site of Boys Hostel building and inspected the ongoing pace of work. He directed the concerned officers to expedite the progress on work for timely completion of the residential accommodations with decent facilities so that the students are facilitated.

Among others, Director Coordination New Medical Colleges, Joint Director Planning, H&ME, Chief Medical Officer and other officers besides executing agencies were accompanying the Secretary.

GDC Vijaypur organises awareness activities under Nasha Mukh Bharat Campaign

■ HT News Network

SAMBA, AUGUST 01: NSS Unit (KHIDMAT) of Government Degree College, Vijaypur, in collaboration with Red Ribbon Club of the college, today organised a series of awareness events under the umbrella of Nasha Mukh Bharat Abhiyaan, Azadi Ka Amrut Mahotsav, Mission LiFE and G20 in the College campus. The College Principal, Dr. Vandana Gupta briefed the students, teachers and other staff about creating awareness about the hazardous consequences of substance abuse. She also administered an anti-drug pledge to the students and staff members i.e. "To fully stand with the Government in its fight against the usage, consumption and manufacturing of illegal narcotic substances and to contribute with utmost dedication towards the growth of Jammu and Kashmir and welfare of its people." A documentary was also screened on the occasion to highlight the importance of treating people.

EDITORIAL

Air Quality Crisis : Lung Health of Non Smokers at Immense Risk...

In a recent statement, the Doctors Association of Kashmir (DAK) has shed light on an alarming health concern - the rise of lung cancers among non-smokers due to poor air quality. This revelation serves as a stark reminder that air pollution poses a grave threat to public health, affecting even those who have never smoked a single cigarette in their lives.

The quality of the air we breathe has a profound impact on our well-being. While the harmful effects of smoking have been well-documented for decades, the detrimental consequences of polluted air on non-smokers have been largely underestimated. The DAK's assertion brings to the fore a crisis that demands immediate attention from both policymakers and the public.

Air pollution is a complex amalgamation of various harmful particles and toxic gases that infiltrate our respiratory system, causing widespread health issues. Fine particulate matter like nitrogen dioxide, sulfur dioxide, ozone, and volatile organic compounds are some of the major culprits that damage lung tissue and increase the risk of lung cancer among non-smokers.

Non-smokers often have a misplaced sense of security, assuming that they are immune to the dangers of lung cancer. However, as the DAK highlights, it is time to dispel this myth and acknowledge that breathing in polluted air is a risk factor that should not be underestimated.

The impact of poor air quality on non-smokers is far-reaching and insidious. Long-term exposure to pollutants can lead to chronic respiratory diseases, such as asthma and chronic obstructive pulmonary disease (COPD), and even cardiovascular problems. Additionally, children and the elderly are particularly vulnerable, with their developing or weakened respiratory systems at greater risk of irreversible damage.

Addressing the root causes of air pollution is a complex challenge that requires a multi-faceted approach. Governments at all levels must implement stringent environmental policies to reduce emissions from industries, transportation, and other sources. Investing in renewable energy sources and promoting sustainable practices can also contribute significantly to curbing pollution.

Individual responsibility is equally crucial. We must recognize the collective impact of our daily choices, from using public transportation to reducing energy consumption and opting for cleaner alternatives. By adopting eco-friendly habits, we can collectively create a healthier environment for everyone, including ourselves and future generations.

Furthermore, robust public awareness campaigns are essential in educating communities about the dangers of air pollution. Through education, people can be empowered to protect themselves from hazardous air quality and become advocates for cleaner air policies.

The recent statement from the Doctors Association of Kashmir serves as a wake-up call for societies worldwide. It serves as a reminder that air pollution is an equal-opportunity menace, sparing no one, regardless of their smoking status. Ignoring this crisis would be detrimental to public health, and urgent action is the need of the hour.

As we grapple with the adverse effects of climate change and strive for a more sustainable future, let us prioritize the health of our lungs and work collectively to combat air pollution. By safeguarding the air we breathe, we can mitigate the rise of lung cancers in non-smokers and secure a healthier, brighter tomorrow for generations to come.

Empowering Youth: Unlocking Tomorrow's Potential



Kashmir's Renowned Educational Columnist Aubaid Akhoun has rightly said "The youth's journey is a tumultuous path, filled with challenges and hidden battles. Let us strive to understand and support them, for within their struggles lies the potential for remarkable growth and transformation."

(Aubaid Akhoun)

It is common to hear statements like "youth kharab ho gaya hai" (the youth has gone astray), "they don't know what struggle is," or "they are 17 or 25 but act like they're 40," and so on. However, it is important to understand the age groups that fall under the category of "youth." The United Nations defines youth as individuals between the ages of 15 and 24, while India's National Youth Policy 2023 defines youth as individuals between the ages of 13 and 35.

Criticizing: As humans, we tend to be good at criticizing others and being judgmental because it is easy to spot flaws in people or things we encounter. Appreciation, on the other hand, requires a critical perspective and thinking behind it, and it takes time to pause and truly listen or observe something in order to appreciate or understand it. Perhaps this is why we choose to say "youth kharab ho gaya hai" (the



youth has gone astray) instead of asking why the youth is going astray.

Financial Problems: When a youth faces financial crisis and is forced to drop out of college or school, do we understand their pain and frustration? Family crises, such as disputes between parents or the serious illness of a family member, can push them into taking on responsibilities at an earlier age. The fear of the future due to various reasons like unemployment and other issues also burdens the youth in their day-to-day lives. These hidden reasons can lead them towards destructive paths such as drug abuse, suicide, or other forms of distraction.

We often talk about rehabilitation centers and counseling sessions, but these are steps taken after a storm has hit. What needs to be done is to create a peaceful and positive environment within our institutions like colleges, schools, campuses, offices, and other sectors where a significant portion of the youth works or studies. The inspirational figures in the lives of the youth, such as teachers, professors, academicians, parents, and others, need to contribute and understand their roles as well because the youth is going through a lot. Furthermore, fostering open lines of communication is essential. Creating spaces where the youth

feel comfortable expressing their concerns and seeking guidance without fear of judgement is vital. Encouraging dialogue and active listening enables us to gain insights into their struggles and tailor support accordingly.

"The youth, unencumbered by pre-conceived limitations, possess the audacity to challenge norms, break barriers, and redefine what is possible. Let us unleash their boundless potential and watch them soar to new heights of innovation and inspiration."

The Author is a student of Amar Singh College and can be reached at sumanlone86@gmail.com

Defying Economic Sanctions, Russian Economy Set To Grow In 2023

Big Increase In Indian And Chinese Oil Imports Helps Moscow's Recovery



Arguments, debates and surprises spun on Russia circumventing the fall out of US led western sanctions and hoping for a bounce back in the economy. About 37 countries have imposed sanctions on Russia since the invasion of Ukraine in February 2022.

Russian economy shrank by 2.1 percent in 2022, but was positive for bounce back in growth in 2023. According to latest IMF outlook, GDP of Russia is expected to inch up by 0.7 percent in 2023. These demonstrate that Russian economy avoided recession, unlike Japan and Germany, which are more damaging to the economy in the longer term.

Russia is the 8th largest economy by nominal GDP and 6th largest economy by PPP. Oil and gas accounted for about 40 percent of Russia's federal Budget Revenue and 60 percent of exports in 2019.

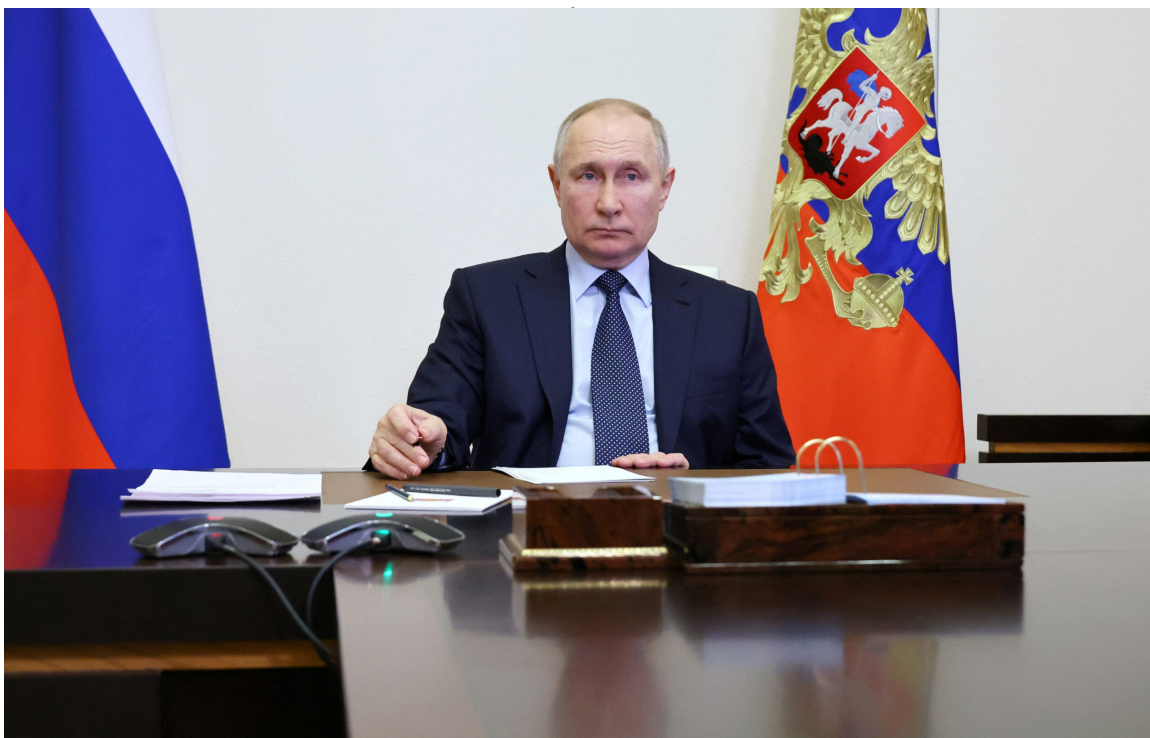
The underlying factors leveraging Russian resilience to economic distress were energy trade. Buoyancy in trade with India and China played a key role in boosting Russian resilience. Surging imports by India and China from Russia triggered revenue exchequer to save the Russian economy from the distress.

In 2022-23, India's imports from Russia spurred by 368.2 percent. It is a consequential leap over and above the spur in imports in the preceding year. India's imports from Russia increased by 79.9 percent in 2021-22.

So did the China's bubbling growth in imports from Russia. In 2022, China's imports from Russia leaped by 43.4 percent. For the first time, Russia became one of the top ten trade partners of China. Much to the surprise and which is unusual, China borne the trade deficit with Russia. In 2022, China's import from Russia was US \$ 114.5 billion, against export of US\$ 76.1 billion, leaving much cushion to Russia to earn revenue to tide over the war and sanction fall out.

In both the cases, energy was the primary reason for surge in imports from Russia. During 2 years period preceding Ukraine invasion (2020 and 2021), annual average of oil export by Russia to the world was about 261.5 million tonne. Assuming the same amount of export was generated in 2022, India and China accounted for nearly 50.5 percent of Russia's total oil export, against 39.1 percent in 2021. Of these, China accounted for 32.9 percent and India 17.6 percent shares.

Even though China accounted for more share in



import of crude oil from Russia in 2022, in terms of growth, India excelled China. In 2022, China imported 86.3 million tonne, as compared to 79.6 million tonne in 2021, showing a growth by 8.4 percent in 2022. In contrast, India's import of crude oil from Russia made an whopping jump by 2,605.9 percent in 2022- from 1.7 million tonne in 2021 to 46.0 million tonne in 2022. These demonstrate that India has played more active role in revving up Russia's revenue budget, despite the war and sanctions.

Conversely, Russian oil made a predominant entry in Indian oil basket. From merely 4 percent in the oil basket, Russian share in the Indian oil basket leaped 20 percent in 2022-23. This manifests a new era with a major shift to Russia, leaving OPEC in the back bench for import of oil.

To tide over the sanctions, India and Russia have set up alternative arrangements. Indian refineries have accepted Russian insurance. Russian oil suppliers are trying to handle Urals oil transport to India themselves, using their own vessels and shipping arrangement.

Besides oil, India's large imports of fertilizer kept Russian coffers supplemented by enhancing revenue. India's import of fertilizer from Russia increased by 293.9 percent in 2022-23, in value term. Oil and fertilizer accounted for 73.7 percent of total import

of India from Russia in 2022-23, as compared to 32.9 percent in 2021-22. This manifests that it is not only in energy, but in agricultural development also, Russian cooperation has become imperative.

De-dollarization has become a timely support to Russia to fight sanctions. The fall out led to global partisan trade, leading shadow on the prominence of dollar based trade. Nearly 75 percent of China's import from Russia in 2022 was settled in Chinese currency yuan.

Following suit, India revived its Rupee trade arrangement with Russia. Indian government permitted nine Indian banks to open vostro accounts with Russian banks. This will facilitate to deal with Russian oil in rupee trade in currency swapping deal. Indian UCO bank has opened the vostro accounts with Russian Gazprombank and VTB banks.

In sum, Russian vulnerability as a trade partner of India has no basis rather there are more benefits. India saved US \$ 3.6 billion by importing oil from Russia in the first ten months of 2022-23, according to the statement by the Minister. India has been benefited through energy and fertilizer ties with Russia, same is the benefits to Russia at this time of sanctions.

(IPA Service)

NICK FRENCH

He's a political outsider running on a progressive platform who narrowly won a mayoral election against a well-connected, business-friendly, Republican-backed Democrat. His opponents are in hysterics. And now that he's in office, he'll have to face down a hostile political establishment, which will likely try to derail most of his proposed agenda for the city.

All of this describes the situation confronting Brandon

emergency medical technicians (EMTs) rather than police to address emergency mental health calls. Johnson has also called for \$800 million in new taxes on the rich to fund generous investment in jobs, public schools, housing, and social services. In trying to enact this program, Johnson is up against powerful foes. Most immediately, Johnson is likely to face strong opposition from more conservative members on the Chicago City Council itself. A worst-case scenario would be a repeat of the "council wars" under the progressive Harold Washington, Chicago's first black mayor, in which aldermen opposed to Washington organized to block all of the mayor's initiatives.

Bernie Sanders dealt with council wars of his own after his first election victory. He improbably became Burlington's first socialist mayor by winning with a razor-thin margin in a

His victory shocked and dismayed the local Democratic Party establishment that had long dominated Burlington politics. The Democrats on the city council went to fairly extreme measures to try to limit Sanders to one term as mayor.

According to Sanders, when he took office in 1981, he had only two allies on the city council: Terry Bouricius, a fellow socialist who had won on the progressive Citizen Party line, and Sadie White, an independent. Then there were three Republicans and eight Democrats. Burlington's city charter gave the mayor the authority to appoint various staff positions, but the Democrats and Republicans on the city council rejected all of Sanders's appointees, and even fired the secretary he had just hired.

On this score, at least, Johnson is perhaps beginning his

ability to maintain and expand the legislative coalition around these groups, including by primarying his neoliberal opponents and empowering allies.

These popular initiatives no doubt aided Sanders and the Progressive Coalition in boosting turnout and shifting Burlington's balance of power in subsequent elections, first in the city council race and then in the 1982 mayoral campaign. Sanders boasts that, between the mayoral election in 1979 preceding his first campaign and his first reelection campaign, turnout nearly doubled, from seven thousand to 13,320. Support for Sanders and the Progressives was concentrated in lower-income and working-class wards, where he won nearly 70 percent of the vote in 1983.

Brandon Johnson can also build popular support for his agenda and the coalition behind him by creatively using executive action and promoting government participation. Johnson issued a handful of executive orders immediately upon being sworn in, including one that "instructs the Office of Budget and Management to prepare an analysis of all resources in the City's FY2023 budget that are available to fund youth employment and enrichment programs" and another establishing a deputy mayor of labor relations, tasked with "improving working conditions, advancing new job opportunities for employment, and protecting workers' rights," among other responsibilities. The executive orders also created similar positions for immigrant rights and community safety. Hopefully, Johnson will continue using his mayor's pen to expand the remit of city government and fulfill his campaign promises wherever possible. Doing so may be necessary to get around potential intransigence on the city council, as it was for Sanders, and help Johnson rally and energize his supporters.

The opposition to Johnson will not just come from the city council, of course. Immediately after he won, Bloomberg ran a report quoting financial and business executives voicing serious concerns about the incoming mayor's plans to impose new taxes; these executives are more or less threatening a capital strike. Meanwhile, John Catanzara, president of Chicago's Lodge 7 of the Fraternal Order of Police, said before Johnson's victory that there would be "blood in the

How Johnson ultimately governs will in part be a function of what kind of public pressure he faces from CTU and other activists and social movements. Even Sanders was not immune to compromising in the face of business's power. In his first year, he angered environmentalists by greenlighting a wood-chip burning plant that later caused "long-term environmental issues for the city," according to Marcetic. And activists claim that the city's large public waterfront beautification project, for which Sanders has long taken credit, would have been blighted by high-rise condos and a hotel if not for public opposition. It was only because activists helped kill Sanders's original, more business-friendly proposal, they say, that much of the waterfront has been reserved for public use.

(IPA Service)
Courtesy: Jacobin

Chicago's Newly Elected Socialist Mayor Brandon Johnson Is A Big Hope For American Left

A Protege Of Bernie Sanders, He Has Big Potential To Take Pro-People Measures

Johnson, who was recently inaugurated after beating conservative Democrat Paul Vallas by a four-point margin to become Chicago's newest mayor. But it also would have been an apt characterization of Burlington, Vermont, in 1980, when a young Bernie Sanders had just squeaked out a victory in his first mayoral campaign.

There are also, of course, many differences. Chicago in 2023, with a racially diverse population of 2.75 million, is a very different city, facing different opportunities and challenges, than the 38,000-person Burlington of the early 1980s. Johnson certainly has a much bigger and tougher task governing his city than Sanders did. Still, some of what Sanders was up against as mayor of Burlington — and what he did to overcome fierce opposition — will be relevant to Johnson's mayoralty. Here are a few lessons Johnson might take from Sanders's "outsider" approach to governing as mayor.

Johnson's campaign platform included support for "Treatment, Not Trauma," which would reopen health clinics closed by former mayor Rahm Emanuel and send social workers and

four-way race against longtime incumbent Gordon Paquette. (The original vote count had Sanders winning by twenty-two votes; a recount reduced that margin to ten.)

Paquette, a Democrat, had been in the mayor's office since 1971; he largely deferred to business interests. "The urban renewal projects Paquette ended up supporting displaced communities and, combined with the county's exploding population, raised rents and shrank the pool of available housing," Branko Marcetic wrote of his tenure as mayor. "Meanwhile, as the city's finances grew tighter, Paquette opted to cut services and fight demands for better pay and benefits from city employees."

Sanders, like Johnson, had run a progressive campaign, with a platform of reducing property taxes, which he regarded as "regressive and unfair," and shifting the tax burden to businesses and wealthier residents. (Johnson also pledged not to raise property taxes.) He additionally campaigned on rent control, opposing new developments that would displace low-income residents, and raising salaries for city workers.

mayoralty on more favorable terrain than Sanders. Johnson's agenda will likely have the support of much of Chicago's city council members backed by the Chicago Teachers Union (CTU), which totals about two-fifths of aldermanic seats, including the six occupied by Democratic Socialists of America (DSA)-backed council members.

Johnson himself is a product of the militant CTU. For the past decade, the CTU has been building an independent, member-based political organization, United Working Families (UWF), that backs defenders of public education and other working-class causes. (In addition to Johnson, UWF has elected a number of aldermen, county commissioners, and Illinois state legislators, as well as one member of Congress, Representative Delia Ramirez.)

Along with other growing left groups like DSA, UWF has the potential to be the beginning of a party-like alternative to the neoliberal Democratic Party establishment in Chicago. If and when Johnson does face opposition to his platform on the city council, whether he succeeds will depend on his

Centre Must Take Up Action Plan Rather Denying Heatwave Deaths

REPRIMANDING DOCTOR ADMITTING LINKED DEATHS IN U.P. UNFORTUNATE

DR. GYAN PATHAK

Deaths linked to heatwave conditions or exacerbated by it causing about 100 deaths within a span of few days in Uttar Pradesh and Bihar must be taken as wake-up call for India, for it requires urgently putting in place the heat action plan for health to save human lives, rather than denying by government as it has unfortunately happened in Uttar Pradesh, where the government reprimanded and even replaced the doctor who said that the patients died of heatstroke.

Dr. Diwakar Singh, who was chief medical superintendent of Ballia district, had told media persons of Friday that 34 people had died of heatstroke at the main hospital under his oversight. The Uttar Pradesh government on Saturday took action against the doctor, reprimanded and replaced him for prematurely drawing that conclusion. A scientific team was formed at the state capital Lucknow and then sent to investigate the causes of death of at least 54 people in Ballia district, who were brought to the government hospital having complaint and symptoms of heatstroke. Dozens of them were brought at hospitals in the last three days between June 15 and June 17.

It was not only the conclusion of Dr Diwakar Singh. Another doctor, chief medical officer of Ballia District, Dr Jayant Kumar has further said that 23 people died of heatstroke in the district on Thursday, and 11 more on Friday, while adding that the "number of deaths has been more than normal." He had even told the media that most of the dead being elderly people suffering from different ailments like diabetes.

Though the government officials are on denial mode, perhaps due to failure of not



properly putting the heat action plan for health in place and a wish not to be exposed in the eyes of the people, pushing back against linking the deaths to heatstroke.

However, Dr SK Yadav who has taken charge in place of the removed Dr Singh, has said, "Elderly patients with comorbidities like hypertension and diabetes are expiring because of heat." He even told media that the deaths were more than normal, and the excessive heat was to blame for the high death toll, whatever the exact link may be.

After about 100 deaths in India, including 54 in Ballia and 42 deaths in Bihar in two days, the government officials have advised

the people in the country especially the elders to remain in their home during peak heat times in the day. Out of 42 deaths in Bihar 35 had occurred at two hospitals in the state capital Patna.

The state capital authorities in Lucknow in Uttar Pradesh have said that most of the patients died were over 60 years of age with pre-existing health conditions, which may have been exacerbated by the severe heatwave. Dr Yadav in Ballia has said on Sunday that some 300 patients had been admitted to district hospitals in the last three days for various ailments aggravated by heat, while in Patna, authorities said that over 200 patients have been brought in hospitals

with complaints linked to heatwave, diarrhoea and vomiting.

Heatwave must be taken seriously in these circumstances, since India has been heading towards an unprecedented temperature rise, as it has been warned by Indian and international meteorological organisations. El Nino conditions are likely to bring hotter days ahead impacting even monsoon and winter.

It also must be noted that heatwave condition prevailed this year in February, ie one month ahead of last year, and had broke the record since 2019. Even last year, in March and April, India suffered brutal heatwave conditions. March 2022 was the hottest and

driest in 120 years, with temperature soaring to 8 degree above normal, and in the entire year the country underwent 200 days of heatwave conditions, which was five times of the 2021. India saw a 55 per cent increase in deaths due to extreme heat between 2000-04 to 2017-21, and according to Indian Meteorological Department (IMD), 10,545 people lost their lives to hot waves. However, NCRB of India, cites only about half of the figure.

IMD has issued a heatwave warning for about 10 states and UTs — which included certain areas of Chandigarh, Jharkhand, Maharashtra, Odisha, Telangana, Andhra Pradesh, Bihar, West Bengal, Madhya Pradesh, and Uttar Pradesh. Though, IMD has said that heatwave conditions are expected to gradually abate from these regions within few days from now, it should not be taken as alibi for not implementing the heat action plan of the country in the right earnest. Certain actions were taken as extension of closure of schools for summer vacations, issuing certain health advisories for people, and for workers 75 per cent of whom are exposed to heat, but these are too little to deal with the heatwave conditions with the emerging climate crisis.

IMD declares a heatwave conditions when either maximum atmospheric temperature exceeds 40 degree Celsius or 4.5 degree above normal, and severe heatwave condition when maximum temperature remains above 40 degree Celsius or 6.4 degree higher than the normal. Then there is the dangerous Wet Bulb Temperature (WBT), of which even 31 degree Celsius is exceedingly harmful to humans, while a temperature of 35 degree Celsius is considered unsurvivable if continues for more than 6 hours. We cool ourselves by evaporation, and hence WBT is measured by wrapping a piece of wet cloth around the end of the thermometer.

(IPA Service)

Absolute Breakdown Of Constitutional Machinery In Manipur: Supreme Court

■ HT News Network

New Delhi: In scathing remarks against the government over the ethnic violence in Manipur, the Supreme Court said today that there has been an absolute breakdown of constitutional machinery in the state for the past two months.

Terming the investigation "tardy" and "lethargic", Chief Justice of India DY Chandrachud, who is heading the bench, said there has been a delay in FIRs being registered and statements being recorded. The court has also demanded the personal presence of the Manipur Director General of Police during the next hearing on Monday.

The Supreme Court's comments are likely to give further ammunition to the Opposition, which has been demanding the removal of Manipur Chief Minister N Biren Singh and the imposition of President's Rule in the state.

When the hearing began this afternoon, Solicitor General Tushar Mehta informed the court that 6,523 FIRs related to the violence have been registered, and 11 of these per-



tain to crimes against women and children. He said the data was part of a status report that he is submitting to the court.

Mr Mehta told the bench that seven people, including a juvenile, have been arrested in the case related to the horrific video of the women who were paraded naked and allegedly gang-raped. Justice Chandrachud asked whether the policemen accused of handing over the women to the mob have been interrogated, to which Mr Mehta said it may not be possible to get the information overnight.

The CJI then sought details of another incident in which two women were gang-raped and murdered.

Prefacing his answer with a disclaimer that they had gone through over 6,000 FIRs in one night and

there may be some errors in the data, Mr Mehta told the bench that a Zero FIR was registered on May 15 and it was converted into a regular FIR on June 16. When the CJI asked whether any arrests had been made, the Solicitor General said he did not have information on that.

While going through the report submitted by Mr Mehta, the CJI pointed out that an FIR was dated July 26 for an incident that happened on May 4.

"Except for one or two cases, there are no arrests in other cases? The investigation is so lethargic. There has been a delay in filing FIRs, no arrests. For the past two months, has the situation not been conducive for even recording the statements of the victims," CJI Chandrachud

asked.

"The state police is incapable of investigation. They have lost control. There is absolutely no law and order... There has been an absolute breakdown of constitutional machinery in Manipur for the past two months," an angry Chief Justice said.

The Solicitor General informed the court that 252 people had been arrested so far in connection with the 6,523 FIRs. He assured the CJI that there won't be any lethargy on the part of the government and said that the centre was open to transferring all 11 FIRs to the CBI.

"There are about 6,500 cases. We want to see the serious cases. You can't transfer everything to the CBI. We have to put a mechanism in place," the CJI said.

Noting that there have been 150 deaths in Manipur since the violence broke out on May 3, Justice Chandrachud said that the material provided to the court was inadequate. "State must carry out the exercise of breakup of FIRs, how many FIRs concern murder, rape, arson, looting, outraging modesty, destruction of places of religious worship and grievous hurt," he said

Haryana On Alert After Communal Clashes Leave 4 Dead, 30 Injured

Gurugram/New Delhi: Four people, including two Home Guards, were killed, and at least 30 others injured in clashes that broke out between two groups in Haryana yesterday. The clash started during a religious procession in Haryana's Nuh, adjoining Gurugram.

Police said the Home Guards were shot dead as a mob tried to stop the religious procession in Nuh's Khedla Mod, throwing stones and setting cars on fire. A 26-year-old man was killed late last night after a mob attacked a mosque in Gurugram as the violence spread to the neighbouring district, while the identity of the fourth man who died in the violence is yet to be ascertained.

The Brij Mandal Jalabhishek Yatra, organised by the Vishwa Hindu Parishad (VHP), was stopped by a group of young men on the Gurugram-Alwar National Highway.

As the violence escalated, government and private vehicles were targeted by the mob. Towards evening, violence spread to the Gurugram-Sohna highway, where several cars were torched and stones were



thrown at the police, sources said.

About 2,500 people, who had come to Nuh to take part in the procession, were stranded in a temple due to the violence outside. They were rescued by police later in the evening.

Incidents of stone-throwing and arson were reported from parts of Palwal and Gurugram as well. Curfew has been imposed in Nuh to prevent further escalation of violence in the district. Prohibitory orders banning large gatherings have been put in place in Gurugram, Palwal, and Faridabad as well.

Police have registered about 20 cases and detained more than 20 people in connection with the communal violence. They are scanning footage from the security cameras to iden-

tify the rioters.

Internet services have been suspended in Nuh till tomorrow to contain the "intense communal tension" and stop the spread of misinformation and rumours. The situation in the town continues to be tense. However, there were no reports of any fresh violence today.

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 had circulated the video a few days ago.

Haryana Chief Minister Manohar Lal Khattar and other leaders have appealed to people to maintain peace and harmony. "Today's incident is unfortunate. I appeal to all the people to

maintain peace in the state. The guilty will not be spared at any cost, and strictest action will be taken against them," the Chief Minister said.

Security around religious places in the violence-hit districts has been strengthened. Both the police and administration are holding meetings with prominent members of both communities to ensure peace. About 2,500 people, who had come to Nuh to take part in the procession, were stranded in a temple due to the violence outside. They were rescued by police later in the evening.

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Mob Burns Restaurant, Shop In Gurugram Day After Communal Clashes

■ HT News Network

The ripples from yesterday's communal clash in Haryana's Nuh -- which claimed five lives and left at least 70 people injured -- has reached Badshahpur, 40 km away. Restaurants and shops were vandalised and torched by a mob this evening amid religious chants. A row of shops and shanties have been reduced to cinders.

Violence broke out during a religious procession yesterday in Nuh, following what many say is an objectionable video that went viral. As a mob attacked the procession with stones, the 2,500-plus participants rushed into a temple to take shelter. The violence escalated as the evening progressed -- a mosque was torched post midnight, scores of vehicles torched and vandalised as mobs went on rampage in Nuh and neighbouring Gurugram. The dead include two security personnel and two civilians, one of them a cleric of the mosque. The people who had taken shelter in the temple were rescued close to midnight.

Arvind Kejriwal Says Nuh Violence "Deeply Troubling", Appeals For Peace

■ HT News Network

New Delhi: Delhi Chief Minister Arvind Kejriwal on Tuesday termed the communal violence in neighbouring Haryana "deeply troubling" and appealed to the state's people to maintain peace and brotherhood at this critical time. He said people need to unite and defeat the forces against peace and politics of violence. Five people have been killed in the violence. Four people, including two home guards, died and many others injured in Nuh, where mobs tried to stop a Vishva Hindu Parishad procession, while a naib imam was killed at a mosque in Gurugram. In a tweet in Hindi, Arvind Kejriwal said, "The communal violence in Haryana's Nuh (Mewat) is deeply troubling. After Manipur in the Northeast, now such an incident in Haryana is not a good sign." He further said, "I appeal to the public in Haryana with folded hands to maintain peace and mutual brotherhood at this critical time. Together, we have to defeat the forces against peace and the politics of violence."

In Setback For AAP, Naveen Patnaik's BJD To Back Centre On Delhi Services Bill

■ HT News Network

New Delhi: The Aam Aadmi Party today suffered a huge setback in its fight against the Delhi services bill as Odisha Chief Minister Naveen Patnaik-led Biju Janata Dal's support to the Centre has assured the bill will comfortably sail through the half-way mark in the Parliament. Sources said the BJD will also oppose the no-confidence motion moved by opposition bloc INDIA against the BJP-led Centre. The decision of Odisha's ruling party, which has nine MPs in Rajya Sabha, will help the government cross the halfway mark in the upper house, where the BJP-led NDA does not have full majority on its own. YSR Congress Party of Jagan Reddy, which has nine members in Rajya Sabha and 22 in Lok Sabha,

"Violence In Name Of Religion Can't Be Tolerated In India": Congress Chief

■ HT News Network

New Delhi: Congress president Mallikarjun Kharge on Tuesday said violence in the name of religion cannot be tolerated in 21st-century India and the coming generations will have to bear the consequences if people do not unite against such divisive elements.

"What is going on in some parts of Haryana or what the RPF constable did are like giving a deep wound on mother India's heart," he said.

Mr Kharge said such incidents raise serious questions on the "weak" law and order situation and our "weak" constitutional institutions. He appealed for peace and demanded strictest punishment for the culprits. "The violence being spread in the name of religion in 21st-century in India is a blow to the foundation of our civilization - equality of all religions. This cannot be tolerated under any circumstances," he said. These days, the Congress chief said, "the trend of disintegration seen in the fabric of society is the result of spreading hatred in the society in the greed for power." "Mixing the poison of animosity in the public and making them fight with each other are like making fun of our Con-



stitution," he said. Four people were killed and several others injured in Nuh following violence that erupted over an attempt to stop a VHP procession on Monday. A mosque was set ablaze in Sector 57 area of Gurugram early morning on Tuesday, leading to the death of an Imam. Haryana Home Minister Anil Vij said someone who wanted to disturb peace in the state "engineered" the violence in Nuh, where curfew has been clamped. Four people were killed and several others injured in Nuh following violence that erupted over an attempt to stop a VHP procession on Monday. A mosque was set ablaze in Sector 57 area of Gurugram early morning on Tuesday, leading to the death of an Imam.

Debate On No-Trust Motion On August 8, PM's Reply On August 10

■ HT News Network

New Delhi: Parliament will take up the no-trust motion moved by the Opposition over the ongoing ethnic-clashes in Manipur next week.

Officials said the discussion will be held in the Lok Sabha on August 8 and Prime Minister Narendra Modi will reply to the debate on August 10.

The violence in Manipur has been a key reason for the continuous logjam in both the Houses of Parliament since the Monsoon Session began on July 20.

The government had said that Home Minister Amit Shah will reply to the debate on the Manipur situation, but the Opposition parties had been demanding detailed response from the Prime Minister on the crucial matter.

The no-confidence motion, filed by Congress's Gaurav Gogoi, needed the backing of 50 members in the House - a number they easily achieved with the support of other Congress lawmakers as well as those who are part of the 'I.N.D.I.A' coalition.

MPs belonging to the Opposition alliance bloc INDIA, including Congress parliamentary party chief Sonia Gandhi, National Conference president Farooq Abdullah,



DMK's TR Baalu and NCP leader Supriya Sule, stood up for the head count when the Lok Sabha speaker presented the motion.

The opposition, low on numbers, is not expecting to get the motion passed. Its only aim, sources said, is to get Prime Minister to speak on Manipur -- a demand that the government has so far brushed off.

The Monsoon Session of Parliament started a day after a video of two tribal women being marched naked and allegedly gangraped went viral, which gave a sharper edge to the opposition attack. The no-confidence motion, filed by Congress's Gaurav Gogoi, needed the backing of 50 members in the House - a number they easily achieved with the support of other Congress lawmakers as well as those who are part of the 'I.N.D.I.A' coalition.

"Expect Different Behaviour": Ally At Sharad Pawar Sharing Stage With PM

■ HT News Network

Mumbai: Shiv Sena (UBT) leader Sanjay Raut today said it is on the BJP to clarify why Prime Minister Narendra Modi is set to share stage with Opposition stalwart Sharad Pawar when he attacked his party -- the Nationalist Congress Party (NCP) -- just a month ago, accusing it of being corrupt and promoting dynastic politics.

"PM attacked NCP a month ago. And after the corruption attack, the NCP leaders (Ajit Pawar faction) went with BJP. And today those leaders will be there. So, either you threaten them or say that your allegations of corruption against NCP/Shiv Sena (UBT) are false and hence we are sharing stage. This clarity should come from BJP," Mr Raut said.

Reiterating Sharad Pawar's clarification that he invited the PM three months ago, Sanjay Raut said he has to go if it's a non-political program.

Shiv Sena (UBT) mouthpiece Saamana said today that the PM being felicitated, and given an award, by Sharad Pawar himself is "a bone of contention".

"On one side, there is a second fight for independence in the country, and that's why people expect different behaviour from senior leaders like Sharad Pawar. Leaders will be sharing the stage with PM while NCP workers will show him black



flags," it said, calling it a "complicated situation".

"Pawar says he is the Maratha face and the face of hope. So a different behaviour was expected from him. The country is fighting against Modi's fascism and an alliance INDIA is formed, of which Pawar is an important face," it said.

The editorial further accused the BJP of splitting the NCP, and said if Mr Pawar did not attend the program, his leadership and courage would have been acknowledged and appreciated across the party.

Mr Pawar is scheduled to attend an event organised by the Lokmanya Tilak Smarak

Mandir Trust in Pune as the chief guest today, where he will share the stage with PM Modi, who will be conferred with the Lokmanya Tilak National Award. It has been seven years since the two appeared on a stage together.

Chief Minister Eknath Shinde, deputy chief ministers Devendra Fadnis and Ajit Pawar, Sharad Pawar's rebel nephew, and Maharashtra Governor Ramesh Bais will also attend the event.

Several Opposition leaders, who were earlier slapped with notices by the police for their plan to protest the PM's visit to Pune, have been detained.

NCP city unit president (Sharad Pawar faction) Prashant Jagtap is one of the leaders leading the protests. Despite a police notice, Mr Jagtap said they want to stand with the people of violence-hit Manipur and hence will go ahead with the protest.

Sanjay Raut's party colleague, MP Arvind Sawant, on Monday said Sharad Pawar should reconsider his decision.

Leaders of different parties from the opposition bloc INDIA have raised the issue, saying it will be bad optics for the alliance. Some leaders have also questioned Mr Pawar's decision to attend the event, especially after his nephew Ajit Pawar had revolted against him and joined the BJP-Shiv Sena government in Maharashtra.

Mr Sawant said that Tilak had given the slogan 'Swaraj is my birthright'. But "is there Swaraj today? In today's situation, he (Sharad Pawar) should think... It is 'swarajya' instead - the rule of one person," he said. "Leaders of their party (BJP) are destroying the Constitution of India, he (Sharad Pawar) should not go there," he said. NCP (Sharad Pawar faction), Shiv Sena (UBT), and Congress are part of the opposition alliance Maha Vikas Aghadi in Maharashtra.

Senior Congress leader Prithviraj Chavan on Monday said it was the NCP chief's personal decision to share stage with the PM.

Families flee as gunfire rocks Palestinian camp; toll rises to 11

■ HT News Network

SIDON: Three days of fighting in south Lebanon's Ain al-Helweh Palestinian refugee camp have left at least 11 dead and dozens wounded, the UN agency for Palestinian refugees said on Monday.

Clashes broke out over the weekend between members of Palestinian president Mahmud Abbas's secular Fatah movement and Islamist fighter based in the camp, Lebanon's largest located in the coastal city of Sidon.

Renewed gunfire and shelling on Monday shook the camp, said a correspondent in Sidon, sending frightened residents fleeing.

"According to reports, 11 were killed and another 40 were injured, including one staff member" of UNRWA, said Dorothee Klaus, the UN agency's director in Lebanon. Fatah and Islamist group say they have agreed on a truce in Sidon.

She added in a statement that UNRWA has "temporarily suspended" operations in the camp due to the fighting.

Palestinian factions said they had agreed on a truce on Sunday but it did not hold, with fighting continuing with automatic weapons and rocket fire.

Officials said five Fatah members and one Islamist fighters had been killed in the initial violence over the weekend.

There was no immediate word on the



identities of the other fatalities.

"UNRWA urgently calls on all parties to immediately return to calm and take all measures necessary to protect civilians, including children," Klaus said.

The statement noted that "two UNRWA schools have sustained damaged" and more than 2,000 Ain al-Helweh residents had been forced to flee.

A correspondent on Monday morning saw dozens of people, mostly women and children, leaving the camp carrying light luggage, while others took refuge in a nearby mosque.

Shells also fell outside the camp, a jour-

nalists said, with a nearby hospital evacuating patients and shops in Sidon closing fearing further escalation.

'Raining shells'

By long-standing convention, the Lebanese army does not enter Palestinian refugee camps in the country — now bustling but impoverished urban districts — leaving the factions themselves to handle security. "We fled from the scene of the fighting, shells are raining in the streets," a 75-year-old woman said, requesting anonymity for security concerns. She said armed factions were carrying weapons "to fight Israel, not to fight each other and

become displaced". Ain al-Helweh, now home to more than 54,000 registered refugees, was created for Palestinians who were driven out or fled during the 1948 war that coincided with Israel's creation.

In recent years, they have been joined by thousands of Palestinians who had been living in Syria and fled the war there.

Palestinian fighter groups in Lebanon rarely confront Israel nowadays, but fighting between rival factions is common in Ain al-Helweh. The latest violence began late on Saturday, killing an Islamist and injuring six others, a Palestinian source inside the camp had said, speaking on condition of anonymity for security reasons.

The next day, a Fatah military leader and four of his colleagues were killed during a "heinous operation", the group said.

Tiny Lebanon hosts an estimated 250,000 Palestinian refugees, according to UNRWA.

Most Palestinians, including more than 30,000 who fled the war in neighbouring Syria after 2011, live in one of Lebanon's 12 official camps, and face a variety of legal restrictions, including on employment. United Nations. The next day, a Fatah military leader and four of his colleagues were killed during a "heinous operation", the group said. Tiny Lebanon hosts an estimated 250,000 Palestinian refugees, according to UNRWA. Most Palestinians, including more than 30,000 who fled the war in neighbouring Syria after 2011, live in one of Lebanon's 12 official camps.

Only four nations doing enough to stub out smoking, says WHO

■ HT News Network

GENEVA: Only four countries — Brazil, Mauritius, the Netherlands and Turkiye — have adopted all the anti-tobacco measures recommended in the fight against the "deadly scourge" of smoking, the World Health Organisation said on Monday.

In a fresh report, the UN health agency urged countries to scale up their use of recognised measures to reduce tobacco use, including enforcing advertising bans, plastering health warnings on cigarette packages, raising tobacco taxes and providing assistance to those who want to quit.

It said Mauritius and the Netherlands had now joined Brazil and Turkiye in implementing all of its recommended measures. WHO said 5.6 billion people, or 71 per cent of the world's population, were now protected by at least one tobacco control measure — five times more than in 2007.

Brazil, Mauritius, the Netherlands and Turkiye implementing anti-tobacco measures

The health agency said the global rate of the prevalence of smoking had dropped from 22.8 per cent in 2007 to 17pc in 2021.

Without this decline, there would have been 300 million additional smokers now, the WHO said.

"Slowly but surely, more and more people are being protected from the harms of tobacco," WHO chief Tedros Adhanom Ghebreyesus said, adding that his organisation was eager to support national efforts to "protect their people from this deadly scourge".

Smoking remains the leading cause of preventable death, killing 8.7 million people each year, including 1.3m who die from inhaling second-hand smoke.

According to the organisation, eight countries are one policy step away from joining the leaders in tobacco control: Ethiopia, Iran, Ireland, Jordan, Madagascar, Mexico, New Zealand and Spain.

Xi Jinping Calls Project Through PoK "Testament Of Friendship" With Pakistan

■ HT News Network

Beijing: China will continue to work with its all-weather ally Pakistan to take their strategic ties to new heights, Chinese President Xi Jinping has said as the two countries celebrated the 10th anniversary of the launch of the ambitious so-called "CPEC" infrastructure projects in the South Asian country for regional connectivity.

In his congratulatory message to the 'Decade of China-Pakistan Economic Corridor' (CPEC) celebration event held in Islamabad on Monday, Xi said the USD 60 billion CPEC infrastructure programme is an "important pioneering project" of the Belt and Road Initiative (BRI). The so-called "CPEC", which connects Gwadar Port in Pakistan's Balochistan with China's Xinjiang province, is opposed by India as it is being laid through Pakistan-occupied Kashmir.

The event was attended by Chinese Vice Premier He Lifeng, who is on a three-day visit to Pakistan.

"China will work with Pakistan to aim for high-standard, sustainable and livelihood-enhancing outcomes and further build the CPEC into an exemplary project of high-quality Belt and Road cooperation," Xi said.

Saudi Arabia Plans To Give Yemen Economic Aid Worth \$1.2 billion

■ HT News Network

Riyadh: Saudi Arabia is giving Yemen's presidential council \$1.2 billion to help the country's struggling economy, a Saudi source told Reuters on Tuesday. Fighting has largely stopped with the Iran-aligned Houthis in north Yemen over the last year but the Saudi-backed government, based in Aden, has grappled with a weak currency and high prices.

Myanmar's Aung Suu Kyi Pardoned In 5 Cases By Military Junta: Report

■ HT News Network

Yangon: Jailed Myanmar civilian leader Aung San Suu Kyi has been pardoned in five criminal cases, though she still faces 14 others, state media said Tuesday.

The announcement was part of an amnesty of more than 7,000 prisoners to mark Buddhist Lent.

"Chairman of State Administration Council pardons Daw Aung San Suu Kyi, who was sentenced by the relevant courts," the broadcast said.

Suu Kyi, who has been in detention since she was ousted in a 2021 military coup, has been sentenced to 33 years in jail for a clutch of charges, including corruption, possession of illegal walkie talkies and flouting coronavirus restrictions.

The broadcast said she had been pardoned in five cases but faces 14 others.

"She couldn't be freed completely although some sentences against her were pardoned. She still has to face 14 cases. Only five cases out of 19 were pardoned," a legal source said.

Suu Kyi has only been seen once since she was held after the February 1, 2021 putsch — in grainy state media photos from a bare courtroom in the military-built capital Naypyidaw.

The coup plunged the Southeast Asian nation into a conflict that has displaced more than one million people, according to the United Nations.

At least 11 killed, 27 missing in Beijing rainstorms

■ HT News Network

At least 11 people are dead and 27 missing after heavy rains lashed Beijing, state media said on Tuesday, in downpours that have submerged roads and deluged neighbourhoods with mud.

Storm Doksuri, a former super typhoon, had swept northwards through China since hitting southern Fujian province on Friday after first scything through the Philippines.

Heavy rains began pummeling Beijing and its surrounding areas on Saturday, with nearly the average rainfall for the entire month of July dumped on the capital in just 40 hours.

Swathes of suburban Beijing remain badly hit by the rains — some of the city's heaviest in years.

On Tuesday, state broadcaster CCTV reported the rains had killed at least 11 people and that 27 were missing. Among the dead were two workers "killed on duty during rescue and relief" efforts, it said.



More than 100,000 people across the city deemed at risk had been evacuated, state-owned tabloid The Global Times reported.

On the banks of the Mentougou river, one of the areas worst affected by the flooding, AFP reporters saw muddy debris strewn across the road.

One local elderly man told AFP he had not seen flooding this bad since July 2012, when 79 people were killed and tens of thousands evacuated. "This time it's much bigger than that," he said, declining to give his name.

"It's a natural disaster, there's nothing you can do," a man in his 20s surnamed Qi told AFP as he waited for a taxi outside a hospital

with his grandmother.

"(We) still have to work hard and rebuild," he added.

About a dozen emergency vehicles, including trucks with water tanks and bulldozers, were spotted on the road between Shijingshan and Mentougou districts.

Parts of the road were still closed off and workers in bright orange raincoats used shovels to clear the road. Chaotic scenes

President Xi Jinping on Tuesday called for "every effort" to rescue those "lost or trapped" by the rains.

Local authorities "must do a good job in treating the injured and comforting the families of victims, and minimize casualties", CCTV quoted Xi as saying.

Six die in Ukraine as Moscow steps up strikes

■ HT News Network

KYIV: A missile strike on a residential building in Ukraine killed six and wounded dozens on Monday, as Russia said it stepped up strikes against Ukrainian military facilities in response to attacks on its territory, including Moscow.

Two missiles landed close to the centre of the central Ukrainian city of Kryvyi Rig just after 9:00am (0600 GMT), Ukrainian Interior Minister Igor Klymenko wrote on Telegram.

Among the dead were a 10-year-old girl and her 45-year-old mother, while 75 people were injured, according to local authorities.

One of the strikes hit a large nine-storey residential apartment block, punching a huge hole in the facade that destroyed flats on several floors and sparked a fire.

Firefighters used a cherry-picker crane to direct jets of water at the fire, while the emergency ministry said part of the building had



collapsed while the rubble was being cleared.

As the toll of the strike rose, Russia said it had intensified attacks on military infrastructure in Ukraine after increasingly frequent drone assaults blamed on Kyiv.

Russia on Sunday said it had downed Ukrainian drones targeting Moscow and annexed Crimea in the latest wave of drone attacks.

'Act of desperation'

"Against the background of the failure of the so-called 'counteroffensive', Kyiv... has focused on carrying out terrorist attacks on civilian infrastructure," Defence Minister Sergei Shoigu said on Monday.

In response, "the inten-

sity of our strikes against Ukrainian military facilities... has been considerably increased," Shoigu said. Sunday's drone attack damaged two office towers in a Moscow business district, shattering several windows and leaving documents strewn on the ground.

The capital and its environs, lying about 500 kilometres from the Ukrainian border, had rarely been targeted during the conflict until several drone attacks this year. Sunday's drone attack damaged two office towers in a Moscow business district, shattering several windows and leaving documents strewn on the ground.

US general says allies key to countering China in Pacific

■ HT News Network

SYDNEY: The United States will rely on allies rather than a major expansion of its own forces to counter any Chinese military risk in the Pacific, a US general has said.

Beijing enjoys "very clear" advantages in the region, said Major General Joseph Ryan, commander of the 12,000-strong 25th Infantry Division on Oahu, Hawaii.

He cited China's expanding military defences, its long-range rocket missile capability and the ease with which it can position forces and equipment in the Pacific.

By contrast, in the event of conflict, the United States and its allies would have to traverse international waters or the territories of multiple nations, requiring their permission as well as the mobilisation of air, land and sea transport.

"I don't see a major expansion of US military presence in the region," Ryan said while in Darwin at the weekend for multinational military exercise Talisman Sabre.

"What I do see is increased partnership, opportunities for partnership and perhaps some increased growth in the region," he said.

Tensions between Beijing and Washington have flared in recent years over self-ruled Taiwan, China's disputed claims over a swathe of the South China Sea and a tug-of-war for influence in the South Pacific.

US, Afghan Taliban officials hold rare talks in Doha

■ HT News Network

WASHINGTON: US officials held their first wide-ranging talks, since the 2021 pullout from Kabul, with representatives of the Afghan Taliban in Doha, Qatar, to discuss economic issues, security, and women's rights, both sides confirmed on Monday.

The talks also focused on returning assets of the Afghan central bank that were frozen in the United States after the Taliban takeover of Kabul in Aug 2021.

"On July 30 and 31, met senior Taliban representatives and technocratic professionals in Doha, Qatar... to continue discussions regarding critical interests," US State spokesperson Matthew Miller said in a statement issued in Washington.

The US delegation was led by Thomas West, Special Representative for Afghanistan, and included Rina Amiri, Special Envoy for Afghan Women,



Girls, and Human Rights, and Karen Decker, chief of the US mission to Afghanistan.

Zabiullah Mujahid, the chief spokesman for Taliban, confirmed the meeting in a tweet, saying that an Afghan delegation, led by Foreign Affairs Minister Mawlawi Amir Khan Muttaqi, met Mr West and his team in Doha to discuss key issues.

Representatives of Afghanistan's finance ministry, the Bank of Afghanistan, and officials of Taliban's political office in Qatar attended the meeting, he added.

Human rights

Mr Miller said US officials urged the Taliban to "reverse policies responsible for the deteriorating human rights situation in Afghanistan, particularly for women, girls, and vulnerable communities".

US officials also expressed grave concern regarding detentions, media crackdowns, and limits on religious practice. They also expressed support for the Afghan people's "demands for their rights to be respected and for their voices to shape the future of the country", the spokesperson added.

DC Ramban reviews arrangements at 143 panchayats, 3 municipalities for "Meri Maati Mera Desh" campaign

■ HT News Network

RAMBAN, AUGUST 01: Deputy Commissioner Ramban, Mussarat Islam today reviewed activity wise preparedness for the execution of the plan finalized by the district administration for "Meri Maati Mera Desh" - the nationwide campaign being held under Azadi Ka Amrit Mahotsav.

Additional Deputy Commissioner, Harbans Sharma; Chief Planning Officer, Dr. Kasturi Lal; ACD, Ashok Singh Katoch, DPO, CHO and other concerned officers attended the meeting.

Discussing the arrangements, the DC directed ACD and EOs of municipalities to erect memorial plaques in all Panchayats



and identified locations in MCs as per guidelines. He informed that National Flag will be hoisted around the Amrit Sarovars in 66 Panchayats as well as identified locations in other pan-

chayats of the district besides organizing different events.

The DC directed all the stakeholders to promote the main idea of the programme "Mitti Ko Naman" and "Veeron Ka Van-

dan" and encourage public participation to ensure Janbhagidari. Local veers (heroes) shall be felicitated to acknowledge their contribution towards the country. The families of the free-

dom fighters will also be felicitated as per local custom and tradition, he added.

The DC emphasized the need to celebrate the Azadi Ka Amrit Mahotsav in a grand manner while ensuring the safety of all participants. Participants will be asked to upload Individual Selfie on Campaign Website, "https://yuva.gov.in/meri_maa-ti_mera_desh" and Digital Certificate with social share prompt to be generated.

In addition, 75 indigenous saplings will be planted at each event across 143 panchayats to promote environmental conservation, he added. In each program to be held at gram panchayat the national flag would be hoisted and people would sing the Rashttra Gaan.

DC Jammu inspects arrangements for Independence Day at M.A Stadium

■ HT News Network

JAMMU, AUGUST 01: Deputy Commissioner, Avny Lavansa today conducted on the spot inspection of the arrangements for Independence Day 2023 celebration at M.A Stadium.

The DC inquired about the security arrangements, traffic regulation, seating arrangements, Full Dress Rehearsal, decoration, PAS, Power and water Supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading at the venue of the function and other vital issues. The officers concerned

gave details of security and police deployment besides space identified for the parking of vehicles. She directed them to make fool-proof arrangements in advance for the National event. The Joint Director Information was asked to make the arrangements for Public Address System, Media coordination for proper coverage, Shehnai Vadan besides recommendation of commentators for the event. The DC instructed the Jammu Municipal Corporation and PHE to make adequate provision of drinking water at the venue on the day of I-Day celebrations.

DLSA Udhampur organises awareness program on NALSA, social security schemes

■ M S Nazki

UDHAMPUR, AUGUST 01: District Legal Services Authority, Udhampur, under the guidance of its Chairman District (Pr. Distt. & Sessions Judge), Haq Nawaz Zargar and overall Supervision of the DLSA Secretary, Ajay Kumar, organised an awareness programme on NALSA Schemes and Social Security Schemes.

The Resource person of the Programme was Adv Sanjeet Kr. Bavouria, DLSA Panel Lawyer.

The programme was held at Sallian Talab Udhampur and attended by locals. The resource person highlighted the importance of getting benefits provided by various NALSA Schemes and Social Security Schemes especially Shramyogi Mandhan Yojana, Unorganized Workers Social Security Act, Pradhan Mantri Suraksha Bima Yojana, Pradhan Mantri Jeevan Jyoti Bima Yojana, Pradhan Mantri Jan Arogya Yojana etc. The participants included Unorganized Workers who were informed about the provisions of these schemes.

DHEW-Mission Shakti Kishtwar organises awareness programme

■ HT News Network

KISHTWAR, AUGUST 01: The District Hub for Empowerment of Women, Mission Shakti, under the aegis of Social Welfare Department organised an awareness programme in the Paramedical Nursing College Indira Nagar Kishtwar.

The DHEW members explained about Women Empowerment, fostering Gender equality, Financial literacy, Women Helpline (181) and various Women Welfare Schemes and others.

The participating women were asked to strive for their empowerment and autonomy by becoming a part of the political, social and economic system. "Improvement in the status of women also enhances their decision-making capacity in all spheres of life. There is an immense need to promote the fulfillment of women's potential through education, skill development and employment, giving paramount importance to the elimination of poverty, illiteracy and ill health through laws, regulations and other appropriate measures. Eliminating violence against Women, Eliminating discriminatory practices by employers against women are important areas to be addressed" the speakers said.

They were further told about the importance of financial literacy among women to enable them to make wise decisions with their money, identify financial frauds, realize long-term goals—a child's higher education, buying a house, or establishing a business.

3 MT for HSS scholars held at CUJ Varsity takes lead in holding this globally acclaimed competition

■ HT News Network

JAMMU, AUGUST 01: A globally acclaimed competition among researchers and academia popularly known as 3MT, Three-Minute Thesis Competition was held at Central University of Jammu wherein young researchers participated, today. The 3MT is evolving as one of the best practices of the Central University of Jammu as the Varsity has taken a lead in registering with the University of Queensland to organise 3MT which has been adopted by 200 universities across the globe. The 3MT is a global level competition which was developed by the University of Queensland, Australia with the objective of providing a platform to young researchers to present to effectively explain research

in language appropriate to a non-specialist audience in THREE MINUTES with only one PowerPoint slide.

Young enthusiastic researchers of Humanities and Social Sciences stream from Central University of Jammu and several other universities participated in the 3 MT. Around thirty young researchers from different disciplines of Humanities and Social Sciences had registered who were adjudicated by a panel of judges, Prof. Vijaylakshmi Brara, from The Royal Global University, Guwahati and Prof. Suparn Sharma, Dean, School of Business Studies, SMVD University. The first prize with a cash money of Rs 5,000 was won by Abhigya Langeh NSS from CUJ, second with prize money of Rs 3000 was won by Shivalika Sharma,.

Doda Admin discusses activity plan for 'Meri Mati Mera Desh' Campaign

■ HT News Network

DODA, AUGUST 01: District Administration Doda today discussed the rollout of the 'Meri Maati Mera Desh' campaign in the district. A meeting in this regard was held in the DC office under the leadership of Deputy Commissioner, Vishesh Mahajan. At the outset, the DC highlighted the importance of 'Meri Maati Mera Desh' campaign and said that it aims to foster a sense of unity and pride across all sections of society, celebrating India's rich heritage and patriotic spirit. He expressed that celebrating Azadi Ka Amrit Mahotsav, the hallmark event on the Independence Day 2023, will be paying tribute to the 'Veers' (martyrs) through ceremonies



at all levels across the district. He instructed that under the 'Meri Maati Mera Desh' program, memorial plaques would be placed at Amrit Sarovars, panchayat Ghars, parks and other public places in the memory of Martyrs who sacrificed their precious lives for the national cause. ADDC, assisted by Assistant Commissioner Development, ACP and DPO shall be nod-

al officers for monitoring and implementation of the campaign in the district. ACD Phulail Singh briefed the meeting about different themes under the "Meri Maati Mera Desh" campaign, and gave a detailed outline of the events to be held in the district. It was given out that programmes will be held at each Panchayat and Block between 9th August to 15th August

under the theme "Meri Maati Mera Desh" and stakeholders involved have been asked to make all the necessary preparations well in advance for the successful conduct of the campaign. The Amrit Sarovars, Panchayat Bhavans, and other public places have been identified, and Panchayat wise list of Veers (Martyrs) is being prepared for the installation of memorial plaques. The ACD was asked to identify youth volunteers for Maati-Yatra. Maati-Yatras from Panchayats will be taken to blocks where from it would be collected in earthen urns for forward journey to New Delhi by these youth volunteers from each block for construction of the National Memorial at Kartavya Path.

DM Rajouri discusses defence land issues with Army and Revenue officers

■ HT News Network

RAJOURI, AUGUST 01: District Magistrate Rajouri, Vikas Kundal, today chaired a joint meeting of revenue and Army officers to address various issues related to defence land, acquisition, de-requisition of immovable property, attestation of mutations and rental issues. The meeting was held to ensure coordination between the Defence and revenue offices and to resolve minor issues. Vikas Kundal stressed the importance of coordination among the officers to achieve maximum results and advised for holding regular meetings of revenue officers, ADEO office, and



Military officers to address minor issues effectively.

The joint verification of land by civil and military authorities was also discussed, emphasizing the need for accurate and transparent processes.

The officials also discussed the attestation of mutations and the meeting aimed to find solutions to streamline the process. Regarding the demarcation

of land, the revenue officers were directed to complete the pending demarcations at the earliest.

The meeting was highly productive, with both revenue and Army officers collaborating to find solutions to the issues related to defence land. The District Magistrate highlighted the importance of timely resolution of issues to avoid any delays.

ADDC Kishtwar reviews performance of Agriculture, allied Sectors

■ HT News Network

KISHTWAR, AUGUST 01: Additional District Development Commissioner (ADDC) Kishtwar, Sham Lal, today chaired a meeting to evaluate the progress and functioning of the Agriculture, Horticulture, Animal and Sheep Husbandry departments in the district. Joint Director Planning, Mohammad Iqbal; CAO, Amjad Hussain Malik; CHO Sajid Mustafa; LDM Pankaj Bhadani, besides representatives of agriculture & allied departments attended the meeting. During the meeting, the focus was on devising a comprehensive Action Plan and implementation of different interventions at the ground level to facilitate development of agricultural and allied sectors.

The ADDC emphasized the need to adopt a range of hard, soft, and technological interventions to significantly enhance income of farmers associated with agriculture, horticulture, animal husbandry, sheep husbandry, fisheries and sericulture



sectors. To ensure seamless farming operations, the availability of sufficient quantities of seeds and fertilizers was stressed upon by the ADDC. The Agriculture Department was directed to ensure the availability of superior quality seeds that meet prescribed standards. Regarding the ongoing Kisan Sampark Abhiyan training program under the Holistic Agriculture Development Programme (HADP), it was reported that 125 panchayats out of 136 have been covered, benefiting 19,822 farmers through proper guidance and training. The remaining panchayats are scheduled to be covered by or before 31st August 2023.

Secretary Health visits Udhampur, inspects works on ongoing projects

■ HT News Network

UDHAMPUR, AUGUST 01: Secretary, Health and Medical Education, Bhupinder Kumar today conducted extensive tour of district Udhampur and took stock of works on major ongoing projects of the district including construction of new Government Medical College here.

The Secretary was accompanied by Deputy Commissioner, Sachin Kumar Vaishya Director Coordination new Medical Colleges, Joint Director Planning, H&ME, Chief Medical Officer besides officers of executing agencies during the visit.

Bhupinder Kumar, during

the tour, visited construction sites of 200 bedded district hospital, make shift building of GMC Udhampur, as well the library and took first hand appraisal of all the ongoing works there.

He directed the concerned executing agencies for expediting pace of works on these projects and complete them in a time bound manner by way of deploying additional manpower and increasing number of shifts at the construction sites.

The Secretary also directed Principal GMC Udhampur to monitor the progress and regularly review these projects to ensure their smooth and seamless completion. He also emphasized to ensure that the makeshift



college building of GMC is completed as per the given timeline of 15th August in all respect so that the college is ready to receive 1st batch of MBBS students in September.

Later, Secretary, Health also chaired a meeting with officers and faculty members of GMC Udhampur and stressed upon them to render their services with utmost care, compassion

and professional integrity, keeping patient care at the core. He impressed upon the medical fraternity for improving public service delivery through various schemes and leveraging the

latest online initiatives of Health and Medical Education Department.

In the meanwhile, Bhupinder Kumar also visited the construction site of Boys Hostel building and inspected the ongoing pace of work. He directed the concerned officers to expedite the progress on work for timely completion of the residential accommodations with decent facilities so that the students are facilitated.

Among others, Director Coordination New Medical Colleges, Joint Director Planning, H&ME, Chief Medical Officer and other officers besides executing agencies were accompanying the Secretary.

GDC Vijaypur organises awareness activities under Nasha Mukh Bharat Campaign

■ HT News Network

SAMBA, AUGUST 01: NSS Unit (KHIDMAT) of Government Degree College, Vijaypur, in collaboration with Red Ribbon Club of the college, today organised a series of awareness events under the umbrella of Nasha Mukh Bharat Abhiyaan, Azadi Ka Amrut Mahotsav, Mission LiFE and G20 in the College campus. The College Principal, Dr. Vandana Gupta briefed the students, teachers and other staff about creating awareness about the hazardous consequences of substance abuse. She also administered an anti-drug pledge to the students and staff members i.e. "To fully stand with the Government in its fight against the usage, consumption and manufacturing of illegal narcotic substances and to contribute with utmost dedication towards the growth of Jammu and Kashmir and welfare of its people." A documentary was also screened on the occasion to highlight the importance of treating people.

For a Longer Life and Happier Gut, Eat More Fiber

Get fierce with fiber

It's easy to get caught up in counting calories and grams of added sugars, fats, proteins, and carbs when you're trying to eat well. But there's one nutrient that too often gets thrown to the wayside: dietary fiber.

Scientists have long known that eating fiber is good for health. Decades ago, Irish physician (and fiber enthusiast) Denis Burkitt proclaimed, "America is a constipated nation... if you pass small stools, you have to have large hospitals." And yet, years later, many of us are still ignoring our fiber intake.

American adults are only eating an average of 15 grams of fiber on any given day, despite the daily recommendations from the Academy of Nutrition and Dietetics being:

Recently, however, fiber has popped up in headlines thanks to people like journalist Megyn Kelly and model Molly Sims, who have both credited their physiques on mainlining roughage. And more importantly, new research has been shedding more light on how fiber helps our bodies. This nutrient has been linked to fending off disease and reducing the risk of a range of conditions, including type 2 diabetes. Trusted Source, food allergies Trusted Source, and even knee arthritis.

Star-studded endorsements aside, it's not about eating a "high-fiber" diet as much as it's simply this: Eat more fiber. Fiber does more than contributing to weight loss and reducing the risk of disease.

Losing out on those recommended fiber grams per day may significantly change the way your gut functions. It could even make a difference between weight loss or none, and longer life or not.

What we know about fiber today

Many studies have strongly linked high-fiber diets with longer and healthier lives. For example, Dr. Burkitt, as mentioned above, found in the 1960s Trusted Source that Ugandans who ate high-fiber vegetable diets avoided many of the common diseases of Europeans and Americans. In addition, studies in the late '80s found that long-living rural Japanese populations ate high-fiber diets, as opposed to urban dwellers with lower fiber intakes.

But only recently have we gained a deeper understanding of why fiber is so vital to our well-being.

A 2017 study Trusted Source found that the importance of fiber is intimately tied with the importance of our gut microbes. A proper fiber diet literally feeds and makes these bacteria thrive. In turn, they increase in number and kind. The more microbes we have in our intestines, the thicker the mucus wall and the better the barrier between our body and our busy bacteria population. While the mucus barrier low-



ers inflammation throughout the body, the bacteria aid in digestion, creating a dual benefit.

A living, walking example of the great connection between fiber, intestinal bacteria, and health are the Hazda, a Tanzanian tribe that's one of the last remaining hunter-gatherer communities in the world. They eat a spectacular 100 grams of fiber a day, all from food sources that are seasonally available. As a result, their gut biome is packed with diverse populations of bacteria, which ebb and flow with the changing of the seasons and the changes in their diet.

Your biome can change by the season, by the week, or even by the meal. And if you eat a large array of fresh fruits, grains, and vegetables, your gut health will reflect that. Eating low-fiber foods, or eating only a few types of fiber — such as the same fiber supplement every day — can harm your intestinal biome and the health of your protective mucus wall.

However, eating too much fiber can cause digestive distress, gas, and intestinal blockages. The good news is that it's hard to get too much fiber, especially since most people don't get enough. Slowly ramping up your fiber intake can help you avoid some of the above problems. Not overdoing it will help you avoid the rest.

How to eat fiber like they do in Yuzurihara and Tanzania

5 High Fiber Foods You Should Eat

So how can we ditch our constipated ways and eat more in line with how our bodies have evolved to function alongside our gut biomes? While there are two types of fiber — soluble fiber and insoluble fiber — high-fiber enthusiasts are all about both types. Each kind has its own functions and benefits. Getting both is key to getting the most out of this nutrient.

Here are some quick tips to build a thriving and diverse gut biome and reap the long-term benefits of a fiber-friendly diet:

Fruits and vegetables are always your friend

Fiber is naturally found in all fruits and vegetables. You can't really go wrong by adding these components to your daily regime. In fact, one study Trusted Source found that simply eating an apple before every meal had significant health benefits.

Eat what's in season

The Hazda have a diverse gut in part by eating seasonally. Always check out your grocery store's fresh, in-season fruits and veggies. Not only are they great for you, but they also often taste better and are less expensive than what's out of season.

Processed foods usually mean less fiber. Refined foods that don't contain whole grains or whole wheat are also lower in fiber. This includes white bread and regular pasta. Juicing is also processed in a sense, since it removes the insoluble fiber from your food. The result is that you lose fiber's benefits — especially its important job of regulating digestion and keeping blood sugar from spiking.

Be thoughtful at restaurants

Restaurants, especially fast-food joints, often skimp on fruits and veggies because they're expensive. When looking at the menu, be sure to pick something rich in fruit, veggies, and beans or legumes that will help you meet your fiber goals for the day.

Toss a high-fiber component into your meal

Next time you have a piece of pizza, make sure to munch on a handful of snap peas on the side, or add some multigrain crackers if you're eating soup for lunch. Eating a high-fiber snack before your meal can also mean eating fewer calories altogether, because you'll feel more full.

Don't forget beans, peas, and lentils

We often remember to eat our fruits and

veggies, but legumes are a wonderful and delicious source of fiber. Try a recipe that puts legumes in the spotlight, like a three-bean vegetarian chili or a lentil salad.

Make sure fiber starts at breakfast

Most traditional breakfast foods, like eggs and bacon, lack fiber. Integrate fiber into the first meal of your day by eating oatmeal or a whole-grain cereal. You can also simply add a piece of fruit to your regular fare. Eating yogurt for breakfast? Add sliced fruit and nuts.

Explore the world of whole grains

Next time you're at the grocery store, pick up some amaranth, bulgur, pearl barley, or wheat berries and start exploring. Other good high-fiber choices are quinoa (a seed) or whole-wheat couscous (a pasta).

Skip the fiber supplements

Fiber supplements can give you a small boost, but the benefits of getting your fiber from whole foods are much greater. What's more, people taking fiber supplements might not be pairing them with high-nutrient foods. This causes rather than solves health issues.

Too much of a good thing

Just like most things, fiber isn't great in extremely high quantities. Focusing too much on one aspect of your nutrient intake is neither sustainable nor healthy, either. Try tracking your fiber intake for a few weeks to see if you're getting enough, then tinker with your intake to see if eating a little more improves how you feel.

Fiber is fabulous without the fad

At this point, there's enough science out there to strongly suggest something you've likely heard before: Eating a robust variety of minimally processed fruits and veggies along with other plant-based foods is a great way to stay healthy and control your weight — and the fiber in these foods is likely a central reason why they're so great for our bodies. So go forth and repopulate more varieties of bacteria in your gut! A 2017 study Trusted Source found that the importance of fiber is intimately tied with the importance of our gut microbes. A proper fiber diet literally feeds and makes these bacteria thrive. In turn, they increase in number and kind. The more microbes we have in our intestines, the thicker the mucus wall and the better the barrier between our body and our busy bacteria population. While the mucus barrier lowers inflammation throughout the body, the bacteria aid in digestion, creating a dual benefit.

NEWS

Papaya Is Amazing For Our Health But Avoid Eating These Foods Along With Papaya



Papaya is a tropical fruit that is native to Mexico and Central America. It is known for its yellow-green flesh and black seeds, and is rich in vitamins A and C, potassium, and fibre. While papayas are generally considered to be a healthy food, they can be bad for us when consumed with certain other foods. This is because papayas contain enzymes that can interfere with the digestion of certain foods, particularly proteins.

For example, the enzyme papain, which is found in papayas, can interfere with the digestion of meat and dairy products. When consumed with these foods, papaya can cause bloating, gas, and other digestive problems. Similarly, consuming papaya with other fruits or vegetables that are high in starch can also lead to digestive issues. This is because the enzyme amylase, which is found in papayas, can interfere with the digestion of carbohydrates. Keep reading as we share foods that should not be consumed with papayas.

1. Raw papaya

Eating raw papaya may cause digestive issues and stomach cramps. Raw papaya contains a high concentration of papain, an enzyme that can cause a burning sensation in the stomach and lower abdominal area.

2. Cucumber

Eating cucumber with papaya may cause bloating, flatulence, stomach cramps, and diarrhoea as cucumbers are known to be high in water content and eventually leads to about excessive water content in the body.

3. Grapes

Consuming grapes with papaya may cause acidity and gas as grapes are highly acidic in nature. The high acidity of grapes, when combined with papaya, can lead to stomach acidity and irritation.

4. Dairy products

Eating dairy products like milk, cheese, butter or yoghurt with papaya may cause digestive issues and stomach cramps. Papaya contains enzymes that can disturb the digestion of these dairy products and cause discomfort.

5. Fried foods

Eating fried foods like fried chicken or french fries with papaya is not recommended as it could lead to stomach irritation. Fried foods are high in fat.

Why You Should Have Lemon Water First Thing In The Morning

The majority of the proof for the health advantages of lemon water is anecdotal. Although lemons have nutrients like vitamin C and antioxidants, the amount of lemon juice in a glass of water determines how many calories it has. Read on as we share the many benefits of consuming lemon water in the morning.

1. Detoxification

Lemons are a source of plant molecules called flavonoids, which have antioxidant and anti-inflammatory properties, as well as vitamin C, a potent antioxidant. Antioxidants accomplish this by scavenging free radicals, which are dangerous, disease-causing substances produced by oxidative stress in the body.

2. Aids digestion

Drinking lemon water first thing in the morning stimulates the production of gastric juices, promoting better digestion.

3. Rich in vitamin C

Lemons and other citrus



fruits are rich in vitamin C, a vital antioxidant that helps shield cells from harmful free radicals. In addition, vitamin C aids in the production of hormones, iron absorption, and collagen synthesis in your body. Lemons are rich in vitamin C, which helps boost the immune system and protect against common illnesses.

4. Hydration

Lemon water is a great way to start the day with hydration. Staying properly hydrated is crucial for overall health and well-being. It's vital to make sure you consume enough water each day. Although plain

water is a dependable source for overall health, not everyone enjoys the taste of it. You might drink more water if you flavour it with lemon juice.

5. Weight loss

The pectin fibre in lemons can help curb cravings and promote weight loss. Additionally, lemon water can act as a natural appetite suppressant. Detox water made from lemon, water and other fruits can help boost metabolism.

6. Boosts kidney health

Lemon water may help alleviate kidney stones, according to certain

research. It seems to work best when used in conjunction with traditional therapy, although it might also be a helpful alternative therapy. Mineral accumulation in the kidneys results in kidney stones. They typically contain calcium oxalate. Citrate is a substance that is most frequently used as medicine.

7. Alkalises the body

Although lemons are acidic, they have an alkalising effect on the body. Balancing the body's pH levels can improve overall health.

8. Freshens breath

Lemon water has natural antibacterial properties, which can help to freshen the breath and prevent bad breath caused by bacteria.

9. Supports cardiovascular health

The antioxidant properties of lemons can help reduce the risk of cardiovascular diseases by preventing the formation of free radicals.

Vegetarian Superfoods Can Help Boost Your Kidney Health

Kidney health is crucial because the kidneys play a vital role in maintaining the overall health of the body. They filter waste products and toxins from the blood, regulate fluid balance, produce hormones that help regulate blood pressure, and stimulate the production of red blood cells.

The kidneys also help remove waste and excess fluids from the body, preventing the accumulation of toxins that can harm other organs. They regulate the balance of electrolytes in the body, such as sodium, potassium, and phosphorus. Imbalances in these electrolytes can lead to various health complications.

The kidneys also produce hormones that help regulate blood pressure. When kidney function is impaired, blood pressure can rise, leading to cardiovascular issues. They also produce a hormone called erythropoietin, which stimulates the production of red blood cells. Impaired kidney function can cause anaemia



and reduced oxygen-carrying capacity. A healthy diet, including vegetarian foods, can indeed contribute to kidney health. Vegetarian foods are generally rich in essential nutrients while being lower in saturated fat and cholesterol, promoting heart health and reducing the risk of chronic conditions that can impact kidney health. Read on as we list some vegetarian foods you can add to your diet for better kidney health.

9 Vegetarian superfoods you can add to your diet for better kidney health:

1. Spinach

Spinach is a rich source

rich in fibre and essential amino acids, making it an excellent choice for kidney health. Quinoa acts as a great substitute for rice and rotis.

4. Kale

Loaded with vitamins A and C, as well as iron and calcium, kale is a nutrient-dense superfood that supports overall kidney function. Kale can be added to salads and stews.

5. Blueberries

These small berries are packed with antioxidants and are known for their anti-inflammatory properties, which can help reduce kidney damage caused by oxidative stress.

6. Chia seeds

These tiny seeds are an excellent source of fibre, healthy omega-3 fatty acids, and plant-based protein. They can help promote healthy digestion and blood sugar control, which is crucial for proper kidney function. You can add seeds to salads or make chia seeds pudding.

