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Para Archer from J&K
Sheetal Devi wins silver
medal at World C'ship in
Czech Republic
P|12

Advisor Bhatnagar
conducts extensive tour of
Tangmarg
P|3



"Virasat Bee Vikaas Bee" LG Manoj Sinha Reiterates Administrations Resolve while paying Obeisance at Damdama Sahib

■ HT News Network

SRINAGAR, AUG 03: Lieutenant Governor Shri Manoj Sinha today paid obeisance at Damdama Sahib Gurdwara and dedicated the newly rebuilt complex to the devotees.

The sacred Gurdwara was in dilapidated condition and it was undertaken for reconstruction by Srinagar Smart City Limited in consultation with the management committee.

"Reconstruction of this spiritual heritage place is a testimony of our resolve to ensure 'Virasat Bhi Vikas Bhi', Heritage

TURN ON.....PAGE 02



Narendra Modi will become PM again with full majority: Amit Shah in LS

■ HT News Network

NEW DELHI, AUG 3: Union Home Minister Amit Shah on Thursday scoffed at the alliance INDIA formed by the opposition parties and said Narendra Modi will become Prime Minister again with full majority after next year's Lok Sabha polls.

"Despite the opposition parties forming an alliance, Narendra Modi will become Prime Minister again with full majority," Shah said in the Lok Sabha while piloting the Government of National Capital Territory of Delhi (Amendment) Bill, 2023 to replace a similar ordinance issued by the centre.

He said there are provisions in the Constitution that allow the Central government to make laws for Delhi.

Shah appealed to the Opposition to think about the welfare of Delhi and not their alliance.

Without taking the name of the Aam Aadmi Party (AAP), He said in 2015, a party came to power in Delhi whose motive was only to fight, and not to serve. "The problem



is not to get the right to do transfer posting, but to take control of the vigilance department to hide corruption like building your bungalows," alleged Shah.

speaking on the Bill, Congress Lok

TURN ON.....PAGE 02

NEWS BRIEF

ACB arrests a revenue officials for accepting bribe in Budgam

SRINAGAR, AUG 3: Anti Corruption Bureau (ACB) on Thursday trapped and arrested a revenue official for demanding and accepting bribe in Jammu Kashmir's Budgam district.

A complainant approached Police Station ACB Srinagar with a written complaint against a public servant, identified as Fayaz Ahmad Shora, Senior Assistant/In-Charge Nazir Tehsil Office Khag, alleging demand of bribe for listing his case of property dispute sooner in the court of Tehsildar concerned, a statement of the ACB.

It was also alleged that the

TURN ON.....PAGE 02

Missing Army Jawan Found By Kulgam

Police: ADGP Kashmir

SRINAGAR, AUG 3: Missing Army jawan Javid Ahmad Wani has been found by Kulgam Police. Wani has been admitted to Anantnag Hospital.

The soldier, posted in the Ladakh region, was supposed to join work on Sunday but went missing on Saturday evening. His car was found abandoned at Paranhall.

Wani's father had said his son had gone out to buy meat on Saturday evening as he was to go back to his place of posting on Sunday.

Following this, the Jammu and Kashmir Police launched a massive search operation. The police questioned a

TURN ON.....PAGE 02

Wife releases comic on Army officer killed in 2008

SRINAGAR, AUG 3: A comic on the life and gallant act of Army officer Col. Jojan Thomas, who died while fighting militants along the Line of Control in 2008, was released on Thursday in Kupwara district of Jammu and Kashmir.

The comic was released by Beena Thomas, wife of the late Col. Thomas, in the presence of their son Philomen in the Machil area of Kupwara.

The aim of publishing this comic is to present the life of Col. Jojan Thomas as for future soldiers as a guiding light and motivation while discharging their duties, Beena Thomas said.

"The comic is also aimed at making stories of our heroes accessible to schoolchildren to motivate them

TURN ON.....PAGE 02

Lal Chowk's Iconic Clock Tower Gets Facelift

■ HT News Network

SRINAGAR, AUG 3: The Clock Tower, popularly known as Ghanta Ghar, at Srinagar's historic Lal Chowk is getting a major makeover under the Srinagar

TURN ON.....PAGE 02



Tobacco-free youth' campaign: '2400 challans, Rs 1.5 lakh fine in last two years'

■ HT News Network

SRINAGAR, AUG 03: Under the 'tobacco-free youth' campaign, around 2400 challans were produced while the revenue of over Rs 1.5 lakh was generated in Kashmir in the last two months, officials said.

Union Health Ministry launched a 60-day pan-India campaign on 'tobacco-free

youth' on World No Tobacco Day, May 31, to prevent initiation of tobacco use among youngsters and assist the users to quit.

Talking to the news agency—Kashmir News Observer (KNO), Dr Mir Mushtaq, Nodal Officer (Kashmir Division), National Tobacco Control Programme (NTCP) said that under

TURN ON.....PAGE 02

Union MoS AFW reviews functioning of Agriculture, Horticulture Deptts, ICAR-CITH Srinagar



■ HT News Network

SRINAGAR, AUG 03: Union Minister of State for Agriculture

and Farmers Welfare (AFW), Sushri Shobha Karandlaje today chaired a meeting and

TURN ON.....PAGE 02

Environment Free Of Terror Imperative For Normal Ties: MEA On Pak PM's Remarks On Talks

■ HT News Network

NEW DELHI, AUG 3: India on Thursday said an environment free of terror and hostilities is imperative for normal ties with Islamabad, days after Pakistani Prime Minister Shehbaz Sharif expressed his willingness to hold talks with New Delhi.

External Affairs Ministry spokesperson Arindam Bagchi said India wants normal ties with all its neighbouring countries including Pakistan and the onus is on

Islamabad to create an environment for such an engagement.

He was responding to queries relating to comments by Sharif.

"We have seen reports regarding comments by the Pakistan prime minister on this issue. India's clear and consistent position on this is well known," Bagchi said.

"We desire normal neighbourly relations with all our neighbours including

TURN ON.....PAGE 02

Is There No Mechanism To Abrogate Article 370 Even When Everyone In J&K Wants It: SC

■ HT News Network

NEW DELHI, AUG 3: Is there no mechanism to abrogate Article 370 even when the people of Jammu and Kashmir want it, the Supreme Court asked on Thursday and wondered if the now repealed provision can't be touched will it not amount to creating a "new category" beyond the basic



structure of the Constitution.

Hearing for the second day a clutch of petitions challenging the Centre's 2019 decision to abrogate Article 370 of the Constitution that accorded special status to Jammu and Kashmir, a five-judge constitution bench headed by Chief Justice DY Chandrachud wanted to know how the provision could be

TURN ON.....PAGE 02

CS visits 3-Day Solar energy awareness camp at Sgr Civil Sectt

Encourages employees to adopt solar energy for substantially reducing their monthly power bills

■ HT News Network

SRINAGAR, AUG 3: Chief Secretary, Dr Arun Kumar Mehta today inspected the stalls installed to create awareness about the benefits of adopting solar energy among the employees in the lawns of Civil Secretariat, Srinagar.

The camp is being held from August 02-04 by J&K Energy Development Agency (JAKEDA), Depart-



ment of Science & Technology in collaboration with multiple vendors of renewable energy industry and other line departments of Jammu and Kashmir.

Dr Mehta appreciated JAKEDA for organizing this awareness camp about the GoI sponsored Grid connected Solar Rooftop Power Plants. He encouraged the employees to come forward

TURN ON.....PAGE 02

CONTINUE FROM FRONT PAGE.....

Lt Governor.....

as well as Development,” the Lt Governor said.

The Gurdwara building has been reconstructed; roof and interiors have been redone with improved diverse facilities to the visitors.

The Lt Governor was accompanied by Sh Junaid Azim Mattu, Mayor SMC; Dr Arun Kumar Mehta, Chief Secretary and senior officers of police and UT administration.

Narendra Modi.....

Sabha leader Adhir Ranjan Chowdhury wondered why the centre had rushed to promulgate an ordinance on the issue. “What was the hurry to bring an ordinance on Delhi services, they could have brought a Bill directly. They must reply to this.”

Opposing the Bill, Nationalist Congress Party MP Supriya Sule called it “undemocratic” and against the “spirit of cooperative federalism” of the country.

Lal Chowk’s.....

Smart City Project.

Locals feel the refurbished city square, named after the iconic Red Square in Moscow, will add to the city’s hang out options.

The business community of Lal Chowk claims it has suffered immensely over the past seven months due to the maintenance work, yet hopes in the end it will be all worth the trouble.

“For the past seven to eight months, renovation has been going on. Although we are suffering tremendously, we hope to see better days ... European design is being used in the construction of the Clock Tower. We have been told that we will see Paris in Srinagar now,” Suhail Shah, vice president Lal Chowk traders association, said.

Shah said the traders’ hope that the construction will be over by the middle of August.

“We have been given assurance by the SMC Commissioner and CEO Smart City Athar Amir Khan that we will see a new Lal Chowk after August 15,” he said.

Sadiya, another city resident, expects the Ghanta Ghar will be another option for the people of the city to hang out after the Polo View market.

“Revamping is good as it will be a change of scene for everyone. Earlier, the Polo View market was renovated and it has become very beautiful and has turned into a tourist hot spot,” said Sadiya, upbeat despite the dug up roads.

“It is a bit inconvenient the way the roads have been dug up but it is just a matter of time and it will be sorted. We will be left with a beautiful structure. Kashmir will be on the map for the recreational activities,” she said.

Athar Amir Khan, who is also the Commissioner of the Srinagar Municipal Corporation, said Lal Chowk, being a historical place, is now being turned into a space which can appeal to the youths too.

“It is one of the most prominent and well recognized places in Srinagar. It is part of the central business and hub of commercial activity. We have designed it in such a way, like who did the Polo View market, that it becomes a public space.

“A lot of tourists and locals come and stay here till late evening. Similarly the idea is to turn entire Lal Chowk into a tourist hub, like Dal lake and Nishat,” Khan said.

He said the Clock Tower is just one part of the project which also plans to give a facelift to entire Residency Road, Jehangir Chowk, Karan Nagar, and Batamaloo areas as part of the central business upgrade.

“We hope to complete the entire project in the next 40 to 45 days,” Khan added. (Agencies)

Police detains.....

he added.

The Public Safety Act empowers law enforcement agencies to take necessary measures to counter potential security risks and maintain the safety of the community, said the SSP adding that police is committed to upholding the rule of law while ensuring that civil liberties are respected.

Poswal emphasized that the police force is employing a multi-pronged approach to address the issue of anti-national elements.

Alongside organizing awareness programs to educate the public, the police will not hesitate to take stern actions against those disrupting peace and harmony, he said.

The SSP issued a stern warning to all Over Ground Workers (OGWs) and anti-national elements, stating that Kishtwar will not tolerate any activities that threaten the security of our nation.

He urged them to return to the path of peace and urged the public to support the police in maintaining a safe and secure environment.

The Kishtwar Police Department encourages the general public to promptly report any information related to anti-national activities, anti-social elements. Citizens can contact the helpline number

9906154100 or submit information through the official Facebook page and the identity of informants will be kept confidential.

Tobacco-free.....

Section 4 of the COTPA, 2209 challans were produced against the violators and a revenue of Rs 1,47,046 was generated.

He said 73 challans were done under Section 5 of the COTPA and in 59 cases, action was taken, while 54 challans were done for Section 6(b) of the COTPA and Rs 8,730 were generated.

Dr Mushtaq said that 5,06,860 no-tobacco pledges were taken, 2743 rallies were conducted in schools and 2,833 school awareness activities including debates were conducted in the last two months.

“Under IEC activities, different notices, social media campaigns and awareness rallies were conducted and 420-gram sabha meetings under tobacco-free village monitoring and 184 miking and Nukad Natak programmes were held,” he said.

The government has taken a slew of measures to decrease the percentage of tobacco consumption as over 20,000 challans have been produced, the Nodal Officer said, adding that over Rs 15 lakh was collected from violators for smoking in public places in the Kashmir division in the last four years.

Awareness programmes are being conducted to inform people about the ill effects of tobacco and if we are able to make people conscious, there won’t need for enforcement, he added.

Dr Mir said various awareness programmes have already been started to educate people about the hazards of tobacco chewing and smoking. He said the officials have been directed to conduct regular enforcement drives for the implementation of COTPA-2003.

As per the National Health Survey figures, the prevalence of tobacco in Kashmir includes Kupwara 56%, Shopian 52%, Anantnag and Bandipora 49% each, Budgam 48 %, Pulwama 44%, Ganderbal 42%, Baramulla and Kulgam 41% each and Srinagar 38%.

As per the GATS 2 data, 35.2% of men, 5.1% of women and 20.8% of all adults smoke tobacco in J&K.

The data states 6.8% of men and 1.5% of women and 4.3% of all adults currently use smokeless tobacco, 39.7% of men and 6.2% of women and 23.7% of all adults either smoke tobacco or use smokeless tobacco.

The government of Jammu and Kashmir has also imposed a complete ban on the sale of loose cigarettes, loose beedis and loose tobacco while all educational institutions and tourist destinations were declared as tobacco-free zones.

Tobacco is said to be the leading cause of preventable deaths in the world. It kills approximately more than seven million globally and more than one million in India. Lung cancer has been found to be the second commonest cancer. In the past few decades, the cancer catastrophe has created havoc globally, Kashmir has witnessed a rise in cases of lung and breast cancers.

As per the hospital-based data from the Kashmir Valley, males have a higher incidence of lung cancer. “There is a direct relation between length of smoking and number of cigarettes smoked per day. Even if smokers quit smoking, there are chances of developing cancer but these chances decrease to a greater extent,” the officials said—(KNO)

Union MoS.....

reviewed the functioning of Agriculture, Horticulture departments and ICAR-CITH here.

Addressing the meeting, the Union Minister stressed on submission of projects on value addition of different horticulture and agriculture crops so that the socio-economic development of farming community could be achieved. She impressed upon the participants to ensure that PRI representatives are taken on board during the implementation of different schemes, programs for the welfare of farming community of the region.

The Union Minister asked the officers to increase the awareness among the farmers at Panchayat level so that the desired results under different programmes could be realised. She assured the concerned officers of every possible support from Union Ministry for the development of agriculture, horticulture and other allied sectors in the UT of Jammu and Kashmir.

During the meeting, a detailed power point presentation was given before the minister by Director Agriculture Kashmir, Director Central Institute of Temperate Horticulture(CITH) and Deputy Director Horticulture Kashmir regarding CSS ,HADF and credit linked schemes.

Environment.....

Pakistan. For this an environment free of terror and hostility is imperative,” he added.

On Tuesday, Sharif offered to hold talks with India to address all serious and

outstanding issues as he said that “war is not an option” for both countries.

“We are prepared to talk with everyone, even with our neighbour, provided that the neighbour is serious to talk serious matters on the table because war is no more an option,” he said, referring to India.

The ties between India and Pakistan came under severe strain after India’s warplanes pounded a Jaish-e-Mohammed terrorist training camp in Balakot in Pakistan in February 2019 in response to the Pulwama terror attack.

The relations further deteriorated after India on August 5, 2019 announced the withdrawal of special powers of Jammu and Kashmir and the bifurcation of the state into two union territories.

To a question on the so-called China-Pakistan Economic Corridor (CPEC), Bagchi said India has been opposing the project as it goes through Pakistan-Occupied-Kashmir.

Asked about Pakistan planning to mount anti-India rhetoric in view of the fourth anniversary of revocation of Jammu and Kashmir’s special status, Bagchi said Islamabad’s propaganda has not been working. (Agencies)

Is There No.....

revoked in the absence of a constituent assembly. The bench, also comprising Justices Sanjay Kishan Kaul, Sanjiv Khanna, BR Gavai and Surya Kant, told senior advocate Kapil Sibal, appearing for National Conference leader Mohd Akbar Lone, there are only two highly debatable issues — whether Article 370 acquired a permanent status with the cessation of the constituent assembly of Jammu and Kashmir and whether the procedure adopted for its abrogation was valid. Sibal submitted there was an understanding between the Constitution framers and then Maharaja of Jammu and Kashmir Hari Singh who, while in favour of independence of his state, signed the instrument of accession to India due to the trouble caused by Pakistani infiltrators, under which Article 370 was inserted and no process can now be followed to abrogate it. “The Constitution is a live document and it is not static. Can you say that there is no mechanism to change it (Article 370) even when everyone wants to change it? Then you are saying that this can’t be changed even if all of Kashmir wants it,” Justice Kaul told Sibal. Supplementing the views of Justice Kaul, the CJI asked Sibal, can Parliament, having powers under Article 368 to amend the Constitution, not change or abrogate Article 370. “You are saying that there is a provision of the Constitution which lies even beyond the amending powers of the Constitution. So, if we accept your submission, we will be creating a new category apart from the basic structure of the Constitution,” Justice Chandrachud said. Article 368 says, Power of Parliament to amend the Constitution and Procedure therefor: (1) Notwithstanding anything in this Constitution, Parliament may in exercise of its constituent power amend by way of addition, variation or repeal any provision of this Constitution in accordance with the procedure laid down in this article.

In the landmark Kesavananda Bharati verdict of 1973, the top court had pronounced the basic structure doctrine of the Constitution and held that certain fundamental features such as democracy, secularism, federalism and rule of law cannot be amended by Parliament. Sibal stuck to his stand that in the absence of a constituent assembly, the provision has acquired a permanent status and the Constitution of Jammu and Kashmir says that no bill for modification or abrogation of Article 370 can be moved in the legislative assembly. “How would you then put into place the constitutional machinery? It cannot be that because there is no constituent assembly, you cannot at all deliberate upon a proposal for abrogation or modification of Article 370,” the CJI said. Sibal said though many people feel that the provision should go there has to be a constitutional way of doing it and that he is not going to tell the other side how to do it. “You can’t introduce a bill in Parliament at 11 am and pass a resolution without anyone knowing about it,” the senior lawyer said, asserting the bill for abrogating Article 370 was passed without proper discussion. He said abrogating the provision is a political process but it should fit within the constitutional scheme. Article 370 has been titled as “Temporary provisions with respect to the State of Jammu and Kashmir” in Part XXI of the Constitution.

The top court had on Wednesday referred to proviso 3 of Article 370 which says, “Notwithstanding anything in the foregoing provisions of this article, the President may, by public notification, declare that this article shall cease to be operative or shall be operative only with such exceptions and modifications and from such date as he may specify, provided that the recommendation of the Constituent Assembly of the State referred to in clause (2) shall be necessary before the

President issues such a notification.” Many feel since Article 370 itself spoke of the way it can become inoperative, the framers of the Constitution did not intend the provision to be permanent.

Sibal has been arguing that the constituent assembly, which existed for seven years between 1951 and 1957, alone was given the power to recommend modifications to Article 370. Since it ceased to exist after drafting the Constitution for Jammu and Kashmir, the provision acquired a permanent status.

He has said Parliament of India could not have assumed the powers of the non-existent constituent assembly and abrogated Article 370. The hearing in the matter remained inclusive and will resume on August 8.

On Wednesday, the apex court had asked who can recommend the revocation of Article 370 in Jammu and Kashmir when no constituent assembly exists there.

The top court had asked as to how can a provision (Article 370), which was specifically mentioned as a temporary provision in the Constitution, become permanent after tenure of the Jammu and Kashmir constituent assembly came to an end in 1957.

Several petitions challenging abrogation of the provisions of Article 370 and the Jammu and Kashmir Reorganisation Act, 2019, which split the erstwhile state into two union territories – Jammu and Kashmir, and Ladakh- were referred to a Constitution bench in 2019. (Agencies)

CS visits.....

and take lead in adopting this clean and reliable energy source that would not only reduce their power bills substantially but simultaneously save our environment by reducing carbon emissions also.

He asked JAKEDA to organize more such awareness camps across other parts of the UT so that people would know about rooftop solar plant, KUSUM scheme and its financing pattern so that the benefits reach all the eligible persons.

The Chief Secretary said that renewable sources of energy holds great promise the future as government envisions a future with reduced dependence on fossil fuels by promoting alternative renewable energy sources. He also noted that besides reducing carbon emissions, the generation of solar energy through rooftop solar programme would also offset power requirements of domestic consumers in J&K thereby aiding our Power Discoms to provide quality power to rest of the consumers.

He observed that ultimately the future belongs to renewable energy. He further gave out that the energy besides clean and less hazardous is cost-effective for the people. He encouraged them to readily adopt this futuristic technology for both their domestic and agricultural purposes in order to save their resources and environment as well.

The Commissioner Secretary, Science and Technology, Saurabh Bhagat on the occasion remarked that the department is making concerted efforts to popularize the use of solar energy both in public and private sector. He made out that Under Ministry of New and Renewable Energy, GoI’s Schemes, domestic electricity consumers across the UT can install Rooftop Solar PV Plants for electricity purposes and can also avail the benefit of securing around 50-65% subsidy on installation of such plants.

It was given out that the solar rooftops are available from 1 KW to 10 KW capacity with five years free maintenance. Moreover with the tie-up of JAKEDA with the Banks, the

employees can avail the benefits on the EMI starting from just over Rs 900/month.

A noticeable feature of the scheme is that it occupies only 80-100 sft roof area per KW, generating 120-140 units of energy per month on an average.

It was also revealed that it can offset about 1.43 tons of carbon emission annually per kW which is equivalent to planting 66 trees. It also supplements energy generation which in turn reduces power curtailment hours and the plants can be customized as per the requirements of the consumers to off-set his monthly electricity bills.

ACB arrests.....

complainant has a dispute with his uncles with regard to land. The case in this regard is under trial in the court of Executive Magistrate First Class, Tehsildar Khag.

The complainant alleged that the accused Nazir had been delaying the hearings of the case and requested him to expedite the trial of the case, who however demanded a bribe of Rs. 2000 for listing his case.

The complainant did not want to pay a bribe and instead approached ACB Srinagar for taking legal action against the accused public servant under law.

On receipt of the complaint, a Case FIR No. 14/2023 U/S 7 PC Act 1988 was registered with PS ACB Srinagar and investigation was taken up.

During the course of investigation, a team was constituted who laid a successful trap and caught the accused public servant red handed while demanding and accepting a bribe amount of Rs 2000 from the complainant.

The money was recovered from the accused on the spot and the accused revenue official was arrested.

Further investigation into the case is going on, the statement added.

Missing Army.....

dozen of persons and examined the call details of the Army jawan.

Missing Army jawan has been recovered by Kulgam Police. Joint interrogation will start shortly after medical checkup. Further details shall follow: ADGP Kashmir, tweets Kashmir Zone Police.

Wife releases....

towards following in the footsteps of these heroes as future citizens of this country,” they added.

In August 2008, Col. Thomas was commanding the 45 Rashtriya Rifles battalion in the Machil sector and acting on a specific input from a militant movement he led from the front.

“He neutralised two terrorists at close quarters. In the process, he sustained severe gunshot wounds. In spite of this, he refused to be evacuated and, in a daring act, rolled down a cliff to surprise a third terrorist who had taken a concealed position and was engaging our soldiers effectively. In a fierce hand-to-hand fight, he eliminated the third terrorist. However, he later succumbed to his injuries,’ they said.

Col. Thomas, was awarded the highest peacetime gallantry award, ‘Ashok Chakra’ posthumously.

The comic was released at ‘Naaz-e-Hind’ at ‘Zamindar Gali’ in Machil sector in Kupwara.

‘Naaz - e - Hind’ is a complex made at Z Gali Machil to commemorate the supreme sacrifice of Col Jojan Thomas and Naik Neeraj, who laid down their lives fighting the terrorists near Z Gali and were honoured with the posthumous award of the Ashoka Chakra by a grateful nation.

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CMYK



Advisor Bhatnagar conducts extensive tour of Tangmarg

Interacts with DDC, BDC members, PRI representatives, locals

Also inspects educational institutions, ongoing works at key projects

TANGMARG (BARAMULLA), AUG 03: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today conducted an extensive tour of Tangmarg area of the district to evaluate the progress on key projects and gain insights into the infrastructure and educational facilities available for the residents.

During the visit, the Advisor inspected Water supply Scheme at Heing Tangmarg being executed under Jal Jeevan Mission, inspected Govt Middle School Sharai and Fazili Kashmiri Memorial Govt Higher Secondary School Chamdilora and took stock of their functioning as well as academic activities.

While inspecting the water supply Scheme at Heing, Advisor Bhatnagar highlighted that this is a crucial infrastructure project aimed at providing a sustainable and reliable water supply to the locals here, adding that the present LG led Administration is committed to provide tap water to all the residents and rural households of Jammu and Kashmir under the Jal Jeevan Mission.

The Advisor during the inspection took stock of the

ongoing works and interacted with the project officials as well as the representatives of executing agency. He emphasized upon them to complete the project at the earliest so that the clean tap water is provided to the locals of the area.

Meanwhile, Advisor Bhatnagar also visited Government Middle School Sharai and Fazili Kashmiri Memorial Government Higher Secondary School Chamdilora here and took first hand appraisal of educational infrastructure as well as assessment of quality of education being provided to students. The Advisor's visit was aimed to gather valuable feedback and identify areas that need improvement in order to enhance the overall educational experience for the students.

At Government Middle School Sharai, Advisor Bhatnagar appreciated the efforts of the school staff in maintaining a conducive learning environment at the school. He engaged with the teachers, and school management, encouraging them to continue their dedication towards imparting quality education and providing a nur-

ture environment for the students. He emphasized on them to focus on extracurricular activities also, which are essential for the holistic development of students.

The Advisor on the occasion, also interacted with the school children and sought feedback from them about the academic activities of the institution.

Meanwhile, at Fazili Kashmiri Memorial Government Higher Secondary School Chamdilora, Advisor Bhatnagar lauded the commitment of the school's faculty in delivering quality education to the students. He emphasized on the importance of continuous professional development for teachers to stay abreast of the latest teaching methodologies and technologies.

While interacting with the faculty, Advisor Bhatnagar said that education is the cornerstone of progress, and the government is dedicated to fostering an inclusive and enriching educational system as per NEP-2020 across Jammu and Kashmir. He emphasized upon the faculty of institution to educate and empower students as per



the verticals of NEP-2020 so that they can attain knowledge and skills to meet the challenges of the future.

During the visits to schools, the Advisor also took note of the infrastructure requirements and assured the school

management of government's commitment of providing necessary resources to enhance the learning environment.

Later, during the visit, Advisor Bhatnagar also held detailed interaction with DDC members, BDC members, PRI representatives, local citizens and other locals of the area and took stock of developmental scenario of the area.

While interacting with them, Advisor Bhatnagar highlighted that government is committed to uplift the living standards of the people in Tangmarg and reiterated the commitment to providing quality education and other essential services to the area. He remarked that the government is fostering sustainable development and improving educational facilities for our students as well as health facilities for the citizens here.

The PRI representatives and locals, while interacting with the Advisor raised several issues and demands before the Advisor and sought immediate redressal of same.

The Advisor assured them that all of their genuine issues will be redressed on priority, while as he also passed directions to concerned officers for redressing some issues on spot.

SAARC MBBS quota Favoritism or Fraud: Lesser deserving candidates to get SAARC medical scholarship over deserving ones

SRINAGAR, AUG 03: There seems to be no let up in providing MBBS scholarship seats of South Asian Association for Regional Cooperation (SAARC) quota to ineligible candidates of Jammu and Kashmir fraudulently.

Sources informed the news agency—Kashmir News Observer (KNO) that the recently released merit list of the students, 'nearly a dozen meritorious students from Jammu and Kashmir were dropped from the list'.

"Many consultants of Jammu and Kashmir are fraudulently helping the ineligible students by taking a hefty amount from them. There are many deserving students who have been dropped from the selection list released by Directorate General of Medical Education (DGME) Bangladesh," he said.

Several meritorious aspirants this year and previously have alleged that scores of ineligible students from Kashmir were given MBBS admission fraudulently in Bangladesh under SAARC quota and the deserving ones never got justice.

One of the deserving candidates, Ubair Fayaz said, "I belong to an average middle class family. I toiled hard to get 7th position in medical stream in class 12th with 493 marks out of 500 (98.6%)."

Ubair said that he was dropped from the selection list and the ineligible candidates having lesser qualifications and pass percentage were given admissions for MBBS under SAARC quota.

Every year 23 meritorious students are selected for MBBS in Bangladesh under SAARC quota. The Selected candidate must have more than 98 percent marks in aggregate in class 12th.

"I have scored exactly 98.6 percent in aggregate with 99 percent in Physics, Chemistry with 99 percent, and Biology with 98 percent respectively. However some of the selected candidates have less marks than me and they manage to get admissions," Ubair said.

He said that as per DGME Bangladesh, the first preferential subject for MBBS is Biology and then other subjects respectively.

"When Selection list was released, surprisingly the candidates who scored below me in aggregate and particularly in biology as well were selected," he said.

Chairman of JK consultancies, Suhail Khan said, "He has received several complaints of the students regarding the nepotism by constants. I have taken up the matter with the concerned authorities."

FRAUD

Srinagar ranks first among all Districts across India in 'Eat Right Challenge – Phase III' under Azadi Ka Amrit Mahotsav

Engaging citizens through social and behaviour change is key to Eat Right Movement: DC Srinagar

SRINAGAR, AUG 03: Continuing its endeavor, the Srinagar District has achieved top rank across the country in implementation of phase III of "The Eat Right Challenge for Cities and Districts" of the Food Safety and Standards Authority of India.

The Eat Right Creativity Challenge Phase III started from May 2023 and will end in October has been launched as a part of the celebration of Azadi Ka Amrit Mahotsav is aimed to tap the creative talent of students and enable them to inculcate healthy dietary habits.

The Eat Right Challenge in Srinagar was carried out under the overall supervision of Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad, while Assistant Commissioner Food & Safety, Yamin ul Nabi was its Nodal Officer.

The Targets fixed by Food Safety Standards Authority of India were satisfactorily achieved, hence Srinagar District figured as top District across the country as of August 03, 2023.

The Eat Right Challenge also known as Eat Right movement envisioned as a competition among Districts to recognize their efforts in adopting and scaling up of various initiatives under Eat Right India.

These initiatives include strengthening food safety through the food regulatory environment, to provide safe and healthy food options by enabling the supply side and to engage with citizens for adoption and demanding healthier diet.

The activities which were carried out under this challenge include Registration and licensing drives, surveillance drives, lifting



of enforcement samples, special camps for consumer awareness,

hygiene rating, clean street food, no food waste certification, reus-

ing of cooking oil, training to Asha & Anganwari workers, eat right campuses to promote eat right message.

Speaking in this regard, the Deputy Commissioner, Srinagar said that "The Eat Right Challenge activity was aimed to propagate the message of adopting healthy food habits among the masses to include fortified foods as nutrients in their diets. He also stressed massive outreach to educate people and spread the message of safe, healthy and sustainable diets.

The DC also congratulated the team of Food Safety for achieving first rank under the Eat Right Challenge and stressed them to continue their efforts to sustain the top position under the ongoing eat right Challenge completion phase III which will conclude in October, 2023.

Indian Chamber of Commerce for SC, ST & Women Entrepreneurs has Appointed New state executives for Kashmir Division and Ladakh

NEW DELHI: The Indian Chamber of Commerce for SC, ST & Women Entrepreneurs (ICCSWE) is pleased to announce the appointment of Mr. Irfan Attari as the Secretary for the Kashmir Division and Mr. Adil Modi as the Coordinator for both the Kashmir Division and Ladakh.

These appointments come as a significant step towards promoting inclusivity and empowering entrepreneurs from marginalized communities in the region. With extensive experience and dedication to their respective fields, Mr. Attari and Mr. Modi bring a wealth of expertise that will undoubtedly contribute to the advancement of the local business ecosystem.

Mr. Irfan Attari, the newly appointed Secretary, is known for his remarkable leadership skills and vision for economic growth. His dedication to promoting entrepreneurship among SC, ST, and women entrepreneurs will undoubtedly foster a vibrant and thriving business environment in the region.

Mr. Adil Modi, who takes on the role of Coordinator for both the Kashmir Division and Ladakh, has a proven track record of successfully supporting and nurturing aspiring entrepreneurs. His passion for driving positive change and empowering



businesses will undoubtedly have a profound impact on the region's economic

landscape. The felicitation of Mr. Attari and Mr.

Modi by Member of Parliament Naba Kumar Saraniya, who also serves as the Patron of the ICCSWE, is a testament to their exceptional abilities and their commitment to the welfare of underrepresented entrepreneurs.

The Indian Chamber of Commerce for SC, ST & Women Entrepreneurs expresses heartfelt appreciation to Member of Parliament Naba Kumar Saraniya in presence of Subir Paul, National President and Namit Srivastava, State President for his continued support and patronage, which has played a pivotal role in fostering an environment of inclusivity and growth.

The appointments were made during a prestigious ceremony held at the ICCSWE's venue located at North Avenue, New Delhi. The event was attended by prominent leaders, entrepreneurs, and dignitaries from various sectors, who lauded the chamber's commitment to empowering marginalized entrepreneurs.

ICCSWE congratulates Mr. Irfan Attari and Mr. Adil Modi on their well-deserved appointments and looks forward to their valuable contributions in advancing entrepreneurship and driving socio-economic progress in the Kashmir Division and Ladakh.

ADP: DC Baramulla inaugurates ‘Teacher Informatics Center cum Digital Studio/ Lab’

Rs. 60 lacs Unique Project to help students with least resources via Digital Platform: Dr Sehrish

■ HT News Network

BARAMULLA, AUGUST 03: In a bid to transform the experience of learning through digital technology and multimedia, the Deputy Commissioner (DC) Baramulla, Dr. Syed Sehrish Asgar today inaugurated first of its kind in J&K ‘Teacher Informatics Center cum Digital Studio/ Lab’ under Aspirational District Programme at Mini Secretariat, Baramulla.

The Digital Studio accomplished with a cost of Rs. 60 lacs will help students of far flung areas in making up the deficiency of the requisite resources arising due to the non availability of the facilities.

After inaugurating the



project, Dr Sehrish highlighted the significance of Teacher Informatics Center cum Digital Studio and said that the project is the first of its kind in Jammu and Kashmir to help the students in learning through digital platform.

Dr Sehrish asserted that the purpose of this innovative project is to give access to those students who are left with the lectures and through this platform, stu-

dents can avail the benefits of recorded lectures by the best and motivational faculties. She also added that the second phase of the project will give access to the students via mobile phones wherein they will get live streaming of all the subjects including Physics, Chemistry, Biology, Maths, Commerce and other subjects.

On the occasion, the DC also informed that for Teacher Learning Process,

a separate Sessions will be organised to impart training to the Teachers so that the aim of the programme is achieved.

Meanwhile, the DC also interacted with various schools virtually through this digital platform.

Moreover, the DC informed that various initiatives will be taken for further streamlining of the Digital Studio wherein resourceful facilities across the district will create learning resources available for the students.

Joint Director Planning, M. Yousuf Rather; Chief Education Officer Baramulla, Balbir Singh Raina and other concerned officers and officials were present at the event.

DC chairs DLSC meeting at Anantnag

■ HT News Network

ANANTNAG, AUGUST 03: The Deputy Commissioner (DC) Anantnag, S.F Hamid today chaired the District Level Screening Committee (DLSC) on District Irrigation Plan under Pradhan Mantri Krishi Sinchayee Yojana (PMKSY) at DC office, here.

Chief Agriculture Officer Anantnag, who is also Member Secretary DLSC briefed the participants about the District Irrigation Plan 2023-28 and deliberated on various parameters incorporated in the Plan.

The DC while speaking on the Implementation of District Irrigation Plan stressed upon achieving convergence of investments in irrigation at the field level, enhance the physical access of water on the farm and expand cultivable area



under assured irrigation (Har Khet Ko Pani), Integration of water source, distribution and its efficient use, to make best use of water through appropriate technologies and practices, Improve on-farm water use efficiency to reduce wastage and increase availability both in duration and extent.

He also stressed on enhancing the adoption of

precision-irrigation and other water saving technologies (Per Drop More crop) and enhancing recharge of aquifers and introducing sustainable water conservation practices. S.F Hamid while approving the District Irrigation Plan with proposed budget requirement of Rs 1265 Cr. instructed that physical implementation unit for DIP should be the

“Block” and directed to formulate one data monitoring cell for appraisal of its day to day progress. S.F Hamid while approving the District Irrigation Plan with proposed budget requirement of Rs 1265 Cr. instructed that physical implementation unit for DIP should be the

DC Budgam reviews arrangements for Independence Day, 2023 celebrations

■ HT News Network

BUDGAM, AUGUST 03: The Deputy Commissioner (DC) Budgam, Akshay Labroo today chaired a meeting to review the preparedness for ensuing Independence Day-2023 celebrations in the district.

The meeting was informed that the main function of the Day shall be held at Sports Stadium Budgam while similar functions will be held at sub-division and Tehsil levels also.

It was also informed that contingents of JKP, CRPF, NCC, students of various government schools will participate in the march past parade. Besides various cultural programmes will also be the part of celebrations and a felicitation ceremony would also be held.

On the occasion, various



committees like the hospitality committee, stage management committee and selection committee were formed for the smooth conduct of the celebrations.

Different departments viz. Education, PHE, R&B, DYSSO, Information, Health, Sports, Traffic, Motor Vehicles, Police, Floriculture, PDD, Municipality and Paramilitary Forces were directed to look after their respective assignments.

The decoration of the main venue ground, seating

arrangements, uninterrupted power supply, drinking water/tanker service, barricading of venue, medical aid camp, availability of ambulances, deployment of fire tenders, transportation facilities, adequate and separate vehicle parking, refreshment, invitations, PAS system, brochures, cleanliness and sanitation measures were discussed threadbare in the meeting while as special emphasis was laid on march past parades cultural pro-

grammes, refreshments, transportation, mobile toilets etc.

On the occasion, DC suggested that banners related to ‘Mere Maati, Mera Desh’ theme along with ‘Nasha Mukta Budgam’ and ‘Swachh Budgam’ be displayed in the main programme.

The DC directed all the officers to come up with a flawless and vibrant Independence Day celebration that truly celebrates ‘Azadi Ka Amrit Mahotsav’ and reflects the spirit of unity and patriotism.

Besides, SSP Budgam, Tahir Gilani; ADDC Budgam, Dr Akramullah Tak; ADC Budgam, Dr. Nasir; CMO, CEO, ACD, ACP, Executive Engineers, SDMs, Tehsildars, all other District and Sectoral officers, representatives of CRPF, 62 RR were present in the meeting.

DLIC meeting approves 08 cases under MUMKIN scheme at Ganderbal

■ HT News Network

GANDERBAL, AUGUST 03: A meeting of the District Level Implementation Committee (DLIC) was held today at Mini Secretariat, Ganderbal to review the implementation of MUMKIN scheme in the district.

The meeting was chaired by the Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-u-din Shah.

Assistant Director Employment, Ganderbal Dr. Sheeba Inayat briefed the chair and other members about different guidelines of the scheme and



on the current status of cases approved in previous DLIC meetings.

During the meeting, several cases of unemployed eligible youth in the district were presented to the Committee for approval under MUMKIN.

After reviewing the cases, the ADC approved 08 new cases under MUMKIN which were complete in all respects.

The chair directed the member secretary to verify all other pending cases and sponsor the newly approved cases to the Banks at the earliest.

The meeting was also attended by DLIC members including the GM DIC Ganderbal Zahid Rashid Khan, ARTO Ganderbal Wajahat Qayoom, LDM Ganderbal Shabir A. Dar, along with staff of DE&CC Ganderbal.

DC Kulgam flags-off 20 SWC vehicles, also kick-starts fortnight cleanliness drive

Public cooperation, a must element for the success of the cleanliness mission: Dr Bilal

■ Farooq Rather

KULGAM, AUGUST 03: As part of ‘Azadi Ka Amrut Mahatsav’ and under the aegis of Swachhta Pakhwada programme, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today kick-started fortnight cleanliness drive.

The DC also flagged-off caravan of 20 Solid Waste Collection (SWC) vehicles for Panchayats from mini-secretariat, here.

An intensive cleanliness drive was also carried out at mini-secretariat and the drive was led by the DC himself.

ADDC, Showkat Ahmad Rather; ADC, Viqar Ahmed Giri; ACR, ACD, ACP and other district officers and staff members of various departments housed in mini secretariat enthusiastically participated in this cleanliness drive.

Sweeping staff from the Municipal Council were also involved in this sanitation drive.

During this drive, paper waste/ plastic waste were removed from the area inside the mini secretariat complex and lawns. The staff also carried



out dusting/cleaning of offices.

The DC instructed the staff of all the departments to ensure proper hygiene around their respective place of work.

Speaking on the occasion, the DC termed public cooperation a must element for the success of the cleanliness mission. He also highlighted the measures and steps taken to make Kulgam a beautiful and clean district.

He added that under Swach Bharat Mission 150 panchayats have been made model panchayats.

The DC also instructed the ACD to start intensive drive to lift legacy waste for its proper disposal.

It was shared that under the 15 day long cleanliness campaign major focus is being given on cleaning of water bodies, parks, roads, schools, hospitals and colleges.

Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER (R&B) SPECIAL SUB DIVISION Uri

NOTICE INVITING E-TENDER (Fresh to NIT NO.28)

eNIT No. 35 of 2023-24/2022-31/R&B SSD Uri e-tendering

DATED: 03-08-2023

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

S.No	Name of Work	Adv. Cost (Rs. In Lacs) incl. cost of Tar & 18% GST	Earnest Money	Cost of T/Doc.	Time of completion	M.H of Account	Class of Contractor
1	2	3	4	5	7	6	7
1.	Upgradation of road from Challa Bridge to Fourbay	17.47	Rs 34950/-	Rs 800/-	25 Days	Potholes	BEE CEE
2.	Upgradation of Chokidar Mode to Nambla	6.58	Rs 13160/-	Rs 300/-	20 Days	Potholes	CEE DEE
3.	Upgradation of Khan Mohalla Bijember road	10.17	Rs 20350/-	Rs 600/-	25 Days	Potholes	BEE CEE DEE
4.	Upgradation of road from NH1A to Najar Mohalla Nowshera	6.45	Rs 12900/-	Rs 300/-	20 Days	Potholes	CEE DEE
5.	Upgradation of road from Bijhama road to Pandit Mohalla Nakwara	8.72	Rs 17450/-	Rs 600/-	20 Days	Potholes	CEE DEE
6.	Upgradation of road from Sudwani to Hotter	17.80	Rs 35600/-	Rs 800/-	25 Days	Potholes	BEE CEE
7	Improvement/upgradation of road from Children park to foot bridge and links at Boniyar	8.31	Rs 16650/-	Rs 600/-	20 Days	Potholes	CEE DEE
8	Upgradation of road from Chechipora to Bela Bugna	26.02	Rs 52050/-	Rs 1100/-	25 Days	Potholes	AAV BEE
9	Upgradation of Upper Gingle link road	8.89	Rs 17800/-	Rs 600/-	20 Days	Potholes	CEE DEE
10	Upgradation of road from Bijhama to Jabadar including Daruloom link	6.79	Rs 13600/-	Rs 300/-	20 Days	Potholes	CEE DEE
11	Upgradation of road from Malik Mohalla to Parray Mohalla and Peer Mohalla Naganari	6.86	Rs 13750/-	Rs 300/-	20 Days	Potholes	CEE DEE

Project Authority: Chief Engineer Kashmir

Position of AAA: Accorded

Position of funds Available

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

1	Date of Issue of Tender Notice	03.08.2023
2	Period of downloading of bidding documents	03.08.2023 to (11:00 AM) to 09.08.2023 (2:00PM)
3	Bid submission Start Date	03.08.2023 (11:00 AM)
4	Bid Submission End Date	09.08.2023 (2:00PM)

2. Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date with NIT No. & sr. No) deposited in M.H. 0059 in the name of Executive Engineer R&B Special Sub Division Uri (tender inviting authority) as the cost of the tender document.

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

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

5. Bids for the work shall be valid for 120 days from the date of opening of Technical bids. 6. Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download the bid submission manual from the "Downloads" option as well as the "Bidders Manual Kit" option on the website www.jktenders.gov.in to familiarize themselves with the bid submission process. 6.2 In order to participate in the bidding process, bidders must obtain a Digital Signature Certificate (DSC) under the Information Technology Act of 2000. Any approved Vendor can provide bidders with a digital certificate. 6.3 Bidders must submit their bids in electronic format with a digital signature online. No physical bids will be accepted. 6.4 Bids will be opened online in accordance with the time schedule specified in Para-1.

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

7 The department will not be held responsible for any delays in online submission due to unanticipated circumstances. 8 The original Treasury Challan (Cost of tender document) and other Uploaded bid documents shall have to be produced on demand by the successful bidder at the time of contract signing, and in the case of unsuccessful bidders, 2 percent EMD in the form of CDR/ FDR/ BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Special Sub Division Uri, will be released only after production of Original Treasury Challan of uploaded Scanned copy (Cost of tender document).

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

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

No.-SSDU/2023-24/2022-31
Dated: 03-08-2023
DIPK-6324/23

Sd/=
Executive Engineer,
R&B Special Sub-Division, Uri.

DC Samba reviews functioning of Revenue Department

■ HT News Network

SAMBA, AUGUST 03: Deputy Commissioner, Abhishek Sharma, held a meeting to review the Revenue Department here today.

The Deputy Commissioner emphasised digitising Mussavis and re-creating dilapidated Mussavis to streamline land records. Tehsildars were instructed to complete this task within specified timelines. The Assistant Commissioner (Revenue) and SDMs were directed to ensure timely completion.

The chair discussed the need for attention to detail in the correction of Jamabandies to ensure accurate land records. Regarding the Geo-referencing of Cadastral Maps, SDMs were assigned the responsibility of identifying villages where Abadi was not recorded and submitting patwar-wise information.



The DC highlighted the need to expedite land acquisition cases, particularly those involving land transfer to the Army and other security forces. ACR and SDMs were entrusted with ensuring prompt compensation and swift resolution of all pending cases. The DC directed to organise village-wise camps to facilitate smooth inheritance mutation processes and provide efficient online services, including

Fardintikhab, Revenue Record, various certificates and CLU applications.

The status of domicile certificates was reviewed to ensure timely issuance to eligible individuals. Officers were directed to review pending SRO-43 cases and take necessary steps for prompt resolution.

Tehsildars were tasked with checking pending services to uphold PSGA principles. The

status of ongoing departmental enquiries, redressal of public grievances and vigilance matters were discussed for timely resolutions.

The DC examined existing vacancy positions in administrative roles and discussed measures to address them. He reviewed complaints and grievances on the J&K Grievance Redressal Portal, emphasising swift disposal. The implementa-

tion of e-office at all levels was reviewed. Naib-Tehsildars were commended for having the service available at their level. All Tehsildars were instructed to clear the backlog of mutations.

The attendees included Additional Deputy Commissioner, Assistant Commissioner (Revenue), SDMs from Vijaypur and Ghagwal, Tehsildars, Naib-Tehsildars and Girdawars/Patwaris of the district.

DC Samba reviews preparations for Meri Maati Mera Desh campaign

■ HT News Network

SAMBA, AUGUST 03: Deputy Commissioner, Abhishek Sharma, chaired a meeting to review preparations for the "Meri Maati Mera Desh" campaign, which is to be observed across all districts, as a culmination to Azadi Ka Amrut Mahotsav.

The DC directed all concerned authorities to ensure the completion of Amrit Sarovars and accelerate the Swachh Bharat Mission-Gramin (SBM-G) by the specified timeline of August 8th, 2023. The DC called for prompt action to achieve Open Defecation Free Plus

(ODF+) status. All stakeholders were instructed to work towards achieving the goal of ODF+ model declaration by August 8th, 2023.

The DC directed to have a Sila Phalkam (Memorial Plaque) constructed at all villages/Gram Panchayats of District Samba in a time-bound manner.

The meeting was attended by Executive Engineer PWD, all BDOs, AEEs, AEs and other concerned officials. The DC directed to have a Sila Phalkam (Memorial Plaque) constructed at all villages/Gram Panchayats of District Samba in a time-bound manner.

Kathua: Mining Department seizes 13 dumpers

■ M S Nazki

KATHUA, Aug 03: District Mineral Officer, Rajinder Singh Rana seized 13 Punjab based dumpers for indulging in illegal mining at Gandial areas of district here today.

Acting swiftly on inputs of dumpers entered in Gandial areas from Pathankote side, team of Geology and Mining Department rushed to the spot and caught all 11 vehicles on the spot while 2 others were seized at Taraf Tajwal. Meanwhile, 3 dumpers fled the spot.

Strict warning was given to violators for not lifting mineral from any stone crusher without e-challans and GST bills besides following the transportation guidelines and all rules of Geology and Mining Department as per SRO-105 and MMDR Act of 1957.

Deputy Commissioner, Rakesh Minhas was immediately apprised about the incident who instructed the department to remain cautioned while conducting raids and impose heavy penalties on the vehicles and machines involved in illegal mining.

GHSS Khellani Doda organises rally on sustainable use of water

■ HT News Network

DODA, AUGUST 03: The students of Government Higher Secondary School Khellani, along with the school staff, took the initiative to raise awareness about sustainable water usage by organising a rally. The event was supervised by the District Project Management Unit, District Jal Jeevan Mission Doda.

During the rally, the District Coordinator of Information Education Communication (IEC) emphasised the importance of ensuring sustainable water usage to safeguard this vital resource for future generations. The event coincided with the celebration of the JJM fortnight, observed from 1st to 15th August 2023, further amplifying the message of responsible water management.

DC holds Change of Land use meeting

■ HT News Network

RAJOURI, AUGUST 03: The District Level Committee (DLC) on change of land use in Rajouri gave its approval for two cases of converting agricultural land to non-agricultural use.

In a meeting chaired by Deputy Commissioner Rajouri, Vikas Kundal, detailed discussion was held on the applications received online from various areas of the district. After careful deliberation, the committee approved two cases of converting agricultural land for non-agricultural purposes.

DDC Doda discusses measures to improve quality of education in Govt Schools



■ HT News Network

DODA, AUGUST 03: District Development Commissioner, Vishesh Mahajan convened a meeting with Additional District Development Commissioner, Pran Singh and all the Zonal Education Officers to discuss the measures to improve the quality of education in all the government schools across the district.

DC has ordered the setting up of a special fact finding/recommendation com-

mittee headed by ADDC Pran Singh, which will work out the major issues hampering smooth running of the government educational institutions of the district. The committee will submit proposals for ensuring availability of teaching staff in all the schools equally throughout the district with special consideration of schools located in the remote areas of the district. The committee will also study the court stay orders and report on the deceitful claims.

Sheetal Nanda inaugurates three day Assistive Devices distribution camp at Jammu

■ HT News Network

JAMMU, AUGUST 03: Commissioner Secretary, Social Welfare Department (SWD), Sheetal Nanda today inaugurated three day Assistive Devices distribution camp for Persons with Disabilities (PWDs) at residential school for blind, Roop Nagar here.

The camp was organized by Department of Social Welfare Jammu in collaboration with Artificial limbs corporation of India (ALIMCO).

During the camp, the Commissioner Secretary distributed prosthetic aids/assistive devices like Tricycles, wheel chairs, hearing aids, smart phones, smart canes among identi-



fied differently abled persons. The beneficiaries were selected on the basis of assessment camp held in month of May by Social welfare department in collaboration with ALIMCO. Artificial limbs were also provided to the identified beneficiaries during the camp.

On the occasion, Sheetal Nanda also interacted with the divyaanjan and gave them a peaceful hearing.

Div Com reviews implementation of Forest Dwellers Act, 4G saturation

■ HT News Network

JAMMU, AUGUST 03: Divisional Commissioner, Ramesh Kumar, chaired a meeting with Deputy Commissioners and officers from Forest Department and Bharat Sanchar Nigam Limited to review the implementation of the Schedule Tribes and Other Traditional Forest Dwellers Act and pending land transfer cases for 4G saturation.

The Div Com reviewed pending land transfer cases for 4G tower installation of BSNL for better connectivity, while Deputy Commissioners informed about the total number of locations/sites involved and the status of land allotment to BSNL in their respective districts. The Div Com observed a mismatch of data shared and directed BSNL Officers to compile data in consultation with district administrations.

Deputy Commissioners were directed to expedite cases for early tower installation. The Div Com also



inquired about the status of settlement claims received in the districts under the Schedule Tribes and Other Traditional Forest Dwellers Act. He instructed DCs to expedite progress and ensure early settlement of all pending cases.

The meeting was attended by the Chief Conservator of Forests, Officers of BSNL, Information Technology besides Deputy Commissioners of Jammu division along with other con-

cerned officers participated in the meeting through video conferencing. Deputy Commissioners were directed to expedite cases for early tower installation. The Div Com also inquired about the status of settlement claims received in the districts under the Schedule Tribes and Other Traditional Forest Dwellers Act. He instructed DCs to expedite progress and ensure early settlement of all pending cases.

DC, SSP Doda take stock of Independence Day arrangements

■ HT News Network

DODA, AUGUST 03: In a meeting held at the district headquarters, Deputy Commissioner, Vishesh Mahajan, along with Senior Superintendent of Police, Abdul Qayyum took stock of arrangements for the upcoming Independence Day celebration.

DC also appointed a team of officers, headed by ADDC Doda, to oversee the overall arrangements. During the meeting, the Chief Education Officer was directed to ensure the participation of all government and private schools in the celebrations, with students wearing proper cultural attire. DC Doda also reviewed preparations for decoration on the day of the event.

Several committees have been formed to manage seating arrangements, display departmental activities and government schemes, oversee venue management, etc. Security, drinking water, and power



supply arrangements for the event were thoroughly discussed and finalised.

Present at the meeting were Additional District Development Commissioner, Pran Singh; ADC, Dr. Ravi Kumar Bharti; ACD Phulial Singh; ACP Doda, Ashfaq Khanji; ACR Doda, Sanjeev Kumar; GM DIC Doda Idrees Lone, other senior district officers and representatives of the private schools of Doda town.

DC also discussed with the representatives of private schools the arrangements for the Independence Day and asked them to participate in the celebrations with patriotic fervor.

SKUAST Jammu hosts 30th Annual Group Meeting of AICRP on Rapeseed Mustard

■ HT News Network

JAMMU, AUGUST 03: The 30th Annual Group Meeting of the All India Coordinated Research Project (AICRP) on Rapeseed Mustard commenced at Baba Jitto Auditorium, SKUAST-Jammu today. Vice-Chancellor SKUAST-Jammu, Dr. BN Tripathi, was the Chief Guest, while ADG (Oilseeds & Pulses), ICAR, New Delhi, Dr. Sanjeev Gupta, was the Guest of Honour.

In his address, Tripathi highlighted the challenges

posed by projected population growth and stressed the need for improvement in agricultural practices and sustainable farming techniques. He emphasised that technological interventions and sustainable farming practices must be embraced by all stakeholders to enhance productivity while minimising environmental impact. Addressing the alarming deficit in oilseed production, Tripathi highlighted that the country currently faces over 60% annual demand shortfall. Jammu and Kashmir (Union Terri-



tory) also reported a deficit in total oilseed production by over 70%.

He praised the role of the ICAR sanctioned AICRP sub-centre at SKUAST-Jammu in increasing the acreage and productivity of rapeseed mustard crops in the region.

The initiative has achieved remarkable results over the past decade, with acreage increasing from 55,000 hectares and productivity from 762 kg/ha in 2012 to 140,000 hectares and 1149 kg/ha, respectively in 2022. He also appreciated the recent sanc-

tion of a Rs 31 crore project by the Jammu and Kashmir Government, focusing on the promotion of oilseeds under the Holistic Agricultural Development Project (HADP). During the meeting, Gupta emphasised the significance of oilseed production and the challenges and opportunities in the sector. He stated that ICAR is actively collaborating with NITI Aayog to set challenges and goals for the year 2047, aiming to achieve surplus production in oilseeds, pulses, meat, fruits and vegetables. Gupta mentioned that ICAR

is actively working on a diverse range of 65 oilseed varieties to develop new and improved varieties to address evolving needs. He stated that the current production scenario as per the 3rd advance estimates for 2023 projected a total of 41 million tonnes of oilseed production during the year.

Director Research, SKUAST-Jammu, Dr. RK Samnotra, highlighted the potential of the Jammu region for rapeseed mustard cultivation and praised the contributions of the AICRP (Rapeseed Mustard).

OFFICE OF THE JMJC /SUB -JUDGE BARAMULLA

(PROCLAMATION REQUIRING OBJECTION FROM GENERAL PUBLIC)
DATE OF FILING

NAZIR AHMAD LONE
S/O ABDUL AZIZ LONE
R/O KACHWA MUQAM WAGOORA

Registrar Birth and Death Baramullah

Whereas an application has been made before this court that NAZIR AHMAD LONE S/O ABDUL AZIZ LONE mothers name RAFIQA BEGEM has born on 5-9-1979 and R/O KACHWA MUQAM. The applicant has sought a direction from the court for registration of the Birth particulars of NAZIR AHMAD LONE in the concerned register of Birth and Death Proclamation is hereby made that if any person having any objection to this application may appear before this court to file objection within 07 working days

EDITORIAL

Embracing Islamic Beliefs: Compassion and Kindness for a Harmonious Society

In an era rife with division and discord, the Islamic belief in compassion and kindness serves as a beacon of hope, guiding humanity towards a more harmonious and understanding society. Rooted in the teachings of the Quran and exemplified by the actions of the Prophet Muhammad (peace be upon him), this principle underscores the significance of treating one another with empathy, respect, and love.

At the core of Islamic beliefs lies the concept of "rahma," or divine mercy. Muslims are encouraged to demonstrate compassion not just towards fellow believers, but to all of creation, including animals and the environment. This belief fosters an inclusive outlook, breaking down barriers of race, ethnicity, and social status. In the Quran, it is said, "And We have not sent you, [O Muhammad], except as a mercy to the worlds" (Surah Al-Anbiya). This verse highlights the overarching message of compassion, which transcends borders and touches the lives of every human being.

Practicing compassion in society not only benefits the recipients of these actions but also nourishes the souls with benevolence. charity and acts of kindness are ways to draw the heart and body into a sense of unity, recognizing the interconnectedness of all creation.

Furthermore, believers to embody both tangible and intangible support. This mindset paves the way for reconciliation, and between communities.

Embracing Islamic beliefs of compassion and kindness extends beyond individual acts; it plays a crucial role in the establishment of a just and harmonious society. The Quran advocates for the marginalized, stand up against oppression, and defend the vulnerable. By upholding these principles, Islamic societies have historically served as sanctuaries of peace and refuge for those in need.

Moreover, the Prophet Muhammad (peace be upon him) serves as an epitome of compassion in Islamic teachings. His numerous acts of kindness, even towards those who opposed him, exemplify the essence of this belief. His capacity to forgive and to show mercy, even in the face of adversity, sets a profound example for Muslims to emulate in their daily lives.

In today's world, the principles of compassion and kindness are more pertinent than ever. By embracing these Islamic beliefs, societies can transcend their differences and embrace a shared humanity. A compassionate society not only fosters social cohesion but also ensures that the most vulnerable members receive the support and care they deserve.

The Islamic belief in compassion and kindness remains a vital cornerstone in the journey towards building a harmonious society. It reminds us of the potential for goodness within each individual and encourages us to extend a helping hand to those in need. By integrating these principles into our daily lives, we can create a world that thrives on empathy, understanding, and love, transcending barriers and fostering lasting peace.

European Countries Are Keen To Get Increasing Share Of Indian Defence Market

France And Germany Are Taking More Pragmatic Approach In Dealing With New Delhi

■ [Girish Linganna](#)

China and Russia's aggressive actions against the West have caused problems, like conflicts over spy balloons, and have also led to NATO becoming stronger. One important result of this has been the West's effort to develop a closer relationship with India. In June, India's Prime Minister, Narendra Modi, visited Washington and received a warm welcome from the White House, Congress, and business leaders.

Europe has also been making efforts to strengthen its relationship with India. Recently, Emmanuel Macron, the President of France, invited Narendra Modi for a state visit. In February, Olaf Scholz, the Chancellor of Germany, visited Delhi. Giorgia Meloni, the Prime Minister of Italy, also made a trip in March. After the Ukraine war started last year, Ursula von der Leyen, the President of the European Commission, visited India, accompanied by seven European foreign ministers. Ministers and officials from Hungary, Spain, and Nordic countries have also been visiting Delhi.

The US is trying to strengthen its relationship with India for two main reasons. Firstly, it wants to enhance its business connections with the fastest-growing major economy in the world. Additionally, the US sees India as an important ally in its strategy for dealing with China. The US hopes that India can serve as an alternative manufacturing base as supply chains diversify away from China. Moreover, the US aims to reinforce security ties with India, as its relationship with China has been tense in recent years. During Indian Prime Minister Narendra Modi's visit in June, the two countries signed defense deals, including an agreement to manufacture jet engines in India. Importantly, President Joe Biden did not criticize Modi's government for its human rights record or the erosion of democratic norms.

Europe shares similar goals with the US in terms of boosting trade with India



and reshaping supply chains. However, countering China is not as high of a priority for Europe. Instead, Europe is focused on getting other countries to oppose Russia's war in Ukraine. Additionally, Europe places greater emphasis on human rights compared to the US.

The Biden-Modi summit went well, but Europe faces three barriers in improving relations with India. One obstacle is that Europe does not take seriously what it considers to be small annoyances but greatly upsets India and its people. An example is the European Union's visa policies for its Schengen region. Europeans can easily get a visa to visit India, while Indians face numerous document requirements and the possibility of rejection when trying to go to Europe. This issue also affects Britain's efforts to establish a free-trade deal with India. The process should be simplified for business tourists.

One problem is that Europe wants India to publicly criticize Russia's invasion of Ukraine. European leaders have been calling for international support to stop the conflict, but India values its independence and believes it should maintain relationships with different countries, including Russia, without being influenced by their actions. This demand from Europe is not well received in India.

Europe's emphasis on human rights is another reason why they are struggling to gain India's support. The EU follows a foreign policy that is based on values, which can upset Indian officials who are defensive about outside criticism, particularly from Western nations whom they view as hypocritical. A recent resolution by the European Parliament that condemned India's handling of ethnic violence in Manipur, a state in north eastern India, received a strong backlash from India's

foreign ministry. They firmly stated that it was an internal matter and that the EU should focus on its own affairs.

None of these challenges are impossible to overcome. One European leader, French President. Macron, seems to understand what motivates India. He avoids lecturing and supports India's pursuit of strategic independence, focusing on security cooperation. In July, Mr. Narendra Modi was a special guest at France's annual military parade, where they successfully impressed President Trump in 2017. Additionally, India's Defense Acquisitions Council approved deals worth \$10 billion to buy 26 French Rafale jets and three Scorpène submarines. If other European countries genuinely want to strengthen ties with India, they might have to adopt Mr. Macron's approach.

(IPA Service)

Space Economy For The New Space Faces Mounting Concerns

Increase In Orbital Debris And Fragile Growth Worrying

■ [Gyan Pathak](#)

Space economy for the 'new space' is now face to face with mounting concerns which include the fragility of current growth and the worrying rate of increase in orbital debris.

An OECD report prepared for the G20 Space Leaders' Meeting under India's G20 Presidency titled "Harnessing 'New Space' for Sustainable Growth of the Space Economy" says that the space sector undergoing a transformation as "new space" is being provided with disruptive new offerings in space manufacturing and operations among other offerings, investment, and innovations models.

The phenomenon called "New Space" has begun about 15 years ago, but it has gained significant momentum in the last couple of years. This major shift is due to several factors: the emergence of new space technologies such as small satellites, lean manufacturing processes, billionaires from tech companies investing in space projects and paving the way for more private investment, advances in computing power and digitalisation leading to new space applications, and eventually key policy decisions to support the development of a new ecosystem of commercial space actors.

"New space" is characterised by new commercial actors who are introducing innovative industrial practices and funding strategies to the space sector. This has led to a reduction in the cost of access to space technologies and has fostered further space innovation. In just over a decade, "new space" actors have had a major impact on the global space sector.

This has led to a more intensive use of orbital resources, with higher launch activity and many more operational satellites on orbit. It has also democratised space access around the world with many governments supporting the development of national space capabilities, better distributing the benefits of space technologies and further improving conditions for innovation.

However, increasingly, there are concerns about

the sustainability of this growth. Increases in launch activity are associated with a worrying increase in orbital debris, which could (in a worst-case scenario), disrupt orbits of high socio-economic value. Furthermore, the vitality of the "new space" ecosystem is fragile to economic shocks and market entrenchment.

The rising concerns about the sustainability of the growth in the "new space" ecosystem is associated with a worrying increase in space debris, and recent years' succession of economic shocks threaten the vitality of the innovation ecosystem.

From a policy perspective, this creates multiple challenges in terms of sustainable and secure use and equitable access to technologies and orbital resources, which will require close collaboration between stakeholders at both the domestic and international level.

Launch activities have picked up from 2011 onwards, with the launch of the first nanosatellite constellations for earth observation. Commercial missions in the low-earth orbit are often deployed in multi-satellite constellations to improve geographic coverage and shorten revisit times, leading to a notable increase in the number of launched satellites or payloads.

Starting from 2019, the bulk of global launch activity is dedicated to the deployment of satellite broadband constellations in the low-earth orbit.

By the end of 2022, the constellations from two commercial operators, US' SpaceX and UK's OneWeb (3000 and 500 satellites respectively) represented more than half of all operational satellites on orbit. Commercial operators and their infrastructure now dominate in low-earth orbits and in geostationary orbits.

This is just the beginning. The US Kuiper constellation, backed by Amazon, is set to start deployment in 2023 and has booked up to 83 launches on various rockets in coming years to place their planned 3 000+ satellites on orbit. Other G20 economies have their own projects.

The Canadian government is supporting the commercial Telesat Lightspeed constellation, projects in

the People's Republic of China (Guo Wang) and Korea (Hanwha Systems) were announced in 2021; and in 2022, the European Union introduced its IRIS2 constellation for secure communications, expected to be fully operational in 2027. This comes in addition to multiple fully commercial projects.

Even if they do not all come to fruition, these initiatives increase the demand for space manufacturing and launch services, as well as orbital resources such as orbital occupancy and radio spectrum and fuel the creation of additional activities. There are now projects for commercial spaceports across the globe, from Norway to New Zealand.

There is also increased commercial interest for other space resources. By 2022, the United States, Luxembourg, the United Arab Emirates and Japan had voted laws concerning resources extracted commercially from celestial objects.

The rapid growth of the space economy is raising concerns about the environmental sustainability of future activities. Furthermore, the current economic climate puts the continued vitality of the "new space" ecosystem at risk. Finally, there are doubts about the economic viability of several of the proposed projects for satellite broadband and other ambitious activities, such as in-space resource extraction.

Increased density on orbit increases risk for collisions and debris generation, as well as light pollution disrupting astronomical observations. There is also pollution associated with manufacturing, launch and spacecrafts' re-entry into the atmosphere.

"New space" business model also faces multiple technological, market and regulatory risks, the report warns. However, to sustain the growth, policy action is needed to ensure that this growth is sustained, sustainable, and equitable. Finally, multi-actor collaboration and partnerships are needed to solve mutual challenges such as the long-term stability of a crowded orbital environment.

(IPA Service)



■ **M S Nazki**

Strong-women are Wanderers, they wander, they are wanderers, and are wandering! But with a mission to fulfill!

She is free in her wildness, she is a wanderer, a drop of free water. She knows nothing of borders and cares nothing for rules or customs. 'Time' for her isn't something to fight against. Her life flows clean, with passion, like fresh water! This is Asha Malviya for you! Two wheels and two feet on the bicycle paddle and She is on a mission!

You must give everything to make your life as beautiful as the dreams that dance in your imagination.....This is the message that Asha is there to spread to the women folk of the Nation! As per her, there is everything for women in India to achieve! Her aim is it is better to be looked over than overlooked!

I know a girl from Manipur! I called her Nikki and I did tell me once, 'I was an adventurer, but she was not an adventuress. She was a 'wanderess.' Thus, she didn't care about money, only experiences - whether they came from wealth or from poverty, it was all the same to her.' She was like that! Indeed a very strong girl!' She liked or rather loved to fly against the winds. Agreed that kites love to fly against the winds rather than with the winds to rise high! Nikki loved that and these are the days when PLA, PREPAK UNLF and KYKL were the dominant insurgent groups in Manipur! The little Ming eyed girl always stood by me and broken lingo (English) always told me, 'be careful they are after you'! I smiled as always. 'I believe in strong women. I believe in the woman who is able to stand up for herself. I believe in the woman who doesn't need to hide behind her husband's back. I believe that if you have problems, as a woman you deal with them, you don't play victim, you don't make yourself look pitiful, you don't point fingers. You stand and you deal. You face the world with a head held high and you carry the universe in your heart.' She always smiled always with a one liner, 'at times you sound cute'!

Jennifer Donnelly in her book 'Revolution' did mention that, 'for mad I may be, but I will never be convenient.' And Nikki Rowe's unforgettable lines, 'no one knows what you have been through or what your pretty little eyes have seen, but I can reassure you - whatever you have conquered, it shines through your mind. The feat is already shining through mine.....Asha... keep pedalling and keep climbing! Trust me you will never ever get tired! She (Asha) was not born to get tired!

I rarely miss my dream land, where Archu tides up books of her mom! I was late to get up with an ache in my back! Old injuries do pain a lot when a person is on a descending staircase! Archi said, 'Dad you never forgot mom'! I just relied, 'keep your cool, I have ordered, Nan's and chick peas!' Annie and Julie were to join in! Dad this you wrote in your Weekly Column! Story of mom 'Kiran'! 'Children are emotional emotional and she asked why are you wearing dark glasses!' I put up a smile, 'I have eye flu year, she at that time did not know I had tears in my eyes!' The elder two also arrived to celebrate Kiran's birthday! 'Dad it happens in life!' I smiled back yet again at her kid, 'Rose' I call her! Hubby is an Army officer, a writer never loses the last full stop! 'I am the blood of the dragon. I must

Two wheels and two feet on the bicycle paddle and she is on a mission!

Asha Malviya says a strong woman builds her own world.



be strong. I must have fire in my eyes when I face them, not tears.' The kid understood but my daughter did not! I was reading, George R.R. Martin's, 'A Storm of Swords'!

A 24-year-old is on a mission to prove that contrary to populist belief, India is a country that is safe for women to travel solo. Asha Malviya is a national-level mountaineer who has embarked on a solo journey on a bicycle and she aims to touch the heart of India. I started on November 1, 2022, from Bhopal. So far I have travelled 11,620 km covering 12 states. Bengal is my 13th state," Asha told The Telegraph during her halt in Calcutta in the first week of April.

Her aim is to ride 25,000 km covering 28 states and end her journey in New Delhi on Independence Day this year.

But why is this solo tour across the nation? "I had been hearing from a lot of people, especially foreigners, that India is no longer a safe place for women. I did not like that. This is my way of proving otherwise and make my fellow-citizens aware about women safety and empowerment.

Being a trained mountaineer, adventure is in her blood and she proclaims with a smile that she is 'scared of nothing'!

Again I remembered Nikki and Kiran, as I began to pen down this story! She (in fact both told me, (Dignity will only happen when you realize that having someone in your life doesn't validate your worth.) We both do!

I knew that I had to do this story!

She has fought many wars, most internal. The ones that you battle alone, for this, she is remarkable. She is a survivor. On two wheels and legs and thighs ploughing the roadways it is not easy at all!

Aasha as a writer I salute you!

Women endure, because we aren't, given any other choice. they wanted us weak but forced us to be strong. I may be in pain, but I am not weak. Veronica Roth was not wrong in her sayings!

Asha says a strong woman builds her own world. She is one who is wise enough to know that it will attract people she will gladly share it with and one of the many she met us was us!

She carries three sets of clothing, some basic essentials and some dry fruits with her on the bicycle that was given to her by the Madhya Pradesh tourism department. The GPS-equipped hybrid cycle Rom-2 and cycle kit are, however, pretty basic, according to Asha.

'I don't really have any sponsor. But the MP government gave me a basic cycle that I am using. But India is a great country and I have got help from citizens all through my trip,' Asha said.

She was felicitated by District 329 of Inner Wheel Club during her three-day stop in the city and was presented with a cheque of Rs 51,000.

'The help and encouragement that I have got from fellow-Indians is amazing,' said the girl from Nataram village in Rajghar district of Madhya Pradesh.

Having lost her father when she was only three, Asha did her post graduation in physical education from Bhopal.

The younger of two sisters, she helped her elder sister get married. 'Now I can focus on my life, my adventures,' she said. Everything is within your power, and your power is within you. dear Asha! On the left side of a strong woman, stands a strong man; he is strengthened by her character. On her right was standing a bicycle!

She will blaze through you like a gypsy wildfire. Igniting your soul and dancing in its flames. And when she is gone, the smell of her smoke will be the only thing left to soothe you."

Asha Malviya, 'Many people in foreign countries believe that India is unsafe for women. So far, I have covered 6,700km by travelling Madhya Pradesh, Gujarat, Maharashtra, Goa and Karnataka. Kerala is the sixth state I am crossed and the response and experience I got from all the places till now are overwhelming, says Asha, who will begin her journey!

Apart from an unpleasant experience she had in Kochi, the solo traveller said her journey in Kerala has been memorable. 'When I tried to meet the Ernakulam collector, she refused. Though I waited, the collector left without giving me time,' says Asha, who embarked on this journey with the support of the Madhya Pradesh tourism department. The Madhya Pradesh government has given Asha the GPS-equipped hybrid cycle Rom-2 and cycle kit.

Being a mountaineer, Asha has scaled Tenzing Khan (19,545 ft) and Bisi Rai (20,500 ft) on the Nepal-Bhutan-Bangladesh border and has been named in the National Book of Records and OMG Book of Records. Having lost her father at the age of three, Asha had to fight several odds in her life.

My solo journey will conclude in Delhi in August 2023 and I wish to meet our President and Prime Minister,' says Asha. After completing the trip, Asha is planning for a solo bicycle tour to another country.

And this is the message she sent to us! 'Sir, I am Asha Malviya from village Nataram in Rajgarh district of Madhya Pradesh. I am a national sports person and mountaineer (book of record holder). Currently I am on a pan India (single women) cycle tour. The purpose of my visit is to bring awareness among our countrymen on the subject of women's safety and women's empowerment. I started this journey from Bhopal, the capital of Madhya Pradesh, on the occasion of Madhya Pradesh Foundation Day (01.11.2022) and this journey will be completed in Delhi, the capital of India, on the occasion of 15th August (Independence Day). During this journey, a total of 25 thousand kms were covered in 28 states of India. The journey will be fixed. During this journey till now I have covered 21500 kms in 27 states. I have covered the distance I have come to Jammu and Kashmir. Thanks a bundle! I thought my daughter was compelling me to do the story!

Lt. Gen Upendra Dwivedi, Army Cdr NC & all ranks of Dhruva Command complimented the dedication and commitment of Ms Aasha Malviya, a National athlete & Mountaineer, who is on her mission across India, to spread awareness on Women Safety & Women Empowerment. We women talk too much, but even then we don't tell half what we know.

A man in the house is worth two on the street. She was of the strangest beauty and the darkest courage, and when she walked with intent the earth trembled beneath her feet. I did not die but Kiran did! I never once told her that I will take the first step forward! I can see a kid Asha doing that! Kiran told me once!

Global South Countries Need A New Legal Framework For Debt Relief

US Based Credit Rating Agencies Underestimate Potential Of Developing Nations

- **Ramya Vijaya**
■ **Pooja Rangaprasad**

The Paris Summit, convened last month by French president Emmanuel Macron, failed to make much headway on its ambitious goal of retooling global finance and jump-starting climate investments. A major stumbling block is the lack of progress on relief for the nearly 60 percent of low-income economies estimated to be nearing debt distress levels. Without debt restructuring, new investments in climate mitigation in places most at risk will remain an impossibility.

This is not the first time that grand declarations of debt relief and financial reform have failed to live up to expectations. A much-touted global sovereign debt roundtable initiated by the G20 and the International Monetary Fund (IMF) earlier in the year has now met three times without notable progress. Little wonder: these forums are dominated by creditor countries. Their interests, and the interests of the private creditors primarily in those countries, inevitably center around securing loan repayments while preserving profit margins. The structural inequalities that create such huge margins and make debt repayments so burdensome inevitably get pushed to the background.

In essence, creditor countries are holding their indebted counterparts hostage, and the forums that supposedly exist to rectify that situation are functionally useless. Any realistic effort to retool global finance can only take place at a representative global legal forum where all

countries can seek transparent and fair negotiations. Creating that forum will be an enormous undertaking. But as looming climate catastrophe makes clear, it's also a necessary and urgent one.

Developing economies have long argued for the need for a multilateral legal framework within the United Nations where they have more representation and can make a coordinated push for restructuring crippling debt burdens.

At forums like the Paris Summit or even the G20, such coordination is impossible, since invitations to these are opaque and ad hoc, and debtor countries are made to plead their case for restructuring one at a time with no collective leverage. But only by acting together can debtor countries shift the conversation from one in which individual countries beg for loan extensions to one focused on the imbalance in the availability of financing for vital investments.

That imbalance is severe. For example, at the beginning of the pandemic developed economies took advantage of historically low interest rates to expand their borrowing and support their pandemic-hit economies. Such borrowing and spending in advanced economies far outpaced that in developing economies. Developing countries were shut out of such low-interest funding during the pandemic, and they're shut out in noncrisis periods as well.

Multilateral agencies were supposed to help development efforts with concessional loans. But they haven't done their job, and long-term declines in those loans have led more countries

to depend on private investors, issuing international sovereign bonds. Meanwhile, private investors have been able to demand much higher premiums to move funds to developing economies due to their lower credit ratings. Credit-rating agencies based primarily in the United States and Europe tend to rate developing economies much lower and are quick to downgrade them disproportionately, as happened during the COVID crisis. This only pushes up borrowing costs for them further.

Likewise, advanced economies automatically benefit from the reserve-currency advantage. Reserve currencies are those that are used for international transactions. The dollar is the primary reserve currency, followed by the euro and a few other advanced-economy currencies. Investors naturally favor investments in reserve-currency economies, which leaves low-income economies behind.

The customs and technologies that structurally empower creditor countries are all part of a skewed global financial system that was established after World War II, at the historic Bretton Woods conference in 1944.

That conference, which was also dominated by US and European interests, debated a few different proposals for facilitating a new era of global monetary exchanges. British economist John Maynard Keynes worried that reserve-currency advantage could concentrate investments in a few countries. He therefore proposed the creation of a neutral currency unit for global trade and an International Clearing Union (ICU) to oversee all global transactions. In

Keynes's proposal, the ICU would impose a penalty on countries that built up an excessive surplus in the international currency unit. This would provide an incentive to invest the surplus in other non-surplus countries, limiting the premium gouging that developing economies now experience from private investors.

The Bretton Woods conference, however, overruled Keynes and paved the way for the dollar as the reserve currency. It also established multilateral agencies like the IMF to provide assistance to countries facing financial instability. But unlike the proposed ICU, the IMF has no mandate to oversee all global transactions. It has had very little ability to influence private creditors into lowering premiums and actually restructuring debt. A much-touted debt deal for Zambia, the first country to default on loan repayments in the post-COVID era, was coordinated by the IMF recently. The deal not only took two years to negotiate, but it is also not even binding on private creditors. It merely postpones repayment of official loans from other countries, leading to doubts about its efficacy.

Neither has the IMF shown any interest in fostering a fairer credit-rating environment that would make it possible for countries to access financing for vital development needs. The IMF's own debt sustainability framework merely evaluates repayment capacity while focusing on fiscal consolidation or the ability of governments to limit their spending. It is often critiqued for enforcing austerity programs to improve repayment capacity without making a distinc-

tion between necessary versus wasteful spending. The governance structure of the IMF, where the United States and EU nations have the largest voting shares, also provides limited room for developing countries to make a coordinated case for funding for sustainable development goals.

In 2015, the UN provided basic principles for a more inclusive global forum for debt negotiations that would clearly link debt restructuring to human rights indicators and accommodate essential spending to sustain basic social protection benchmarks. Debt discussions that are not linked to social protection is a long-standing failing. The pandemic made clear the global need for sustained investments in health and human services infrastructure. The UN sustainable development goals project has also emphasized critical global investments to eliminate extreme poverty and address climate change.

A more representative multilateral legal framework that can link debt restructuring to social protection benchmarks is therefore the need of the hour. Such a legal framework would also enshrine principles on responsible borrowing and lending encouraging both creditors and debtor nations to be more disciplined in sovereign financing. Continued focus on no-representative efforts like the Paris Summit will only lead to more disappointing non-outcomes. It is time for Global South countries to collectively take a stand against the very structure of such forums. (IPA Service)

Courtesy: Jacobin

"Think About Delhi, Not Alliance": Amit Shah Jabs INDIA's Support For AAP

■ HT News Network

New Delhi: The opposition should be concerned about Delhi and not their newly minted INDIA coalition, Union Home Minister Amit Shah charged on Thursday, as he vociferously defended the government's bill to override a Supreme Court order on who controls bureaucrats in the country's capital.

Introducing the Government of National Capital Territory of Delhi (Amendment) Bill, 2023 in the Lok Sabha, seeking to replace the ordinance for control of services in Delhi, he said, "This ordinance refers to the order of the Supreme Court which says that the parliament has the right to make laws on any issue related to the National Capital Territory of Delhi. There are provisions in the



constitution that allow the centre to make laws for Delhi."

"I appeal to parties to not support all the corruption taking place in Delhi just because you are in an alliance. Because despite the alliance, PM Modi will win the election with a full majority," Mr Shah said, baiting the Aam Aadmi Party which governs Delhi and is now part of the INDIA coalition.

Patel, C Rajagopalachari, Rajendra Prasad and BR Ambedkar were against the idea of Delhi getting the status of a full state.

In a fiery critique of the AAP government, Mr Shah argued that administrative affairs in Delhi had operated smoothly under various governments until the party's ascent in 2015.

The ordinance concerning control of Delhi's bureaucracy, known as services, was issued in May, to override a Supreme Court verdict that ruled in favour of the elected AAP government led by Arvind Kejriwal.

The bill empowers the central government to establish rules related to the Government of National Capital Territory of Delhi's affairs, including the functions, terms, and conditions of service for officers and employees.

"In the year 2015, a party came to power in Delhi whose only motive was to fight, not serve. The problem is not getting right to do transfer postings, but getting control of the vigilance department to hide their corruption like building their bungalows," he said.

Making his case, he claimed India's founding fathers like Jawaharlal Nehru, Sardar Vallabhbhai

Parliament Passes Bill To Provide Fixed 50-Year Production Lease For Offshore Minerals

New Delhi: A bill to provide a fixed 50-year production lease for offshore minerals was passed by Rajya Sabha today amid a walkout by the opposition members over the situation in ethnic violence-hit Manipur.

When the Upper House reassembled for the post-lunch session, Coal and Mines Minister Pralhad Joshi

moved The Offshore Areas Mineral (Development and Regulation) Amendment Bill, 2023 for consideration even as the opposition parties insisted on a discussion on the Manipur situation.

The bill to amend the Offshore Areas Mineral (Development and Regulation) Act, 2002 was passed by Lok Sabha on Tuesday.

Karnataka CM meets PM Modi in Delhi

■ HT News Network

New Delhi, Aug 3 (UNI) Karnataka Chief Minister Siddaramaiah on Thursday met Prime Minister Narendra Modi at the Sansad Bhavan in New Delhi.

This was Siddaramaiah's first meeting with Modi after assuming charge as the chief minister. The meeting was cordial, CMO said in a statement.

The Karnataka CM garlanded Modi and gifted an artefact made of sandalwood, and presented a traditional Mysuru peta (headgear).

The meeting came a day after Siddaramaiah took a dig at Modi over his remarks on five poll guarantees being implemented by the Congress government in Karnataka.

The Prime Minister had made stinging remarks against Siddaramaiah government stating it did not have funds to take up development works in Karnataka because of implementation of freebies.

In a counter, Siddaramaiah said the people of Karnataka had rejected the misdeeds of the double-engine government and the entire country needed the Karnataka model to save the common man from economic crisis and ensure social security. "The entire country is reeling under inflation, and unemployment," he said.

First Dengue death reported in Tripura

■ HT News Network

Agartala, Aug 3 (UNI) Tripura health department was embarrassed by the report of the first Dengue death in a private hospital here on Wednesday, a source said on Thursday.

However, the health officials claimed they had no confirmation, although the hospital authority admitted that 65-year-old Subhas Sarkar died of Dengue.

Sarkar, a resident of Dhanpur in Sonamura under Sepahijala district, had been suffering from a high fever and loose motion since July 27. He fell unconscious, and his body temperature was abnormally high, said the deceased's son, Suresh Sarkar.

After primary treatment at Dhanpur Hospital, he was taken to Sonamura Hospital, where Sarkar was diagnosed with Dengue. He was immediately admitted to the Tripura Medical College hospital, but his health condition continued to deteriorate for the next two days.

"As we saw no improvement in his health, we shifted him to a private hospital. They tried hard but could not save his life," Suresh said.

Manipur: Curfew relaxation cancelled, two, including policeman injured

■ HT News Network

Imphal, Aug 3 (UNI) Fresh violence erupted in Manipur as some organisations tried to bury dead bodies in the area of another ethnic group who were forcibly evicted by a mob on May 3 last.

The Manipur government announced the cancellation of curfews in Imphal East and Imphal West. Earlier, a decision was taken to relax the curfew until 8 pm on Thursday.

Meanwhile, two people, including a Manipur Police personnel, were injured in an attack by armed Kuki miscreants at Senjam Chirang, Imphal Weston, on Thursday.

HC dismisses plea challenging order for ASI survey of Gyanvapi

■ HT News Network

Prayagraj, Aug 3 (UNI) Allahabad High Court on Thursday dismissed the petition of the Anujam Intezamia Masjid Committee challenging the Varanasi district court order for a scientific survey of the Gyanvapi complex by the Archaeological Survey of India (ASI).

The court also asked the lower court (Varanasi district court) to make all endeavours to conclude the proceedings of the civil suit as it has been lingering on for a long.

In its order the bench of Chief Justice Pritinker Diwaker stated, "In the opinion of the court, the scientific survey or investigation proposed to be carried out by the Commission, is necessary in the interest of justice and shall benefit the plaintiffs and defendants alike and come in aid of the trial court to arrive at a just decision."

It said, "The law laid down and discussed above, makes it clear that the lower court below was justified in passing the order. The present petition lacks substance and is liable to be dismissed."

"The petition is, accordingly, dismissed.



Interim order, if any, stands vacated. The order dated July 21 passed by the District Judge, Varanasi is restored and the parties are to comply with the said order, subject to the observations made by this court and the contents of the affidavit filed on behalf of the ASI before this court," the court said.

The court observed that during the course of arguments, considering the peculiar facts and circumstances as well as seriousness of the issue involved in the present petition, the court felt it necessary to seek expert's opinion in the matter from government agencies having expertise in such a field.

Shri Dharmendra Pradhan and Shri S. Jaishankar jointly launch Study in India (SII) Portal in New Delhi

■ HT News Network

New Delhi In line with Prime Minister Shri Narendra Modi's vision of re-establishing India as a global hub of education, Union Education and Skill Development & Entrepreneurship Minister Shri Dharmendra Pradhan and Union External Affairs Minister Dr. S. Jaishankar jointly launched Study in India Portal in New Delhi today. Minister of State for Education Dr Subhas Sarkar; Minister of State for Education, Smt Annpurna Devi; Minister of State for Education and External Affairs Shri Rajkumar Singh; Member of Parliament, Dr Mahesh Sharma; senior officials of Ministry of Education and Skill Development and Ambassadors of more than 10 countries attended the event.

On the occasion, students from Russia, Thailand, Japan, Ethiopia, Ecuador, Kazakhstan and Republic of Korea who are currently studying in India, presented souvenirs from their culture as token of respect to dignitaries. Study in India Portal is a dedicated website that will provide comprehensive information about the Indian Higher Education Institutions (HEIs). The website will illustrate academic programs covering but not limited to undergraduate (UG), postgraduate (PG), Doctoral level programs as well as courses in Indian Knowledge System like Yoga, Ayurveda,



classical arts etc. The website-portal will present information about the academic facilities, research support, and related information. The new website will now have the provision for students to apply in more than one institute/course of their choice. The new portal will provide an integrated one-stop solution for student registration and visa application process. Speaking on the occasion Shri Pradhan said that SII Portal is a one-stop platform that will simplify international students' aca-

demic journey in India. Guided by the NEP, the SII Portal reflects our commitment to make India a preferred education destination as well as to blur academic boundaries for shaping a prosperous future, he added. Shri Pradhan further said with the vision of the Prime Minister Shri Narendra Modi of making education transcend geo-political boundaries, Study In India Portal is going to be a pivotal step in making India a preferred destination for higher education among students worldwide, he added.

India Should Go For Younger Cheetahs Habituated To Human Presence: African Experts

New Delhi: Younger cheetahs that are habituated to management vehicles and human presence are preferred candidates for relocation to India, international experts involved in Project Cheetah have told the government based on lessons learnt from the initial experience in Madhya Pradesh's Kuno National Park.

In a status report submitted to the government recently, the experts emphasised that younger cheetahs are more adaptable to their new environments and have higher survival rates compared to older cheetahs.

Younger males display "lower aggression" towards other cheetahs, reducing the risk of intraspecific competition mortality, commonly known as cheetah infighting.

Considering the costs associated with relocating cheetahs to India, the experts highlighted that younger cheetahs have a longer life expectancy post-release, offering higher conservation value and breeding potential.

The experts said younger cheetahs "habituated to management vehicles and



humans on foot" allow easier monitoring of health-related issues, simplify stress-free veterinary and management intervention, which is crucial considering the recent cases of radio collar-induced infections in some cheetahs. Additionally, they will enhance tourism value.

Kuno, where two batches of cheetahs from Namibia and South Africa have been introduced, is set to open for tourism and these qualities in cheetahs can enhance the park's appeal to visitors, they said.

The African experts have also shortlisted 10 young, suitable cheetahs aged between 19 months and 36 months that can be made available for relocation to India in early 2024.

They emphasised that although the cheetah mor-

talities recorded at the Kuno National Park are unfortunate and have attracted negative media attention, they are within the normal parameters for wild cheetah reintroduction.

Six of the 20 adult cheetahs relocated to Kuno from Africa have died since March this year -- the latest being on Wednesday.

The experts drew the government's attention to the initial difficulties faced during cheetah reintroduction attempts in South Africa, where nine out of 10 attempts failed. These experiences led to the establishment of best practices for wild cheetah reintroduction and management.

"In South Africa, it took us 26 years to perfect the cheetah reintroduction and we lost 279 wild cheetahs

in the process. We cannot expect India to get this right with just 20 cheetahs. Although such high losses are unlikely in India, Project Cheetah will undoubtedly experience similar growing pains," South African wildlife expert Vincent van der Merwe said.

Based on previous reintroduction experiences in Africa, the India founder population of 20 individuals will further decline to approximately five to seven individuals before population recovery is initiated, the report read.

The experts said the first litters with realistic prospects of survival to adulthood are likely to be born in 2024. However, cheetah cub mortality is expected to be high initially as reintroduced female cheetahs adapt to the different birthing intervals in Asia.

The report also underscored the importance of "super moms" -- highly successful, fit and fertile female cheetahs that sustain wild cheetah populations in Southern Africa.

Out of the seven wild females relocated to India, only one is likely to be a "super mom", the experts said.



No Proposal At Present To Change Names Of High Courts: Law Minister

■ HT News Network

New Delhi: There is no proposal at present to change the name of various high courts, Rajya Sabha was informed on Thursday.

In July 2016, the government had brought the 'High Courts (Alteration of Names) Bill to change the names of the high courts of Bombay, Calcutta and Madras as high courts of Mumbai, Kolkata and Chennai respectively. Later, some fresh names were added to the list. But amid divergent views, the bill could not be taken further and lapsed due to dissolution of the 16th Lok Sabha, Law Minister Arjun Ram Meghwal said in a written reply.

Giving out the history of the proposal to alter the names of some of high courts, he said with the enactment of the city of Madras (Alteration of Name) Act, 1996, the city of Madras was renamed as Chennai, following which the Tamil Nadu government sent a proposal for changing the name of the Madras High Court to the High Court of Chennai in 1997.

Since the names of the cities of Bombay and Calcutta were also changed to Mumbai and Kolkata, and the respective high courts of the states are located in these cities, it

was considered appropriate to change the names of these two high courts as well, he pointed out.

"The government brought a legislation titled 'The High Courts (Alteration of Names) Bill, 2016' regarding changing the names of High Courts of Bombay, Calcutta and Madras as High Courts of Mumbai, Kolkata and Chennai respectively, and the same was introduced in the Lok Sabha on July 19, 2016," he said.

Meanwhile, Mr Meghwal noted, that the name of Orissa was changed to Odisha and the city of Gauhati to Guwahati.

It was decided to propose the change in name of the high courts of Bombay, Madras, Calcutta, Orissa and Gauhati as Mumbai, Chennai, Kolkata, Odisha and Guwahati, respectively.

While addressing the gathering, Dr. S. Jaishankar said that the portal signifies the Government's commitment to make India a global hub of education by welcoming students of diverse backgrounds. It will establish a strong international footprint of brand 'India' in the education sphere. From registration to visa approval and selecting desired courses or institutions, the portal will simply the entire journey of the international students wishing to study in India, he added. The Minister further said that the presence of international students will also benefit the domestic students by connecting them more closely to globalizing world and prepare them better form the global workplace. He mentioned how implementation of NEP2020 has already initiated entrance of foreign universities in India and opening of international campuses of our premier institutions.

Partnership with Premier Education Institutes: The Study in India programme involves partnership with educational institutes fulfilling one of the following criteria: National Institutional Ranking Framework (NIRF) ranking (<=100)

National Assessment and Accreditation Council (NAAC) accreditation score (>=3.01)

Institutes of National Importance (INI)

This ensures premier institutions being the partner to enrolling international students coming to study in India.

DC Shopian finalises Activity Plan for 'Meri Maati Mera Desh' campaign Asks for impactful & seamless execution of campaign

■ HT News Network

SHOPIAN, AUGUST 03: The District Administration Shopian today discussed the rollout of the 'Meri Maati Mera Desh' campaign in the district.

A meeting in this regard was held under the chairmanship of Deputy Commissioner (DC) Shopian, Faz Lul Haseeb at Meeting Hall of Mini-Secretariat Shopian.

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, celebrat-

ing India's rich heritage and patriotic spirit.

He expressed that celebrating 'Azadi Ka Amrit Mahotsav', the hallmark event on 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' programme, 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.

The DC also directed for ensuring hoisting of the National Flag at all



Government Offices in the district. He also directed SDM Zainapora for

the same at Zainapora Shopian, Assistant Commissioner Develop-

ment and ARTO shall monitor implementation of the campaign and installation of hoardings and banners, at Panchayats, Fair Price shops, and vehicles in the district.

A detailed outline of the events to be held in the district was given out through PowerPoint presentation wherein programmes will be held at each Panchayat and Blocks, colleges and schools 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 DFO territorial (concerned),

DFO Social Forestry (Concerned), and BDOs were asked to ensure that the saplings are planted within well-protected locations in panchayats, educational institutions and other places in light of Vasudha Vandan campaign.

The campaign will witness the felicitation of families, besides holding Painting, Essay Writing, Drawing, Photography and Videography competitions in all the educational institutions on the theme.

The meeting was attended by various district, sectoral officers, tehsil and block level officers.

ADC Kupwara reviews arrangements for I-Day 2023 celebrations

■ HT News Network

Kupwara, Aug 3: In connection with celebration of upcoming Independence Day-2023, on the directions of Deputy Commissioner (DC), Kupwara, Ayushi Sudan (IAS), Additional Deputy Commissioner Kupwara, Gh. Nabi Bhat on Thursday took review of the arrangements to be put in place by the respective Departments.

Meeting was attended by ASP Kupwara, ACR Kup-

wara, CEO Kupwara, Chief Agriculture Officer, EXen REW, Principals of Degree Colleges and other concerned officers.

At the outset, the Additional Deputy Commissioner Kupwara took review of the arrangements to be put in place for smooth celebration of upcoming independence -Day.

While chairing the meeting, ADC directed all the concerned departments to ensure that various facilities including seating arrangements, cultural pro-



grammes, March-Past, transport & parking facilities, power supply, Sanitation, water supply, secu-

rity related matters and other preparations are in place well in time.

The ADC enjoined upon

the officers to maintain close coordination with each other for successful conduct of independence day -Function.

R&B Division Kupwara was asked to ensure the patch work and repair of the link road leading to the venue is done on priority. At the outset, the Additional Deputy Commissioner Kupwara took review of the arrangements to be put in place for smooth celebration of upcoming independence -Day.

While chairing the meet-

ing, ADC directed all the concerned departments to ensure that various facilities including seating arrangements, cultural programmes, March-Past, transport & parking facilities, power supply, Sanitation, water supply, security related matters and other preparations are in place well in time.

The ADC enjoined upon the officers to maintain close coordination with each other for successful conduct of independence day -Function.

Onam celebrated at CUK, various cultural activities organised

■ HT News Network

Ganderbal, Aug 3: Department of Students Welfare (DSW) in collaboration with students of Kerala studying in various departments of the Central University of Kashmir (CUK) Thursday organised a mega function to celebrate Onam-2023 at Tulmulla Campus, CUK.

Vice-Chancellor, Prof. A Ravinder Nath, District Development Commissioner (DDC) Ganderbal, Mr. Shyambir, Dean Academics Affairs, Prof. Shahid Rasool, I/c Controller of Examinations, Prof. Farooq Ahmad Mir, Dean School of Education, Prof. Syed Zahoor Ahmad Geelani, DSW and Finance Officer, Dr. Mehraj ud Din Shah, Heads and Coordinators of departments, Dy Directors DSW, faculty members, administrative staff, scholars and students were present on the occasion.

Addressing the gathering, Vice Chancellor, Prof. A Ravinder Nath said the objective of organising the event is to promote multicultural festivities and believes in the unity in diversity. He said that cultural extravaganzas like this creates vibrancy in the institution and also provides a platform to the students to showcase their hidden talent. CUK Vice Chancellor, said that such events also enable integration of various cultures and traditions. "Events like these teach the participants to respect and honour the culture and tradition of other communities," he said, and asked the faculty members to organise techno-cultural fests every year and invite the students and other stakeholders for participating in the same. Addressing the gathering, DDC, Ganderbal, Mr. Shyambir, who was the chief guest on the occasion, congratulated the university for celebrating the festival and hailed the performances of the students.

HDFC Bank inaugurates over 100 Banking Correspondent Centers across India

■ HT News Network

Mumbai, Aug 3, KNT: HDFC Bank announced the inauguration of more than 100 Banking Correspondent Centres in Uttar Pradesh, Jammu & Kashmir, Bihar, Assam, Telangana, Odisha, and across many other states in India. These centres will function as a mini branch, with Village Level Entrepreneurs assisting customers to avail banking products digitally.

The VLEs, who are existing micro-entrepreneurs and are delivering Government-to-Consumer (G2C) services, now will additionally provide banking products and services to deeper geographies of the country. With access to a wide range of bank-



ing products, the BCs can now tap into a new revenue stream. Ms. Smita Bhagat, Group Head, Government and Institutional Business, Alternate Banking Channels and Partnerships, Inclusive Banking Group and Start-Ups, HDFC Bank said, "We are delighted to inaugurate Business Correspondent Centres in over 100 pin codes across the country. These centres will offer a wide range of banking products and services digitally across India's towns and villages. This launch is another example of HDFC Bank's unwavering commitment towards financial inclu-

sion". Mr. Sanjay Rakesh, Managing Director, CSC e-Gov, said, "We are pleased to announce an empowering initiative aimed at furthering financial inclusion and enhancing the capabilities of our performing Business Facilitators (BFs). The decision to extend this opportunity comes as a testament to the invaluable contribution made by our performing BF's in enabling seamless financial services delivery to underserved communities across the nation". HDFC Bank spearheaded this phydigital inauguration along with CSE E-Gov. Mr. Harish Oberoi, Vice President, CSC e-Gov, Mr. Satyen Modi, Business Head-CSC, HDFC Bank, and Mr. Vimal Tripathi, Head-BC Management, HDFC Bank were present at the inauguration.

JJM Fortnight campaign: ADDC Bandipora inspects WSS Babagund Kunan

■ HT News Network

BANDIPORA, AUGUST 03: In line with the ongoing Jal Jeevan Mission (JJM) Fortnight, the Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan, who is also the Nodal Officer of JJM Fortnight, Thursday conducted inspection of the Water Supply

Scheme (WSS) at Babagund Kunan, Bandipora. During visit, the ADDC assessed the operational status and efficiency of the scheme under the JJM Fortnight. The inspection aimed to assess the implementation progress and identify potential areas for improvement in order to ensure better access to clean and safe drinking water for the residents of Babagund Kunan. On the occasion, the ADDC

informed public that the Jal Jeevan Mission Fortnight, organized under the JJM initiative, is dedicated to promoting awareness and generating momentum for the water conservation and supply efforts across the region. He said that visit to WSS Babagund Kunan was part of JJM Fortnight campaign to strengthen the water infrastructure in the region and achieve the overarching goals.

District Information Centre, Cultural Unit Kashmir of DIPR organize Nukad Natak at GDC Ganderbal

■ HT News Network

GANDERBAL, AUGUST 03: As part of 'Azadi Ka Amrit Mahotsav' and in connection with recently launched 'Meri Maati Mera Desh' campaign, the District Information Centre (DIC) Ganderbal in collaboration with Cultural Unit Kashmir of Department of Information and Public Relations today organized Nukad Natak at Govt Degree College (GDC) Ganderbal. The programme was attended by Principal Govt College Ganderbal, Fouzia Fatima as the chief guest, District Information Officer (DIO) Ganderbal, officials of DIC Ganderbal, faculty members of GDC, local intellectuals, media persons and students of the



college. Well-known artists of Kashmir Valley performed cultural items and Nukad Natak regarding social evils including drug abuse and raised awareness on making society clean from drugs and other narcotics. The artists tried to explain to the children through their live performances how to save the society from drugs and other social evils. Speaking on the occasion, Principal

GDC appreciated the initiative of DIC Ganderbal for organizing such live show and said that the fight against social evils especially narcotics is the need of the hour. The DIO Ganderbal also spoke on the occasion and thanked the College management for their support in organizing the program and maintained that more such theme based programs shall be organized.

NABARD celebrates 'Azadi Ka Amrit Mahotsav' at Kulgam

■ Farooq Rather

KULGAM, AUGUST 03: On the eve of 76th Year of Independence, the National Bank for Agriculture and Rural Development (NABARD) today organised a one-day programme to celebrate 'Azadi Ka Amrit Mahotsav', here.

On the occasion, DDM NABARD, Rouf Zargar highlighted the contribution of NABARD vis-à-vis boosting the rural economy by providing undivided attention and pointed focus to credit related issues linked with rural development.

LDM Kulgam, Parvez Rashid was the special guest on the occasion and officers from line departments and banks participated in the programme.

Speaking at the event, the DDM NABARD highlighted various initiatives of NABARD to promote sustainable and equitable agriculture and rural development through participative financial and non-financial interventions, innovations, technology and



institutional development for securing prosperity.

He mentioned about the efforts of NABARD to energize rural credit, empowering women by SHG programme, skill development and livelihood programmes for women and rural youth, development of rural infrastructure through RIDF projects, timely and hassle free institutional credit to farmers through KCC at concessional interest, implementation of watershed/springshed projects and FPOs.

Zargar also gave details about skill development initiatives of NABARD and bank aided projects on technology transfer and various initiatives/programmes implemented by NABARD in UT of Jammu & Kashmir and in district Kulgam in particular.

Online Registration for Class VI started at JNV Potushai

■ HT News Network

KUPWARA, AUGUST 3: According to Principal, Jawahar Navodaya Vidyalaya (JNV) Potushai, Lolab, the registration for Class VI for the session 2024-25 is being done through online portal for which the link is available on the NVS Website www.navodaya.gov.in.

The last date for submission of online application is 10th August 2023. The Navodaya Selection Test for the session 2024-25 shall be conducted on 4th November 2023.

IUST in collaboration with Cambridge University Press organises Author Workshop

■ HT News Network

Awantipora, August 3. IUST's Rumi Library in collaboration with Cambridge University Press organized a one-day workshop on "Academic Publishing: Read & Publish" with Cambridge University Press. The programme aimed to spread awareness about the publishing process and encourage quality research. It was attended by deans, directors, heads of departments, faculty, scholars and students. During the workshop, experts from Cambridge University Press, Qudsia Ahmad (Head of Publishing, Cambridge University Press), and Grijesh Tiwari, Territory Manager deliberated on the topic. The programme director and Librarian, Dr Fayaz Ahmad Lone discussed the legacy of Cambridge University Press and said that the workshop aims to address the challenges that scholars face during their research as far as publishing their papers and books are concerned.

Prof. Manzoor A Malik (Dean Academic Affairs), Prof. Ayaz Hassan Moon (Dean Research), and Prof. Naseer Iqbal (Registrar IUST) also interacted with the participants. Project Coordinator and Assistant Librarian Dr Sheikh Shoaib coordinated the proceedings of the workshop.

DLSA Kupwara to organize Pre-National Lok Adalat on 19th August

■ HT News Network

KUPWARA, AUGUST 3: According to Secretary, District Legal Services Authority (DLSA) Kupwara, in connection with the 3rd National Lok Adalat scheduled to be held on 09.09.2023, DLSA Kupwara is going to organize Pre-National Lok Adalat on 19.08.2023 in the premises of District Court Complex Kupwara.

In this regard, Parties or their Advocates, whose cases are pending before any court at District Court Complex Kupwara and are desirous to settle their cases/claims/matters through the above scheduled Lok Adalat, shall approach the concerned courts by or before 10.08.2023. Besides, parties whose cases are pending as well as Pre-Litigation matters in any court and are desirous to settle their disputes can also approach their concerned courts on any working day by or before 10.08.2023, so that their cases, claims or matters are processed and referred to the Pre-National Lok Adalat for settlement.

Zoology deptt organises workshop on entrepreneurship

■ HT News Network

Ganderbal, Aug 3: Department of Zoology, Central University of Kashmir (CUK), organized a one-day workshop on "Entrepreneurship as a career option," under IIC 5.0, at Nunar Science Campus here on Thursday.

Dean, School of Life Science and Head Zoology Deptt, Prof. M Yousuf, appreciated the organizers and praised the contribution of faculty members in the smooth conduct of the said activity. Earlier, Head Deptt of Biotechnology, Dr. Abid Hamid, shared his thoughts with the gathering about various aspects of entrepreneurship.

In his lecture, Mr. Tajamul Salroo, Executive Head, Zum Zum Industries and Sunrise Industries highlighted various initiatives being practiced to encourage creation and growth of new ventures. He said that a Ministry of Skill Development and Entrepreneurship has been formed by the current government, and educational institutes are providing courses on entrepreneurship. He focussed on the importance of entrepreneurship, creations of jobs in this sector and the role of different ministries concerned.

Beauty Benefits of Saffron Skin Care

Saffron, known as "red gold," has been valued for centuries not only for its culinary uses but also for its numerous beauty benefits.

Saffron, known to be one of the most expensive spices all around the world not only enhances the flavor and color of your dishes but also makes your skin glow naturally.

Saffron, also known as the "golden spice," has gained recognition in the beauty industry for its remarkable effects on the skin.

Packed with essential nutrients and potent compounds, it holds a special place in the world of beauty with its potent antioxidants and therapeutic properties. It can relieve common skin issues, including inflammation and acne.

Saffron is known to be one of the most expensive spices all around the world and is a valuable ingredient in the cosmetics industry. Many skincare brands have started using saffron because it contains nourishing and brightening properties for the skin.

In general, saffron is helpful for all skin types but is especially beneficial for sensitive skin.

It provides valuable nourishment, protecting the skin and hair from the harmful effects of UV rays, as well as imparting radiance, lustre and beauty. It has a deep orange colour and a lovely aroma.

Actually, saffron has several healing properties for restoring the beauty of the skin. In fact, it is also said to encourage the renewal of healthy new skin cells and also helps cell repair. That is why it is known to delay visible ageing signs and protect the skin's youthful properties. It contains several vitamins and antioxidants, as well as potassium, which also keeps the skin youthful and



SHAHNAZ HUSSAIN'S BEAUTY TIPS HT EXCLUSIVE



healthy. It has anti-bacterial and anti-fungal properties too. In fact, it has even been used in the treatment of acne due to its powerful anti-inflammatory properties. It also helps to soothe and heal sun burnt skin.

As far as the skin is concerned, saffron is also known to lighten skin colour and is used over a period of time. It helps to remove the tan caused by excessive sun exposure. That is why it has been used in natural fairness creams. Saffron is very expensive, but just a few strands of saffron are needed for beauty treatments. A few strands can be used to prepare a face pack, to revitalize the skin, and add radiance.

Here are a few home remedies with saffron:

To remove tan: Saffron has been found to have a protective effect against sun damage. It can help to reduce the damage caused by UV rays and protect the skin from further damage.

Twice a week, soak a few strands of saffron in milk and apply it on the face, neck and arms. Leave it on for 20 to 30 minutes and wash off with plain water.

Enriched with essential vitamins and minerals, saffron face cream will heal sun damage and combat signs of premature aging.

For Sunburn: Saffron has anti-inflammatory properties that help in reducing skin inflam-

mation. It can be used to treat skin conditions like eczema, psoriasis, and rosacea. Add a few strands of saffron to a cream of milk (malai) and apply on the face. Leave it on for 20 minutes.

For dry skin: Saffron is a natural moisturizer that helps in keeping the skin hydrated and soft. It contains vitamins and minerals that nourish the skin, preventing dryness and flakiness.

Soak saffron in a little water overnight. Next day, add this to olive oil or coconut oil and massage lightly on the face. Or, mix the saffron strands with honey and massage it lightly on the skin. Leave it on for 15 to 20 minutes. Wash off with plenty of plain

water.

In fact, saffron is so versatile, that it can be soaked in a little water overnight. Add it to a paste of neem leaves or basil leaves and apply on the skin. Leave on for 15 minutes and wash off with water. This helps oily skin conditions, like pimples, acne, or rash.

For acne: The antibacterial and anti-inflammatory properties in saffron help regulate sebum production, unclog pores, and soothe inflammation, promoting clearer and healthier skin. Add a few strands of saffron to milk and cinnamon powder into a paste. Apply on the eruptions and on dark acne marks. Leave it on for at least 30 minutes. Wash off with plain water. Do this at least three times a week.

Saffron helps your skin lighten naturally. Soak a few strands in milk for 2 hours. Apply this milk to your face and neck. Wash it off after a few minutes. Use this regularly.

Saffron Face Mask: Take a few strands of saffron and soak them in a small bowl of milk for about 15-20 minutes until the milk turns yellowish. Add a teaspoon of honey and mix well to form a paste. Apply the saffron mask evenly on your face and neck. Leave it on for 30 minutes to allow the saffron to penetrate your skin.

Rinse off the mask with lukewarm water and pat your skin dry. Indeed, saffron has many benefits for skin beauty, reducing blemishes, removing tan, revitalizing the skin and adding a glow.

The author is international fame beauty expert and is called herbal queen of India

Thanks and Regards
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NEWS

6 Vegetarian Foods Rich In Omega-3 Fatty Acids



Omega-3 fatty acids are a type of polyunsaturated fatty acids that are essential for good health. There are three main types of omega-3 fatty acids: ALA, EPA, and DHA. Foods rich in omega-3 fatty acids are important for good health due to several reasons. For one, omega-3 fatty acids have been shown to decrease the risk of cardiovascular diseases by reducing inflammation, lowering triglyceride levels, and preventing the formation of blood clots.

DHA, specifically, is a major structural component of the brain and is important for brain development and function. Consuming omega-3-rich foods has been associated with a lower risk of cognitive decline, improved memory, and a reduced risk of mental disorders such as depression and anxiety. DHA is also found in high concentrations in the retina of the eye and is important for maintaining good vision and reducing the risk of age-related macular degeneration.

1. Chia seeds

Chia seeds are one of the best plant-based sources of omega-3 fatty acids, particularly alpha-linolenic acid (ALA). ALA is essential for brain health and may help reduce inflammation, lower cholesterol levels, and support heart health.

2. Flaxseeds

Flaxseeds are another excellent source of ALA. Including flaxseeds in your diet can help improve digestive health, reduce the risk of heart disease, and support healthy skin and hair.

3. Hemp seeds

Hemp seeds are packed with omega-3 fatty acids, including ALA. Consuming hemp seeds may support heart health, reduce inflammation, and improve overall immune function.

4. Walnuts

Walnuts offer a great balance of omega-3 and omega-6 fatty acids. Regular consumption of walnuts may help lower blood pressure, improve brain function, and reduce the risk of certain chronic diseases.

5. Brussels sprouts

Brussels sprouts are a cruciferous vegetable that contains omega-3 fatty acids. These green gems are rich in antioxidants and fibre, which aid digestion, reduce inflammation, and support heart health.

6. Algal Oil

Algal oil, derived from algae, is a marine-based vegetarian source of omega-3 fatty acids, particularly DHA and EPA. It supports brain health, reduces inflammation, promotes healthy eyes, and benefits heart health.

Sleeping Late On Weekends And Getting Up Early On Weekdays? It's Bad For Health, Says Study

Irregular sleep patterns like late sleeping on weekends, and waking early on workdays could be associated with harmful bacteria in your gut and negatively affect your health, suggests research. The study, published in The European Journal of Nutrition, is the first to find multiple associations between social jet lag - the shift in your internal body clock when your sleeping patterns change between workdays and free days - and diet quality, diet habits, inflammation and gut microbi-

ome composition in a single cohort. Previous research has shown that working in shifts disrupts the body clock and can increase the risk of weight gain, heart problems and diabetes. However, there is less awareness that our biological rhythms can be affected by smaller inconsistencies in sleeping patterns due to waking early with an alarm clock on workdays, for example, compared to waking naturally on non-work days for people working regular hours. Researchers found that just a 90-minute



difference in the timing of the midpoint of sleep - the halfway point between sleep time and wake-up time - is associated with differences in gut microbiome composition. Having social jet lag

was associated with lower overall diet quality, higher intakes of sugar-sweetened beverages, and lower intakes of fruits and nuts, which may directly influence the abundance of specific microbiota in your gut. "Sleep is a key pillar of health, and this research is particularly timely given the growing interest in circadian rhythms and the gut microbiome. Even a 90-minute difference in the mid-point of sleep can encourage microbiota species which have unfavourable associations with your health," said Kate Ber-

mingham, from King's College London. "Maintaining regular sleep patterns, so when we go to bed and when we wake each day, is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut microbiome for the better," added Dr Sarah Berry from King's College London. The composition of the microbes in your gut (microbiome) may negatively or positively affect your health by producing toxins or beneficial metabolites. Specific species of microbes can correspond.

Diabetes Control: Benefits Of Dried Prunes - How People With High Blood Sugar Should Include Them In Diet

A recent study published by the Madras Diabetes Research Foundation and Indian Council of Medical Research found out that India has around 101 million people living with diabetes and another 136 million people in pre-diabetes stages. When the blood glucose, also known as blood sugar, levels of your body are too high, you develop diabetes. A chronic lifestyle disorder, diabetes raises the risk of damage to the eyes, kidneys, nerves, and heart. Marisha Baurai, Food & Innovation Technologist, Farmley, says, "Diabetes is a lifestyle disorder which can hamper your daily activities as it directly affects your glucose (or blood sugar levels) which is the energy fuel of your body. But fret not, because maintaining stable blood sugar levels is not as daunting as it may seem. The key lies in adopting a balanced diet with nuts, vegetables, grains, lentils, and fruits."

Prunes For Diabetes Management

Now, if you are wondering if a diabetic person can eat fruits, Burari says, "Absolutely! Fruits can and should be a part of a diabetic's diet as they are packed with essential nutrients, fiber, and antioxidants that are beneficial for overall health, including managing diabetes." The expert points out that one such fruit for diabetic people is Dried Prunes. "They include slow-acting, 'good' carbony-



drates and a low glycemic index which help to lower blood glucose levels in the body and can avoid diabetes-related problems. Also, the high fibre content in dried prunes promotes healthy digestion," says Baurai.

1. Rich in Fibre

Dried Prunes are full of dietary fibre, which is excellent news for diabetics. Fibre helps regulate blood sugar levels by slowing down the absorption of glucose, preventing spikes and crashes. In addition to that, fibre aids in regular bowel movements and helps manage constipation which is often experienced by individuals with diabetes.

2. Low Glycemic Index (GI)

The glycemic index measures how quickly a food raises blood sugar levels. According to the American Diabetes Association, this purple wrinkled fruit has a glycemic index of 29, which means that it won't cause a rapid spike in your glucose levels.

3. Full Of Antioxidants

Dried Prunes are rich in antioxidants, such as phenols and flavonoids. These compounds are packed with antioxidants that fight against cell damage caused by pesky free radicals. These antioxidants can help reduce the risk of chronic diseases often associated with diabetes, such as heart disease and nerve damage.

4. Nutrient Powerhouse

Dried Prunes are a great source of essential nutrients like potassium, vitamin K, and iron. Potassium helps maintain healthy blood pressure levels, while vitamin K and iron are vital for maintaining bone health. These nutrients complement your diabetes management efforts, keeping you strong and resilient. As A Healthy Snack Option: Switch your usual sugary snacks with a handful of Dried Prunes. They are sweet, satisfying, and won't send your blood sugar on a roller coaster ride.

Blend In Salads and Smoothies: Blend Dried Prunes with your favourite low-sugar fruits, a dollop of Greek yoghurt, and a splash of almond milk for a fibre-packed, diabetes-friendly smoothie. Plus, you can chop up some Dried Prunes & add them to your salads for a burst of natural sweetness.

But Baurai throws in a word of caution. "While dried prunes are indeed a diabetes superhero, it's essential to eat them in moderation.

Conjunctivitis And Eye Infection Cases Surge After Heavy Rainfall: Know Symptoms, Prevention Tips, Treatment And Remedies

Amid heavy rainfall in Delhi and nearby areas over the past few weeks, conjunctivitis has become a prevalent concern. Conjunctivitis, also known as pink eye, is the most common type of eye infection. The humid weather offers a favourable environment for bacteria and viruses to grow and spread, contributing to increased cases of highly contagious eye infections. "We are getting at least 100 cases of conjunctivitis per day. There is usually a seasonal increase in conjunctivitis cases, which coincides with the flu season. The conjunctivitis cases are mostly caused by a virus," Dr JS Titiyal, chief of RP Centre for Ophthalmic Sciences at AIIMS said.

Schools in Delhi have also reported rising cases of eye infection. It has also been noted that the infection is highly contagious and symptoms last for three to four days.

As conjunctivitis and other eye infections are spreading fast these days,



we spoke to experts to understand the exact cause and tips to manage and prevent these.

Red eyes, itching, eye pain, watery eyes, swelling, discharge from eyes, blurred vision and sensitivity to light are a few common symptoms of eye infection. "The combination of increased humidity and warmer temperatures during the rainy season produces ideal circumstances for the rapid reproduction of bacteria and viruses. Additionally, waterlogging of the contaminated water allows bacteria and germs to multiply quickly," said Dr Aparna Darshwal, HOD - Ophthalmology, Metro

Hospital, Faridabad.

Hand hygiene is of utmost importance when it comes to preventing the spread of infections from one person to another. Therefore, it is crucial to wash hands regularly to prevent infection transmission.

Dr Pavan Kumar Johri, Consultant - Ophthalmology at Max Hospital, Vaishali, shared a few more tips to prevent the spread. Here are some of these:

Avoid public places, especially, water parks and public swimming pools.

By maintaining good hand hygiene, refraining from touching your face and being cautious about

crowded environments, you can help safeguard yourself and others from infections.

How to manage eye infections during monsoon "Relying on home treatments may not be sufficient in the majority of cases. It is better to visit with an ophthalmologist to get timely treatment. Self-medication is also not advisable in such circumstances," Dr Darshal advised.

The current medical recommendation involves the use of antibiotic drops. "However, the type of infection can vary, whether it's viral or bacterial, and the severity may differ as well. Consequently, some cases may respond well to a single antibiotic drop, while others may require a combination of drops and ointments to effectively treat the condition. The treatment approach will be tailored according to the specific nature and severity of the eye infection to ensure the best possible outcome," Dr Johri explained.

Para Archer from J&K Sheetal Devi wins silver medal at World C'ship in Czech Republic

JAMMU, AUG 3: In an awe-inspiring display of determination and resilience, 16-year-old Sheetal Devi, hailing from the remote village of Loi Dhar in the Kishtwar District of Jammu and Kashmir, has achieved a remarkable feat by clinching a Silver Medal at the prestigious Para-Archery World Championship held in the Czech Republic.

Born without hands (Phocomelia), Sheetal's journey from the rugged mountains of her homeland to the international stage is a testament to the human spirit's indomitable power.

Sheetal Devi's unwavering spirit and extraordinary achievements have turned her into a true inspiration, not only for her community but for people worldwide.

Life in the challenging terrain of the mountains only served to make her stronger, igniting an unyielding determination to overcome any obstacle in her path.

In 2019, Sheetal caught the attention of the Rashtriya Rifles unit of the Indian Army during a youth event at Mughal Maidan, Jammu based defence spokesman here said on Thursday.

He said that recognizing her exceptional talent and drive, the Indian Army took her under its wing, providing both education-



al support and facilitating medical assistance.

Thanks to the relentless efforts of Bengaluru-based Meghna Girish, actor Anupam Kher, and the NGO 'The Being You', Sheetal was equipped with bionic arms, opening up new avenues for her to conquer.

Under the guidance of National Coach of Archery (Paralympics), Kuldeep Baidwan, he said that Sheetal underwent rigorous training

and honed her skills in archery. Her performances in various national archery competitions showcased her remarkable abilities and earned her a spot in the international arena.

Sheetal's exceptional journey culminated in the Para-Archery World Championship in the Czech Republic, where she secured Gold, Silver, and Bronze Medals, etching her name in history as the World's first Armless Women Archer.

Sheetal's Silver Medal victory at the Para-Archery World Championship not only signifies her personal triumph but also positions her as a formidable contender for the upcoming Para Olympics 2024 in Paris.

Her story serves as an inspiration to countless individuals around the world, encouraging them to chase their dreams relentlessly and break down barriers that may seem insurmountable.

Manoj Tiwary retires from all forms of cricket

Former India batter Manoj Tiwary has retired from all forms of cricket, ending a 19-year domestic career.

Tiwary played all his domestic cricket for Bengal and also won the IPL with Kolkata Knight Riders in 2012, when he hit the winning runs in the last over of the chase. He played 12 ODIs and three T20Is - between

2008 and 2015 - and was also part of the India squad for the 2012 T20 World Cup, but didn't get a game in the tournament.

Tiwary started and ended his first-class career at his home ground Eden Gardens, in 2004 and 2023 respectively. His last game was the Ranji Trophy final defeat to Saurashtra earlier this year, in which he top-scored for Bengal in the second innings. Tiwary was also the Bengal captain in the previous Ranji season.

"Goodbye to the game of cricket," Tiwary wrote in his retirement note on social media. "This game has given me everything. I mean every single thing which I had never dreamt of, starting from the times when my life was challenged by different forms of difficulties. Will ever be grateful to this game and to GOD, who has always been in my side throughout. Taking this opportunity to

convey my sincere gratitude to the people who all have played a part in my cricketing journey.

"Thank you to my all my coaches starting from my childhood till last year who all have played a part in my cricketing achievements. Manabendra Ghosh, my father figure like coach has been the pillar in the cricketing journey. If he had not been there then I would have not reached anywhere in cricketing circle. Thank u Sir and wish u a speedy recovery, as your health is not keeping well."

He finished his first-class career just 92 short of 10,000 runs, averaging 48.56 with 29 centuries and 45 half-centuries. He scored 5581 runs in 169 List A games at an average of 42.28. His 12-ODI career contained one hundred - against West Indies in Chennai in December 2011.

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