



# LG Manoj Sinha reviews preparedness for Independence Day celebration across the UT



■ HT News Network

SRINAGAR, AUG 08: Lieutenant

Governor Shri Manoj Sinha today chaired a meeting with the senior Administrative and Police officers to

review the preparedness for Independence Day celebration across Jammu Kashmir UT.

The meeting was attended by Dr Arun Kumar Mehta, Chief Secretary;

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## INDEPENDENCE DAY 2023:

### US lawmakers to attend PM Modi's address at Red Fort

■ HT News Network

WASHINGTON, AUG 8: A bipartisan group of US lawmakers are travelling to India to participate in the Red



Ford address of Prime Minister Narendra Modi on August 15 among other things, according to an official statement.

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## NEWS BRIEF

### Machail Mata Yatra Progressing Smoothly In Kishtwar

JAMMU, AUG 8: The annual Machail Mata yatra in Jammu and Kashmir's Kishtwar district is picking up pace with over 30,000 devotees already paying obeisance at the 9,705-feet-high shrine, officials said on Tuesday.

With the partially-constructed Pradhan Mantri Gram Sadak Yojana (PMGSY) road en route now accessible, the devotees can trek on foot to the shrine, cutting travel time by about two hours and making the journey less fatiguing compared to the steep and challenging terrains, they said.

The 43-day yatra in the scenic

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### Police attach vehicle of a drug smuggler in Baramulla

BARAMULLA, AUG 8: Police in North Kashmir's Baramulla district attached the vehicle of a notorious drug smuggler.

Police said that acting tough against the drug smugglers and to eradicate the menace of drugs from the society, police have attached a vehicle (Maruti Car) of drug smuggler worth 60K at Mirgund Pattan in District Baramulla.

Baramulla Police led by IC PP Mirgund under the overall supervision of SDPO Pattan Mohd Nawaz attached a vehicle (Private Maruti Car) bearing registration No. JK03B-1977 worth 60K belonging to drug smuggler namely Ghulam Mohammad Dar son of

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### Dengue back in Jammu; 25 cases reported

SRINAGAR, AUG 08: Dengue is making its way again in Jammu Division as fresh cases have been reported in the region with officials terming it an emerging threat in the coming months. However, the government said it is adopting a three-pronged strategy for the control and management of the infection.

A top health official told the news agency—Kashmir News Observer (KNO) that this year, 25 cases of dengue have been reported in Jammu Division, with most of them in Jammu district only.

As of now, no patient suffering from dengue was hospitalized as they are having mild symptoms which are managed at home, he said.

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### DG BSF on three-day visit to Jammu Frontier, reviews security

■ HT News Network

JAMMU, AUG 8: Director General, Border Security Force Nitin Agrawal is on a three days visit to the Jammu Frontier to review the security scenario of Jammu International Border, official spokesman said.

He said that the DG arrived here on Monday.

The spokesman said that on Tuesday IG BSF Jammu Frontier, D K Boora, gave a detailed presentation to the DG covering all the critical aspects of Border Security and Domination on Jammu IB and Line of Control.

SDG (Western Command), PV Rama Sastry also attended the meeting.

Boora described the general security scenario of AOR, covering the deployment pattern of BSF battalions and their robust domination aspects on the complete Jammu IB.

The DG BSF later visited Samba IB area where he was briefed and informed about recent threats being faced by the BSF in Samba area, ranging from tunnelling and cross Border smuggling by Pak based elements.

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## Chief Secretary flags off Tiranga Rally in Srinagar

Administers Panch Pran pledge under 'Meri Maati Mera Desh'

■ HT News Network

SRINAGAR, AUG 08: Chief Secretary, Dr Arun Kumar Mehta today flagged off a Mega Tiranga Rally here at Bakshi Stadium as a prelude to the celebration of 77th Independence Day Celebrations under "Meri Maati Mera Desh" campaign.

Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, Deputy Commissioner Srinagar



Mohammad Ajaz Asad were also present during this event.

On the occasion, Chief Secretary also administered Deep Dive Panchpran Pledge under Meri Maati Mera Desh to all the participants.

The mega rally was organized by District Administration Srinagar in collaboration with Department of Youth Services and Sports which was

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### "Too Little Too Late" Say Judge Ganjoo's Family As J&K Police Reopen 1984 Murder Case

■ HT News Network

MUMBAI/SRINAGAR, AUG 8: After a fresh probe was initiated into the 1989 murder case of Kashmiri Pandit judge Neelkanth Ganjoo, his family has said that it is "a little too late" and they don't want "wounds to be scraped again."

On Monday, the State Investigation Agency (SIA) in Jammu and Kashmir initiated a fresh investigation into the 1989 murder of retired judge Neelkanth

Ganjoo, marking a significant step towards seeking justice for the long-standing case.

"It's too little too late after 34 years of the incident. Now we don't want our wounds to be scraped again," SK Ganjoo, the son of the slain former judge said.

Meanwhile, former Jammu and Kashmir Deputy Chief Minister, Kavinder Gupta, has welcomed the probe, stating, "It is good that he (Neelkanth

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### Fresh Batch Of Pilgrims Leave For Amarnath Yatra From Pantha Chowk Base Camp In Srinagar

■ HT News Network

SRINAGAR, AUG 8: Another fresh batch of pilgrims left from Pantha Chowk base camp in Srinagar for their onward pilgrimage to Amarnath cave shrine on Tuesday morning.

The pilgrims left from the Pantha Chowk base camp to Baltal and Pahalgam routes to reach the holy Amarnath Cave.

A batch of pilgrims had earlier left from Pantha Chowk base camp in Srinagar for their onward

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## Advisor Bhatnagar visits Nunwan, Chandanwari Base Camps

Reviews arrangements, facilities for ongoing Shri Amarnathji Yatra

■ HT News network

PAHALGAM, AUG 08: In order to have first hand appraisal of all the arrangements and facilities put in place for smooth conduct of ongoing Shri Amarnathji Yatra, Advisor to Lieutenant Governor, Rajeev

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### Kashmir's killer roads leave 135 people dead in 1064 incidents since Jan 2023

■ HT News Network

SRINAGAR, AUG 08: The first half of 2023 has witnessed a concerning surge



in road accidents, resulting in 135 fatalities across Kashmir, reveals official data.

Figures accessed by news agency—Kashmir News Observer (KNO), that a total of 1064 road accidents were

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## Rajouri Chikri Wood Craft, Anantnag's Mushqbudji Rice receive GI tag



■ HT News Network

SRINAGAR, AUG 08: In a significant developments, Rajouri Chikri Wood Craft from Rajouri district and Mushqbudji Rice of

Anantnag district of have received the Geographical Indication (GI) Tag.

The process for GI Tagging of nine products was started by NABARD in

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# Advisor Bhatnagar reviews performance, functioning of JKHC, JKHDC



SRINAGAR, AUG 08: Advisor to the Lieutenant Governor, Rajeev Rai Bhatnagar chaired a meeting at Civil Secretariat here in which he conducted a comprehensive review of the performance and functioning of Jammu and Kashmir Handicrafts (Sale and Export) Corporation (JKHC) and Jammu and Kashmir Handloom Development Corporation (JKHDC).

The meeting was attended by Commissioner Secretary, Industries and Commerce, Vikramjit Singh; Managing Director JKHC/ JKHDC and other senior officers of both these corporations in person and through video conferencing.

During the meeting, the Advisor held an extensive assessment

aimed to evaluate the progress made by these corporations in promoting and preserving the rich heritage of handicrafts and handloom in the region besides various physical and financial aspects of the corporations were also evaluated during the meeting.

While reviewing the progress and performance of JKHC, Advisor Bhatnagar impressed upon the management of corporation to improve the marketing of products so that maximum revenue can be generated. He also asked them to do analysis item wise and assess scope of sales for each item. He emphasized on the need to further strengthen the marketing and distribution chan-

nels for handicrafts and handloom products, ensuring they reach a wider audience and generate sustainable livelihoods for the artisans.

He further impressed on them to analyse the scope of sales as per seasons as well as peak tourist season so that the products are made available accordingly at the famous tourist destinations.

The Advisor also asked the management of corporation to develop an online portal for selling various handicraft products. He stressed on them to promote local crafts at religious places as well as government functions so that maximum revenue is generated for corporation.

He also asked the management of corporation to assess the feasibility of introducing customised orders for the intending buyers so that they can receive products as per their demand.

Advisor Bhatnagar expressed his appreciation for the JKHC in contributing to the socio-economic development of Jammu and Kashmir through the revival and promotion of traditional crafts. He commended the corporation's dedication to supporting local artisans and weavers, providing them with platforms to showcase their skills and products on both national and international stages.

Meanwhile, Advisor Bhatnagar

also reviewed the performance and functioning of JKHDC.

He underscored the significance of skill development and capacity-building programs for artisans, which can help enhance their craft and business skills, thereby increasing their income opportunities. He suggested them to explore possibilities for collaborations with IITs and IIMs as well as industry experts to provide relevant training and exposure related to latest market trends to the artisans and weavers.

During the meeting, MD JKHC/ JKHDC gave a detailed presentation on the performance and functioning of both these corporations.

## NIT Srinagar features among top 20 technical institutes in 'India Today' rankings

SRINAGAR, AUG 8: National Institute of Technology (NIT) Srinagar has been featured among the top technical education institutions of the country in the 'India Today' rankings.

The rankings were released in the latest edition of India Today released in August 1, 2023 and NIT Srinagar has secured 19th place among the top 29 technical institutions across the country, a release of the NIT said.

The rankings are based on several parameters including, reputation and governance, academic research excellence, infrastructure and living experience, personality and leadership development, career Progression, placement, objective score, and perception score.



Director NIT Srinagar, Prof. Sudhakar Yedla congratulated the Institute's faculty, students, and non-teaching staff for making the institute's administration proud by achieving a good rank in India Today rankings.

"It is a proud moment for us that NIT Srinagar has been featured in the Top 20 Technical Education Institutes of the country in recently declared India Today rankings," he said.

Prof. Yedla said this achievement is a result of the collective effort put into maintaining high standards of education, fostering research and innovation, and creating an inclusive and conducive learning environment.

"Over the past several decades, NIT Srinagar has emerged as a beacon of progress, playing a pivotal role in shaping skilled professionals who contribute significantly to various industries and sectors," he said.

"This ranking should serve as a motivation for NIT Srinagar to continue its journey of excellence. We are determined to reach even greater heights in technical education," Prof. Yedla said. UNI

## School building constructed years back allegedly turned into cowshed in Budgam

BUDGAM, AUG 8: A school building that was intended for educational purposes in Rakhi Aarath Bemina has unfortunately been left unfinished for the past eight years, and it has now been repurposed as a cowshed.

This alarming development has led to a situation where numerous cows have taken up residence within the building, displacing the potential learning environment for students. Sources have informed Kashmir News Service (KNS) that the under-construction school, part of the SSA scheme, situated in Rakhi Aarath Bemina, has shockingly transformed into a cowshed. This grave issue has resulted in a substantial number of cows inhabiting the premises meant for students' education.

The current SSA school operations are being conducted within a privately-owned building, which is proving to be inadequate in terms of space. This inadequacy is causing significant disruptions to students' ability to receive a quality education.

Concerned locals in the area have raised their voices, expressing their distress over the situation. Due to the administration's inability to provide appropriate facilities, children are being forced to study in rented private rooms. This unfortunate circumstance has prompted a demand from the community for the immediate relocation of students to a more suitable and conducive learning environment.

An official from the Education Department, who chose to remain anonymous, disclosed that the teachers of the affected school had even contributed their personal funds to secure the rented building for educational purposes.

Several students who were interviewed shared their dissatisfaction with the current condition of the rented building. They earnestly appealed to the authorities to expedite the process of relocating them to a new, dedicated school building, which would enable them to pursue their studies without hindrance.

Despite numerous attempts to contact the CEO of Budgam, there has been no response to our inquiries at the time of reporting.



## Jazzbaat24 Launches Innovative E-Newspaper: A Daily Source of Digital Information

SRINAGAR, AUG 08: Jazzbaat24, a renowned platform, marked a significant milestone with the launch of its first-ever E-Newspaper. The inauguration event, graced by esteemed personalities including Mr. Saurabh Duggal, President of the Press Club, witnessed the presence of notable figures such as Mr. Rajesh Dhingra from Hindustan Times, Ms. Ritu Singal, Life Coach and Author, and Ms. Meenakshi



Chaturvedi, a Renowned Astrologer.

The E-Newspaper is set to provide daily updates, catering to an eager audience seeking relevant and current information. With its digital presence on Facebook and YouTube, Jazzbaat24 is geared up to engage and inform viewers through this innovative medium.

## CS launches 'Aspirational Panchayat' dashboard for monitoring rankings of 4291 Panchayats

SRINAGAR, AUG 8: Chief Secretary, Dr Arun Kumar Mehta today launched the Planning, Development and Monitoring Department dashboard for monitoring the progress of panchayats of J&K under 'Aspirational Panchayat Development Programme (APDP)'.

Those who were present included Commissioner Secretary, RDD; Commissioner Secretary, IT; Secretary, PD&MD; DG, Planning; CEO, JaKeGA besides other concerned officers.

During the launch ceremony, the Chief Secretary felicitated the Planning Department for coming up with the monitoring mechanism for keeping track of the development of Panchayats. He observed that tools like these are the sure way of bringing efficiency in the governance and advised the developers to programme other such tools in future.

The Chief Secretary called this dashboard a mirror to find out the areas of concern for each panchayat. He remarked that it would make the interventions more directional with requisite outcomes to be monitored in real time. He exhorted upon all to carry forward this exercise of updating this portal periodically and not to turn such efforts into ritualistic affair only.

Dr Mehta made out that the data available over this dashboard together with the plans of each panchayat available over the 'Janbhagadari' portal can be used to develop separate

portals for each panchayat. He further added that the statistics relating to population and institutions present there should also be captured to make these portals informative for general public.

The Chief Secretary also enjoined upon the officers to ensure that the 'Prabhari Officers' of each panchayat go through the reports about their concerned Panchayats each month in order to have fair idea about the status of development there. He directed for making it one of the benchmarks to assess their performance annually.

Dr Mehta also asked the officers to work in coordination with each other to realize the goal of 'Zero Poverty' in J&K by 2024. He asked them to study the panchayat models adopted by the states like Kerala, Telangana, Karnataka, Madhya Pradesh and Uttar Pradesh to adopt best practices implemented there. He directed formulating a plan that is more suitable and realistic for meeting our targets and expectations at large.

On the occasion the Secretary, PD&MD, Raghav Langar informed the participants about the unique features of the dashboard. He made out that each of the Panchayat is evaluated across 9 sectors having 100 indicators. He informed that the dashboard has a feature to filter top and bottom Panchayats in each district across different sectors.

It was also brought out that the

data entry for each month has to be done at the Panchayat level which has to be validated at Block and authenticated at District level. It was revealed that for the capacity building of the staff, a training module has been conceived for them to make this exercise efficient.

Aspirational Panchayat Development Programme (APDP) has been conceived on the analogy of "Aspirational Block Development Programme" of UT of J&K. It has been conceived for holistic development of Aspirational Panchayats over a period of time. The process included rating all the 4291 Panchayats spread over 285 Blocks in 20 Districts of Jammu and Kashmir on defined socio-economic indicators.

Pertinently, the 100 measurable indicators (KPIs) across 9 Sectors include Agriculture & allied Activities (6 indicators), Health & Nutrition (11 indicators), Education (13 indicators), Rural Development & Sanitation (7 indicators), Individual Beneficiary Oriented Schemes (4 indicators), Skill Development (4 indicators), Basic Infrastructure (17 indicators), Environment (5 indicators), & Good Governance (33 indicators). These provide insight into existing status and will also capture incremental progress over a period of time. On the basis of importance of these sectors, weights had been assigned to each sector and sub-indicators as per relevance in the life of rural population.

## Council takes oath, MC Chairman, Civil society, Police and civil administration participates as special invitees in oath ceremony

No exceptions to honesty and integrity in our business, will provide every support to the genuine concerns of Tangmarg Traders Union: Lateef Ah Ganie

Dr. Ab Qayoom

LANGATE, AUG 08: The recently elected administrative council of Tangmarg Traders Union Lan-

gate took oath at a simple but impressive ceremony held on Tuesday. A-ONE MODERN Bakery Shop owner Lateef Ah Ganie who is the new Langate Traders Union President took oath as President at Town Hall Langate. Addressing business community, Ganie said he was keen to work for the benefit of the traders. The function was presided by different intellectuals of Society and civil community administration of Langate area. Speaking on the occasion, all administrators congratulated the newly elected body and assured them of full support adding that together we can lead the Tehsil to new heights in terms of economic empowerment as it is world famous tourist destination.



They urged the newly elected President to meet the expectations of traders by taking the business scenario to new heights in Langate. While talking to HEADLINES TODAY Ganie said, "there should be no exceptions

to honesty and integrity in our business relations. It is perhaps the most important principle of business and dependent on integrity because it demands truthfulness and honesty. Many businesses fail because they don't

follow the reality principle. The role of representatives of business community is to make business vibrant and progressive. Adding that the Civil and police administration is committed to provide all support to the Langate Traders Union. He added that the Langate Tehsil Trade Body has to work in synergy with administration and high-profile business unit's only for the benefit of traders. Among others, Mc. Chairman, Jk bank branch manager, BMO, Principal BOYS/ GHS, DO, PP Langate, senior Civil society members besides other officers from Civil Administration Langate and scores of members from business community were present on the occasion.



## Bandipora's Gund Qaisar Village achieves 'Har Ghar Jal' milestone

■ HT News Network

BANDIPORA, AUGUST 08: In a magnificent achievement, Gund Qaisar Village in Bandipora district has successfully achieved the ambitious 'Har Ghar Jal' goal, ensuring 100% tap water supply to all 226 households, schools, and anganwadis within its boundaries.

This milestone was officially announced by the Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad. He appreciated the collaborative efforts and commitment of the local administration, government agencies and the residents of Gund Qaisar Village.

The DC said that 'Har Ghar Jal' (Water to Every Home) is a pivotal initiative



to provide access to clean and safe drinking water to every rural household across the nation. The successful implementation of this mission in Gund Qaisar Village proves the commitment of District Administration and Government of

India, he added.

Dr Owais said that Gund Qaisar Village has set an example for other regions by successfully achieving this milestone. He said, with the completion of tap water connections for all households, schools, and angan-

wadis, the village has not only improved the quality of life for its residents but also ensured the provision of a basic necessity that is vital for human health and development.

He said that this achievement has been made possible through efficient planning, proper execution and the support of the local community. He also said that the collaboration between District Administration and residents has played a crucial role in ensuring the availability of clean drinking water to every household, thereby contributing to improved health and hygiene standards in the region.

The DC and the entire administration congratulated the residents of Gund Qaisar Village for this exceptional achievement.

## DE&CC Ganderbal organises day-long Job Fair at Duderhama

■ HT News Network

GANDERBAL, AUGUST 08: The District Employment and Counselling Centre (DE&CC) Ganderbal on Tuesday organised a day-long Job Fair at Govt. Boys Higher Secondary School Duderhama, here.

The fair was inaugurated by Nissar Ahmad Wani, Director Employment, J&K.

The job fair was organized with the purpose to provide a convenient platform to the educated unemployed youth/job seekers and to facilitate their interaction with employers for their placements.

The event saw an overwhelming response from



the job seekers/ unemployed youth from the district.

On the occasion, Director Employment J&K interacted with the youth and other stakeholders. He informed and counseled them about various opportunities being offered by the department. He also encouraged them to grab

any such opportunities with both hands.

President, Integrated Textile and Handicrafts Park Zakura, Syed Afaq Qadri also spoke about opportunities and vacancies in the handicrafts sector in the district.

Among others, the event was also attended by Director RSETI Ganderbal, Dep-

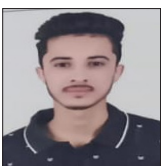
uty Director Employment, Vice Principal Govt. Boys HSS Duderhama, Social Activists, Media Fraternity Ganderbal, beneficiaries and staff of DE&CC Ganderbal.

The job fair saw the participation of more than 1000 job seekers & artisans. 180 job seekers were short-listed on spot by 15 different employers. 21 candidates were also selected on the spot. More candidates will be adjusted in the coming days.

At the event, different line departments and skill training providers had installed their stalls for on spot registration and awareness.

### THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION NEW CAMPUS, BEMINA SRINAGAR

I have passed/appeared in SSE/HSE-I/HSE-II (Class 10th/11th/12th) under Roll No. 139076013 Session: 2022-2023 Year: 2023 through The Jammu & Kashmir Board of School Education. The error committed by the School/Parent/Board against my name as Kamuan Khurshid instead of Kamuan Khurshid Malik .



Now I have applied for correction/rectification of error in the Jammu & Kashmir Board of School Education, New Campus Bemina, Srinagar. If any person has any objection in this regard may file the same in the office of the Deputy Secretary, Certificates-KD within seven days from the date of publication of this notice, after the expiry of said period, no objection will be entertained.

This is published for the information of the general public. The correct particulars be recorded as under: - Name: Kamuan Khurshid Malik Father's

Name:- Khurshid Ahmad Malik  
Mother's Name:- Firdousa  
Date of Birth:- 11-09-2006  
Residence:- Chanapoka Kham-Colony Srinagas.

### PUBLIC NOTICE

I have applied for the issuance of DEE Class Contract card from R&B Office. if anybody having any objection in this regard he/ she may file his/her objection in the office of the Super Intending Engineer (R&B) Circle Baramulla /Kupwara within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name: IMTIYAZ AHMAD MIR  
S/O: GHULAM NABI MIR  
R/o-Kalantra Payeen, Kreeri Baramulla

### PUBLIC NOTICE

I informed to general that. In my Husbands death certificate wrongly mentioned as NUNDO LONE instead of NOOR MOHAMMAD LONE his date of death (DOD) is 20 /01 /2012 issued from police station kreeri ....Now I am applying for his correct if anybody having any objection in this regard He/She may contact with (B D O) office WAGOORA within Seven days from the publication of this notice after that no objection will be entertained

Name...ZAREEFA BEGEMNE  
W/O ....NOOR MOHAMMAD LoNE  
R/O ...KALANTARA  
Block...WAGOORA

## Maiden two-days Veshow Literary Festival concludes at Kulgam

Programme aimed at promoting & creating awareness about culture, art & heritage: DC Kulgam

■ Farooq Rather

KULGAM, AUGUST 08: In an effort to promote the rich literature, art, culture, heritage and traditions, and deliberate on various aspects of literature, a maiden two-day 'Veshow Literary Festival' culminated today at Kulgam.

The programme was organized by District Administration Kulgam in collaboration with Indira Gandhi National Centre for the Arts.

During this two days literary festival, multiple functions and literary sessions were held at the mini-secretariat Kulgam.

Giving details of the programme, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat said that this event was primarily aimed towards promoting and creating awareness about culture, art, heritage and literature among the youth and people in general.

He said during the two days festival various literary persons and artists from different districts of J&K and outside UT participated in the event. He expressed hope that it will have a successful impact in creating awareness among the public, especially the younger generation.

Till now, we have achieved great success in the areas of development and tourism, and now our focus is on the promotion



of art, culture, literature & preservation of rich heritage, Dr Bilal said.

The two day festival witnessed different sessions including Sessions on Sirsov (Spiritualism in Kashmir Literature), Tsrathaal, Magun (Talent hunt) Sadre, Young women Authors of Kashmiri, Kathi Manz Kath, Kashmiri Folk Literature, Mushaira, besides others.

During the Sirsov (Spiritualism in Kashmir Litera-

ture) session, Authors including Dr. Maroof Shah, Haroon Rashid, Shahbaz Hakbari, Dr. Afaq Aziz, Dr. Javaid Iqbal deliberated on Buddhism, Shaivism, Reshi/ Sufi Tradition, Tasawuf, Shi-

ism and on the spiritualism in Kashmir.

During the Tsrathaal session, extensive deliberations on language, culture and heritage were held by esteemed speakers including Dr. Sohan Lal Koul, Brij Nath Betab, Prof Ratan Lal Talashi and Prof Majrooh Rashid. Session on Scope of publication and printing business was also held and speakers included Manoj Jha, Bilal Bashir Bhat, Sheikh Ajiaz, Sheikh Fayaz, and Vikram Singh who narrated about the business setups, startups for the youngsters.

Session Titled Sadre was also held where women Authors including Shaisata Shafaq, Nadim Shouqia, Shadab Yasmeen, Shabeena Ara Pathan, Roomeez e Baekhudi, Zaira Ashraf, Nighat Sahiba, Pakeeza Heena, Hamida Shah

## Cooperative Sector top priority for District Administration: S F Hamid

Inaugurates Cooperative Mela on the theme 'Sahkar Se Samridhhi'

■ HT News Network

ANANTNAG, AUGUST 08: The Deputy Commissioner (DC) Anantnag, S F Hamid today inaugurated the District level Cooperative Mela under the theme of 'Sahkar Se Samridhhi'.

Speaking on the occasion, the DC said that the Administration aims to achieve prosperity in the district, especially the rural areas through the mantra of 'Sahkar Se Samridhhi'. He further added that the Administration is committed to strengthen cooperatives by bringing transparency, modernization, and creating competitiveness. He said in order to achieve this, full support shall be provided to all



stakeholders.

The DC while interacting with members of various cooperative societies highlighted the role they can play in enhancing the Self-employment opportunities.

During the Mela various line departments had installed stalls for creating

awareness and giving live demonstrations.

The participants, especially the members of cooperative societies visited the stalls and interacted with staff of the concerned departments about the schemes and financial incentives available.

### Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER MUGHAL ROAD PROJECT DIVISION SHOPIAN

NIT No: - 18/Fresh/MRP/SPN/e-TENDERING/2023-24 Dated: 07/08/2023

For and on behalf of the Lt. Governor, UT of J&K, e-tenders are invited on Percentage Basis in single cover from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for each of the following works: -

S. No	Name of work	Cost of Tender (In lacs)	Cost of T/Doc. (In Rs.)	EMD (In Rs.)	Time of Completion (days)	Class of contract
1.	Construction of CD Works At Km 1+800, At Km 16+050, At Km 23+800, At Km 25+500, At Km 27+000, At Km 31+500, Construction of Parapets at various Spots from Km 0+000 to Km 40+500 and Construction of Passenger Sheds various spots from Km 0+000 to Km 40+550 on Mughal Road in Subdivision 1st, 2nd and 3rd of Shopian Side	48.50	1100	97000	60	"A&B"

(Tenderer must go through general conditions thoroughly)

Position of AA/TS: Accorded

Special Conditions:

- Performance security shall be furnished by the contractor within 03 days of issuance of LOA, Opening of Bid, failing which the concerned tender issuing authority shall forfeit the performance security and issue a fresh tender forthwith.
- The contractor shall start the work within weeks after issuance of NTP, failing which the penalties as warranted under the contract rules shall be initiated viz, forfeiting performance security.
- The work shall be completed by the concerned contractor as per the timeline stipulated in NIT /agreement, failing which action shall be initiated against contractor by forfeiting performance security.
- If the contractor/firms fails to complete the work within the time mentioned in the NIT/Contract, then the allotted contract will automatically be treated as cancelled after forfeiting the performance security of the contractor/firm and work put to fresh tender without serving any notice from this office.

The NIT consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in).

1.	Date of issue of Tender Notice	07-08-2023	
2.	Period of downloading of bidding documents	08-08-2023	10:00 A.M
3.	Bid Submission Start Date	14-08-2023	04:00 P.M
4.	Bid Submission End Date	08-08-2023	10:00 A.M
5.	Date & time of opening of Bids (Online)	14-08-2023	04:00 P.M
		16-08-2023 11:00 A.M	In the Office of Executive Engineer Mughal Road Division Shopian

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

DIPK-6682/23  
Date: Aug 8 2023

Sd/-  
HD/DM

Sd/-  
Technical Officer

Sd/-  
Executive Engineer  
Mughal Road Division  
Shopian

### از عدالت سب جج کپواڑہ

بالجلاس: منظور احمد خان

Peerzada Firdous Nabi  
SJO Peerzada Ghulam Nabit  
RJO Babarnag Kupwara  
v/s public at Large

درخواست بابت حصول D.O.B

اطلاع آگاہی ہر خاص و عام

معاملہ مندر پر عنوان المصدر میں سال نے ایک درخواست بابت حصول D.O.B پیش کی سائل/سائل کی تاریخ پیدائش 26/08/2021 - 26/08/2021 کے درمیان پیدائش عدالت ہذا میں ایک درخواست بغرض حصول پیش کی . اگر درخواست ہذا میں حکم صادر فرمائے بحق سائل/سائل

Peerzada Firdous Nabi  
SJO Peerzada Ghulam Nabit  
RJO Babarnag Kupwara  
اگر کسی کو کوئی اعتراض ہو تو وہ وکالت یا پھر مختار عدالت ہذا میں 23/8/14 تک تحریری طور پر پیش کریں۔ معیار ذکر کرنے کے بعد کوئی بھی ہوا

تحریر الصدر سب جج کپواڑہ

### از عدالت سب جج کپواڑہ

بالجلاس: منظور احمد خان

Nasir Ahmad Dar  
SJO Mohammad Yousf Dar  
RJO Wadar Kupwara  
v/s public at Large

درخواست بابت حصول D.O.B

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معاملہ مندر پر عنوان المصدر میں سال نے ایک درخواست بابت حصول D.O.B پیش کی سائل/سائل کی تاریخ پیدائش 24/02/2019 - 24/02/2019 کے درمیان پیدائش عدالت ہذا میں ایک درخواست بغرض حصول پیش کی . اگر درخواست ہذا میں حکم صادر فرمائے بحق سائل/سائل

Nasir Ahmad Dar SJO Mohammad Yousf  
RJO Wadar

اگر کسی کو کوئی اعتراض ہو تو وہ وکالت یا پھر مختار عدالت ہذا میں 23/8/21 تک تحریری طور پر پیش کریں۔ معیار ذکر کرنے کے بعد کوئی بھی ہوا

تحریر الصدر سب جج کپواڑہ



# NIT Srinagar features among top 20 technical institutes in 'India Today' rankings

## ■ HT News Network

Srinagar, 08 Aug: The National Institute of Technology (NIT) Srinagar has been featured among the top technical education institutions across the country in 'India Today' rankings' released

The rankings were released in the latest edition of India Today released on 1st August, 2023. NIT Srinagar has secured 19th place among the top 29 technical institutions across the country.

The ranking are based on several parameters including, Reputation and Governance, Academic Research Excellence, Infrastructure and Living Expe-

rience, Personality and Leadership Development, Career Progression, and Placement, Objective Score, and Perception Score.

Director NIT Srinagar, Prof. (Dr.) Prof. Sudhakar Yedla congratulated the Institute's faculty, students, and non-teaching staff for making the institute's administration proud by achieving a good rank in India Today rankings.

"It is a proud moment for us that NIT Srinagar has been featured in the Top 20 Technical Education Institutes of the country in recently declared India Today rankings," he said.

Prof. Yedla said this achievement is a result of the collective effort put into maintaining high

standards of education, fostering research and innovation, and creating an inclusive and conducive learning environment.

"Over the past several decades, NIT Srinagar has emerged as a beacon of progress, playing a pivotal role in shaping skilled professionals who contribute significantly to various industries and sectors," he said.

Prof. Yedla said NIT Srinagar's impact extends beyond national boundaries through its extensive academic and research collaborations with esteemed foreign and national institutes. These partnerships facilitate knowledge exchange, research advancements, and the cultivation of a global perspective among its students and faculty,



he said.

"This ranking should serve as a motivation for NIT Srinagar to continue its journey of excellence. We are determined to reach even greater heights in technical education," Prof. Yed-

la said.

Institute's Registrar, Prof. Syed Kaiser Bukhari said that NIT Srinagar has performed well in India Today Rankings. The improvement in the NIT Srinagar ranking is largely due to

improvement in perception which essentially can be credited to continued efforts of all stakeholders, he said.

Prof. Bukhari commended the work put in by Dr. Harveer S. Pali, who was the Nodal Officer for overall rankings. He said there is a lot more to do and such results are encouraging.

"NIT Srinagar is committed to narrowing the divide between society and technology. The impressive results in India Today rankings stand as a testament to our unwavering pursuit of academic excellence and steadfast mission to cultivate a seamless integration of knowledge," he said.

Prof. Bukhari credited the collective efforts of the faculty

members, senior administrative staff, non-teaching personnel, and students for their valuable contributions. He also commended Dr. Harveer S. Pali and his entire team for their outstanding and commendable work.

Nodal Officer for Overall Rankings at NIT Srinagar, Dr. Harveer S. Pali said that the Institute has improved in India Today Rankings.

"This year, we have secured 19th rank, compared to our 24th rank in 2022 and 25th in 2021. We have made substantial improvements across various parameters, and moving forward, we are committed to further enhancing our efforts in this direction," he added.

## DDC Chairperson reviews progress of RDD works at Sangaldan

### ■ HT News Network

RAMBAN, AUGUST 08: Chairperson, District Development Council, Ramban, Dr. Shamshad Shan today chaired a meeting of officers and technical staff of Rural Development Department to review the progress of developmental works being executed in block Sangaldan.

Discussing various aspects, which include execution of development schemes of the RDD sector under the Capex budget, the Chairperson stressed on maintaining quality of works and timely completion to benefit the common masses in a hassle free manner.

The Chairperson also directed the officers to ensure close monitoring of the RDD schemes like PMAY-G and MGNREGA, etc for creating tangible results on the ground level. She also asked the officers to achieve both physical and financial targets within prescribed time.

## Director Horticulture launches Plantation Drive at Bhalwal

### ■ HT News Network

JAMMU, AUGUST 08: Department of Horticulture Jammu today launched a Plantation Drive at Kangar, block Bhalwal and organised an Interaction Program with Farmers & Fruit Growers under Meri Maati - Mera Desh Campaign. Director Horticulture Jammu Ram Savak, Chief Horticulture Officer Jammu, Ashwani Sharma, Subject Matter Specialist (Pomology) Jammu Sandeep Gupta, I/c Bhalwal Sanjay Khajuria and Farmers in large numbers participated in the program.

Addressing the farmers, the Director stressed the need to encourage High Density Plantation in the area. He said that the rainy season is highly suitable for new plantations especially in the kandi area and the farmers should adopt cluster approach to develop new orchards and take benefit of all the departmental schemes.

The Director Horticulture Jammu explained in detail the Holistic Agriculture Development Programme (HADP) providing incentives / assistance for the welfare of the farming community. He sensitized the gathering about the main components of the programme viz: DAKSH- Learning Management System related to skill development, SATHI- Dashboard to apply online for different Govt. schemes, etc. He impressed upon farmers to adopt the Horticulture sector on commercial lines by adopting latest technologies in the field of Mechanization, Modified High Density Plantation, Strawberry Plantation, Aloe- vera Plantation etc.

The Chief Horticulture Officer Jammu also motivated the farmers to adopt Horticulture on commercial basis and imparted them awareness about online Jan Sugam portal and Kissan Sathi portal to apply for various components of different Horticulture schemes.

## HDFC Bank Launches 'Purani Gaadi, Nayi Shuruat' Initiative

### ■ HT News Network

Srinagar, Aug 8, KNT: HDFC Bank is conducting a nationwide drive under the campaign - 'Purani Gaadi, Nayi Shuruat'. This one-week campaign that started on August 7, 2023, is aimed at extending advances for the purchase of used commercial vehicles and used construction equipment to transporters and contractors.

As a part of this initiative, HDFC Bank plans to reach approximately 50,000 transporters, contractors, and intermediaries across the country, especially in rural and semi-urban locations. The campaign is being run pan-India including in branches in Bengaluru, Kolkata, Ahmedabad, Mumbai, Jaipur, Chennai, Prayagraj, Hyderabad, Indore, Chennai, Delhi, Vadodara, Kochi, Jodhpur, Pune, Ludhiana,

and Karnal. During this week, HDFC Bank will also be conducting multiple large and small-sized events across major transport hubs, and with this, the Bank aims to increase its market share in the used commercial vehicle financing segment.

Rahul S Shukla, Group Head - Commercial & Rural Banking, HDFC Bank said, "We are excited about this initiative, where bank officials would be reaching out to customers in remote locations. This is going to help thousands of drivers become owners of trucks."

Rajinder Kumar Babbar, Group Head, Transportation & Infrastructure Finance Group, HDFC Bank said, "It will also help the bank in adding new customers and increasing market share in this segment. Most of the funding in this segment qualifies under Priority Sector Lending."

## Deputy Commissioner reviews arrangements for Independence Day celebrations at Rajouri

### ■ HT News Network

RAJOURI, AUGUST 08: Deputy Commissioner Rajouri, Vikas Kundal, today chaired a meeting to review the arrangements for the Independence Day celebrations. The meeting was attended by line departments where at different aspects of the arrangements were discussed and finalized.

The Deputy Commissioner emphasized the significance of the day and urged officials to put in coordinated efforts to ensure that all arrangements are put in place well in time. The meeting decided that the day will begin with Shehnai Vadan by the Information Department, followed by the flag hoisting ceremony and parade by District Police, NCC, CRPF, BSF, Home guard, JKPF, and ITBP.

To ensure that the celebrations are conducted smoothly, the Deputy Commissioner instructed officials to ensure adequate security arrangements, cleanliness, illumination of



government buildings, parking facilities, traffic management, and proper seating arrangements at the main venue. The Deputy Commissioner stressed the importance of coordination among officials and urged them to put all necessary arrangements in place well in advance. The successful conduct of the Independence Day function would require the cooperation of all officials involved.

Officers who attended the meeting were SSP Rajouri, Amrit Pal Singh;

Commandant IRP 2nd Battalion, Ran-deep; DFO Rajouri, Arshdeep Singh; ADC Rajouri, Rajeev Kumar Khajuria; ADC Nowshera, Kartar Singh; ADC Sunderbani, Vinod Kumar Behnal; PO ICDS, Shoket Mehmood Malik; GM DIC, Ashwini Sharma; CEO Tourism, Vivek Puri; CPO, Mohammad Khurshid; ASP, Vivek Shekhar; ACR, Imran Rashid Kataria; ACD, Vijay Kumar; SE Hydraulics, Bharam Jyoti Sharma; DSEO, Sandeep Sharma and other concerned officers.

## ADDC Doda reviews implementation of Self-Employment Schemes

### ■ HT News Network

DODA, AUGUST 8: The district of Doda is vigorously pursuing its commitment to bolster employment opportunities through various self-employment initiatives.

The rallying call, 'Berozgar se Swarozgar' (from Unemployment to Self-Employment), encapsulates the unwavering determination of the UT administration to empower the youth and offer dignified livelihoods to the unemployed.

In line with this vision, a crucial meeting was convened by the Additional District Development Commissioner (ADDC) Doda, Pran Singh, which wit-



nessed the participation of different stakeholder departments. The objective of the meeting was to have a comprehensive review of the efficacy of self-employment schemes and their impact.

During the meeting, the ADDC underscored the importance of ensuring the seamless disbursement of

funds for all cases sanctioned under different self-employment initiatives. He directed concerned officers to achieve 100% disbursement rate across the spectrum of schemes, which encompass subsidised loans for aspiring unemployed youth seeking to embark on the entrepreneurial journey.

## Delegation of All J&K Sikh Coordination Committee calls on Lt Governor

### ■ HT News Network

SRINAGAR, AUGUST 08: A delegation of All J&K Sikh Coordination Committee called on Lieutenant Governor Shri Manoj Sinha, at the Raj Bhavan today.

The delegation representing various Sikh organisations from across the UT, including elected members of Gurdwara Parbandhak Committees led by S Ajit Singh, Chairman JKSCC expressed gratitude to the Lt Governor for various unprecedented developmental activities and new milestones of governance in the UT.

The delegation of prominent Sikh community members put forth several issues pertaining to the commu-



nity, including provision of reservation for the microscopic minority, introduction of Punjabi Language in the School Education in JKUT. They also discussed the matter of allotment of land for the reconstruction of historical Gurudwara Charan Kamal Asthan Guru Nanak Sahib Ji at Village Ser Manjla (Ram Nagar),

Udhampur. The Lt Governor assured the members of the delegation for redressal of the genuine issues and demands put forth on priority. The delegation of prominent Sikh community members put forth several issues pertaining to the community, including provision of reservation for the microscopic minority.

## Transport Commissioner kick starts "Meri Mitti Mera Desh" program- Asks stakeholders to join campaign

### ■ HT News Network

JAMMU, AUGUST 08: Transport Commissioner J&K, Rahul Sharma today kick started the "Meri Mitti Mera Desh" campaign by pasting stickers on commercial vehicles here at Transport Yard Narwal.

The campaign was launched at an event organized with regard to the J&K Transport Subsidy scheme to provide a subsidy of Rs. 5.0 Lac for replacing vehicles older than 15 to 20 years of age with new commercial passenger vehicles. He exhorted Transport Unions,

Drivers and other stakeholders to participate in ongoing campaign of "Meri Mitti Mera Desh" to remember the great sacrifices of martyrs, who laid down their lives for the nation.

Meanwhile, intensifying enforcement activities against the instances of overloading of vehicles and other violations, the teams of Motor Vehicles Department have launched special enforcement drives in the Month of August, 2023.

The Department has decided to continue such drives and warned of strict & punitive action if any violation is committed on roads.



The warnings were issued by the different enforcement Teams of Motor Vehicle department during ongoing enforcement drives conducted at different locations of NH44. The teams are conducting surprise checking on the special directions of RTO Jammu Pankaj Bhagotra

under the overall directions of Transport Commissioner J&K Rahul Sharma.

While interacting with drivers, teams emphasized that MVD is determined to bring violations on the roads to zero level and asked them to be disciplined while driving their vehicles on Road.

"Any deviation/violation on your part will attract strict penalty as per MVA and Rules made there under, which may even lead to cancellation/suspension of the RCs/RPs of their vehicles and DLs of the drivers committing the offences" they were told. As per the Regional Transport Office Jammu during the current month, the department checked as many as 350 vehicles, out of which 95 vehicles were challaned/compounded for various violations under MV Act and Rules framed there under. An amount of Rs 2.35 Lac has been realized from violators on spot against the

disposed challans, while as an amount of Rs. 8.35 Lac is expected from remaining challans. Moreover 5 Driving Licenses, 3 Route Permits and 2 Registration Certificates were also recommended for suspension by the enforcement wing for involvement in violations of serious nature. The enforcement drives were conducted in Sidhra, Purmandal Morh, Kunjwani Chowk, Akhnoor Road etc. The teams comprised of Rehana Tabassam, ARTO (HQR.), Esha Chib, ARTO (BOI-G), Kuldeep Singh, ARTO (BOI-P), Neeraj Sharma, ARTO (F-S), Vikas Srivats (MVI).

## Rajouri Forest Division's Monsoon Plantation, distribution drive promotes "Har Gaon Haryali"

### ■ HT News Network

RAJOURI, AUGUST 08: The Rajouri Forest Division has taken a significant step towards promoting environmental conservation and community engagement with a successful Monsoon Plantation and Distribution Drive held today. The event, organized under the banner of "Har Gaon Haryali," aimed to enhance green cover and raise awareness about the importance of sustainable living practices among the residents of Kanthol, Tatapani, and Broh villages in Kalakote area, Rajouri district. The plantation and distribution drive witnessed the active participation of esteemed panchayat members, enthusiastic school children, and dedicated representatives from the local community. Under the guidance of the Rajouri Forest Division, a total of 400 saplings were planted during the program.



EDITORIAL

## Alarming Surge in Heart Attacks Among Kashmiri Youth: Addressing the Silent Crisis

In recent years, the valley of Kashmir has witnessed a distressing and unexpected surge in the incidence of heart attacks among its youth. This alarming trend is sending shockwaves through the region, raising concerns about the physical and emotional well-being of the younger generation. As the stunning landscape of Kashmir becomes a backdrop to an emerging health crisis, urgent measures are needed to understand and address the root causes behind this troubling phenomenon.

The sudden rise in heart attacks among Kashmiri youngsters is a multifaceted issue that demands a comprehensive approach. Lifestyle factors play a pivotal role in the onset of heart disease, and the younger generation's adoption of sedentary habits, poor dietary choices, and increasing stress levels cannot be ignored. Modern technology, while providing connectivity, has inadvertently encouraged a more sedentary lifestyle, with hours spent hunched over screens replacing physical activities. The pervasive influence of fast food and sugary snacks has replaced traditional, nutritious diets, further exacerbating the risk of heart disease.

Stress, a silent and often underestimated trigger, has begun to take a toll on Kashmiri youth. The political uncertainty and social unrest in the region, combined with the pressures of modern life, have created a perfect storm for rising stress levels. The emotional and psychological toll of these factors is reflected in the escalating rates of heart attacks among the young, shedding light on the importance of addressing mental health as a vital component of overall well-being.

To combat this crisis, a multi-pronged strategy is essential. First and foremost, awareness campaigns should be launched to educate the youth about the risks associated with unhealthy lifestyles. Schools, colleges, and community centers can serve as platforms to promote physical activity, balanced diets, and stress management techniques. Engaging local influencers and medical professionals can lend credibility to these campaigns, resonating with the youth on a personal level.

Additionally, healthcare infrastructure in the region must be bolstered to provide accessible and affordable medical care. Regular health check-ups, early detection of risk factors, and timely intervention can significantly reduce the incidence of heart attacks. Collaborative efforts between government agencies, non-governmental organizations, and the private sector can contribute to creating a comprehensive healthcare ecosystem that supports the physical and mental well-being of Kashmiri youth.

Lastly, the surge in heart attacks among Kashmiri youngsters is an urgent issue that requires immediate attention and concerted efforts from all stakeholders. While the beauty of the Kashmir Valley continues to captivate hearts, it is imperative that the physical well-being of its youth is safeguarded. By addressing lifestyle choices, promoting mental health, and enhancing healthcare access, we can work towards a future where the valleys echo with the sounds of joy and vitality, rather than the alarming toll of heart disease. The time to act is now, for the heart of Kashmir beats in the health and happiness of its youth.

# Turn to Allah Before You Return to Allah

*"If you want to destroy any nation without war, make adultery or nudity common in the young generation"*

*\_Salahuddin Ayoubi (RA)*

■ [Uzma Nazir](#)

Mothers do not give birth to sinful children and children do not come to this world defiled with sins. When an infant comes to this world for the first time, his mind is empty of any knowledge, intellect and information. He is completely ignorant of what is around him and he doesn't know anything about good or bad. At the same time when he cries and suckles his mother's breasts, he is ignorant of that too. Gradually instincts, feelings and lusts move into the circle of his physiological being and these bodily activities enter into the field of his life. Then the baby begins to learn from the external environment and surroundings and from the conduct of the others what is necessary for him to survive in this life.

As for the body of the baby, it is liable to the different kinds of diseases and calamities throughout his life, same is true about his intellect, soul, spirit and heart. Concerning morals, he is also liable to commit sins and vices. Hence, sins are accidental to man just as diseases that attack his body. Sin is something accidental and not spontaneous. Bodily diseases can be cured by following the instructions and medicine prescribed by a doctor but intellect, spirit and soul when diseased can be cured by following the instructions of almighty Allah and obeying his orders and most importantly with repentance.

Sins: Many of us haven't even considered it as an important issue. Westernization of course is one of the main issue in present times. It is a major factor for committing sin. Westernization has been adapted by our young generation and they flaunt it with pride. Our prophet (PBUH) had gone through heaps of troubles to teach us the true meaning of islam, but what are we doing as Muslims? We call ourselves Muslims but can we call ourselves as Momin (a complete and faithful muslim). No, absolutely not. You know why? Because we don't pay much attention to the teachings of our prophet (PBUH) and we don't remain adhered to those teachings. We are so occupied in chasing the latest trends/fashion that we have forgot-

ten our identity. We are supposed to follow the path and teachings of prophet and what Allah has ordered for us in the Holy Quran. What we have in our minds is that we are so young, we don't have to follow the religion yet. We have so much time. Let us enjoy for the time being as we can be religious in later stage of life when we get senile. Let me give you a reality check, we can return to Allah anytime. Right when we are doing what we are not supposed to do. We might not get a chance to repent to Allah for our deeds. It has been written in books of Hadith that 'all human beings are sinners; the best of the sinners are those who repent' (Ibn majah, zuhd 30), so it is better to repent for our sins and start living a pious life. Abu Ayub Ansari (RA) reported that Allah's Messenger PBUH said: "If you were not to commit sins, Allah would have swept you out of existence and would have replaced you by other people who have committed sin, and then asked forgiveness from Allah and he would have granted them pardon." (Muslim tawbah, 9,10,11)

As of today, there are many who love to attract attention by wearing inappropriate clothes. They don't even realise their mistakes and what they are doing is utterly shameful. Wearing tight clothes or exposing skin would definitely attract attention in this world and would make us stand out among others but in Akhirah (Day of judgement) we will be miserable. By doing that, we are merely exposing ourselves to the wrath of our Lord. In this regard, our Prophet (PBUH) said,

Two are the types of the denizens of hell whom I did not see : People having flogs like the tails of the ox with them and they would be beating people, and the women who would be dressed but appear to be naked, who would be inclined (to evil) and make others incline towards it. Their heads would be like the humps of the bukht camel inclined to one side. They will not enter paradise and they would not smell its odour whereas its odour would be smelt from such and such distance (from great distance) [Sahih Muslim, Hadith 6840 narrated by Abu Hurayrah].

Do you think it is worth it? Are the

efforts women do to look beautiful for others more appealing than Allah's rewards? They should fear Him and know that modesty is the best jewel of women which is a part of their faith.

Dear sisters, this world is temporary. Come out of ur dreamy bubble before it is too late. Don't get pursued by men for the wrong reasons. Don't get played by the bad ones. Moreover, Men should avoid staring at anyone other than their wives. We have to understand that there is no excuse of surroundings being lewd. No matter how this world lures us towards evil, we must know that Allah is watching and we have to refrain from looking at forbidden or haram things regardless of what the circumstances are. You can't justify your act by giving invalid alibi that there are lots of temptations around. As Quran has aptly justifies this point like :

"Tell the believing men to lower their gaze (from looking at forbidden things)" (Alnoor 24:30).

Dear brothers, bragging to ur friends how have you fooled some girl or how she got tricked by you would only make your friends venerate you, and admiring women for wrong and false intentions makes you nothing but a sinner in front of Allah.

Allah says : "If you avoid the great sins which you are forbidden to do, we shall expiate from you your (small) sins, and admit you to a noble entrance (paradise) (An-Nisa 4:31).

In the end, we all will stand before Allah, nothing in this world will matter except our actions - the good and the bad ones.

Last but not least, our surroundings have been completely got corrupted but we should not forget the teachings of our prophet (PBUH) and what Allah has said in the Holy Quran. Unfortunately, this generation is very much involved in committing major as well as minor sins. But we should always keep in mind that one day we have to face Allah.

Repentance - The cradle of mercy :

Times have changed but the words of our Lord are the same. In becoming modern we should not forget our values, this world is temporary. Allah says,

Except for those who repent, have faith and good deeds, those Allah will change

their sins for good deeds. Certainly, Allah is most forgiving and merciful. (Surah Al Furqan 25:70)

The fact that we are still able to experience these feelings of guilt means our hearts haven't not completely blackened and that is a blessing from the bounties of Allah. It is the very blessing that drives us to turn back and rectify our ways. Each of us is a sinner and the best of sinners are those who repent. God loves when a believer turns towards Him and repents for his false deeds.

"Do not they know that it is Allah who accepts the repentance of his servants". (Surah Tawba, Verse 104)

We must turn to Allah before death approaches us and takes us in its arms and before it is much late for us as well. A reality check is that we can return to Allah any time. Allah says, "And whosoever fears Allah, Allah will create for him a way out. And will provide for him from where he didn't expect." (Quran)

As according to authentic Hadith of prophet Muhammad (PBUH), "when a slave repents and returns to Allah, Allah is happier than a person who is travelling with a camel and he lies down for a while and his camel wanders away. He searches for his camel desperately and tries to find it but he can not. Then when he has lost all his hope, he sees the camel strolling towards him. He is so happy to see this sight, for his life has just been saved, that in his joy he says, "O, Allah, you are my rabb and I am your my slave." The prophet of Allah (PBUH) said that Allah is happier than this guy! Subhanallah ! This is how much Allah loves us . This is how much he wants us to return to him and gain janah! Allah is the most merciful, the especially merciful. Remember, the end is near and time is passing quickly. We must turn to Allah, before we return to Allah. May Allah help us all to protect the purity of our hearts, and may He grant us forgiveness and mercy – Ameen.

**The author works as headmistress at DHS Srinagar and clinical psychology counselor. She can be mailed at [uzmanazir6543@gmail.com](mailto:uzmanazir6543@gmail.com)**

# In order to Create a Better Future, We have to develop Interest in Reading Books among Children



■ [Vijay Garg](#)

By the way, the word library itself is a word with a wide meaning. The library is also called the treasure of knowledge, which has a great contribution in the progress and development of human life. From the past, the school education department has been giving a lot of attention by establishing libraries in primary schools across the state. Efforts are being made to connect children with books, which is commendable. There should be a separate room for the library. It is said that when if the child starts reading books outside the syllabus, i.e. joins the library, he goes on the path of becoming a scholar.

If young children are interested in reading books through inspiration at the primary level, then it will be a golden thing. Library corners have come into existence for every school in Punjab. For this work, the teachers need to contribute their due. First of all, if possible, there should be a separate room for the library in the school, so that the children can sit there and study the books comfortably.

Increases The collection Reading books increases children's vocabulary. They have a strong grasp of knowledge. Vocabulary growth is helpful for exams. Young children must attend the morning meeting. It is a subject of general knowledge and epistemology. In case of having external knowledge, children can answer every question in a correct way, so the support of books is very important.

Significant steps will have to be taken If a better future is to be created, children will have to develop interest in reading books. Proper arrangements have to be made for them. children Effective steps have to be taken to connect with the library. The support of children's parents, SMC committees and social sup-



port organizations etc. can also be taken for this work, which is more needed these days.

Make sure to read the books Children should be encouraged to read by taking them to the library and telling them about its benefits. Children should be taught stories, jokes and riddles in the early stages. This will increase their interest and interest in reading. Essay composition for fourth and fifth class children, stories, essays and poems etc. should be given for reading. Books should be issued to children throughout the week. Be sure to read them as well.

After this reaction can be taken. Necessary guidance for this work should be provided by the class in-charge and library in-charge teacher. Increase in mental and intellectual capacity Books are a means of learning as well as enjoyment for children. Children who read books never get bored. With this, concentration of reading is made in children. Going forward with this It is very helpful for their studies. Books are guides for children.

By connecting with the library, children are fascinated by many literary forms such as novels, mono-

logues, travelogues, essays, poems, stories. It teaches the test of successful living. Books increase the mental and intellectual capacity of children. Books that teach life examination Along with studying the syllabus, it is also very important to develop moral qualities in children. Books fulfill this function. Children are taught a good way of life They create a sense of decency in them. To become a good speaker on the stage, the study of knowledge-enhancing books is very important.

This interest should be developed at the primary level itself. The child will develop leadership qualities in the future and will be able to lead well. The need for inspiration in the early stages Children need inspiration in the early stages. Later they will like to read themselves. Books are our true friends. Their knowledge is practical and permanent. To provide children with guidance for the future are a good resource.

**Vijay Garg Retired Principal Educational Columnist Malout Punjab**



■ [Kalyani Shankar](#)

In democratic countries like India and the United States, it is often surprising that politicians with controversial pasts are still elected. However, the reasons for this still need to be better understood.

For instance, multiple indictments have been filed against ex-President Donald Trump. Does a leader have the right to use lies to stay in power, even if the people vote against them? The main question has arisen due to the recent indictment of the ex-President.

The Department of Justice alleges that he tried to steal the 2020 election and undermine democracy, despite knowing he had lost. Trump is charged with possessing classified documents in Florida, paying off a pornographic actor in Manhattan, and trying to manipulate the election results in Georgia.

Last week's third indictment of the year had caused a significant split among voters. Democrats see it as a necessary act of justice for an attack on American democracy, while Republicans view it as evidence of partisan meddling in the legal system.

Although there have been misconduct accusations, Trump has consistently denied them. Playing the victim card, he claims he is unfairly targeted for political reasons.

The talking points of President Trump revolve around how the establishment and the 'deep state' are working against him. Trump has successfully pushed a politics of grievance, where the system is out to get you."

Many Republican voters continue to support the ex-President, despite facing numerous indictments. GOP officials were backing Trump's claim that the charges were politically motivated.

Recent opinion polls show that Trump is leading the race against President Joe Biden. Many Trump supporters are willing to donate generously to his legal defence and campaign. After all, running for the presidency requires a significant war chest.

Discrediting his prosecutors, Trump has expressed doubts about why the charges were not brought up earlier. At a campaign rally in Pennsylvania on July 29, Trump asserted, "They're not indicting me; they're indicting you. I happen to be standing in their way."

Trump's strategists plan to use his recent indictment to strengthen his defence. He portrays himself as a Washington outsider

# Donald Trump's Increasing Popularity Even After Three Indictions Raises Moral Questions

## In Both America And India, Big Resources Influence Outcome In Elections

despite being the President earlier.

Trump sees himself as a defender against the "deep state." He claims, "They want to take away my freedom because I will never let them take away your freedom."

Earlier this year, the Trump campaign claimed that the charges against him were similar to those in Nazi Germany during the 1930s.

Trump's power within his party has remained since his victory in the 2016 election as President of the United States.

It's still being determined how the trials will affect the 2024 presidential election, even though many people have made contradicting predictions. So far, the indictments have hurt Trump with independent voters but strengthened him with the Republican voters who decide primaries.

There is no clarity on whether what happens to Trump - whether he's found guilty, not guilty, or the jury can't decide - will impact the election.

Unlawful conduct and corruption are not just issues in India. However, examining the situation can shed light on the difficulties that other democracies, like Pakistan and the Philippines, are grappling with, as these issues



are deeply ingrained. It will provide helpful insight into how common these issues are in

democratic nations.

What motivates political parties in India to select candidates with criminal charges? What drives voters to vote for them? Why do voters support politicians with a tarnished reputation, even after their past misdeeds?

Political parties like the ruling BJP and the main Opposition Congress choose candidates with a known history of corruption and criminal record without hesitation. They do not show any remorse when picking these candidates.

India has a political system with three tiers and three million positions available. Campaigning for office requires a lot of resources.

Unfortunately, many local political parties are controlled by influential individuals and clans who have complete control over their respective regions. These parties function like personal fiefs and often lack inner-party democracy.

Wealthy candidates have an advantage in gaining a foothold. Parties also seek self-financed candidates who tend to be more competitive during elections.

Running for office can be expensive. Unfortunately, a candidate's wealth determines their likelihood of winning.

Will Indian democracy be affected by a Parliament made up mostly of wealthy representatives in a mainly impoverished country?

Over 80% of Parliament members are millionaires. As a result, many qualified and knowledgeable people in India do not view politics as a career choice.

It's the same analogy in the US. It is possible to contest and win elections if you are a multi-millionaire or supported by wealthy people.

Coming back to India, although she had a questionable track record, the former chief minister of Tamil Nadu, J. Jayalalitha, even after conviction, has succeeded in winning multiple elections. Other notable politicians include BJP leader Y.S. Jedyiyurappa and the late Gujarat Chief Minister Chiman Bhai Patel.

Establishing a transparent and honest method of fighting elections is crucial to promote democracy and fairness in countries like the US and India. It will pave the way for a more equal and just society.

(IPA Service)

# United Arab Emirates: The ‘Teflon’ Nation In The Middle East

■ [James M Dorsey](#)

The United Arab Emirates resembles US ‘Teflon President’ Ronald Reagan.

Congresswoman Pat Schroeder awarded Reagan the label because nothing stuck to him while he was president in the 1980s – not the recession, not his interventions in Lebanon that cost the lives of 241 US Marines, not his plunging job approval rating.

UAE President Mohammed bin Zayed doesn't need to worry about performance ratings. His Teflon quality is the lack of pushback he encounters as he charts an independent course that sometimes puts him at odds with the United States, the UAE's long-standing ally and security guarantor.

The UAE's Teflon coating has long dampened the effect of allegations of loose money laundering and sanction compliance controls and human rights abuses, and repeated revelations about covert surveillance and monitoring operations beyond the country's borders.

However, the Teflon shield, the product of one of the Middle East's most successful nation branding campaigns, may be fraying at the edges.

Recent leaks involving a cache of 78,000 internal documents illustrated how a Swiss company operated by a former intelligence agent sought to destroy the reputations of some 1,000 people, including activists, journalists, and politicians, and 400 organisations in 18 European countries.

The targets were accused, often based on flimsy evidence, of being Islamists or critics of the UAE.

In June, British parliamentarians launched a bipartisan inquiry into the UAE's treatment of foreign business executives accused of breaking the law. The deputies took the UAE to task for the lack of an independent judiciary and due process.

"There are shortcomings on many of those fronts in the UAE," said Baroness Helena Kennedy, a prominent barrister and Labour Party member of the House of Lords, who chaired the inquiry.

In testimony, Meridith Morisson, head of business intelligence at the Risk Advisory Group, described the UAE as "the biggest latent business risk in the Middle East – because it's the one that goes below the radar."

In an echo of a 2006 debacle, when Dubai-owned DP World sought to acquire Peninsular and Oriental Steam Navigation Company (P&O), US national security officials are scrutinising UAE sovereign investor Mubadala's US\$3 billion takeover of New York-based Fortress Investment Group.

Concerned about handing management of six US ports to an Arab company, DP World was forced to exclude the facilities from the acquisition.

This time, the UAE's close ties to China are the focus of US concerns. A UAE agreement to purchase 5G infrastructure from China's Huawei telecommunications company has stymied Emirati efforts to buy US F-35 fighter jets.

US intelligence has since reported a resumption of construction at a suspected Chinese military facility in Abu Dhabi's Khalifa Port, a year after the UAE said it had halted the project because of US concerns.

Mubadala agreed in May to acquire a 70 per cent stake in Fortress, a private equity and distressed debt investor, from Japan's SoftBank Group.

Fortress' investment portfolio consists of financial services, transportation, healthcare, energy, and infrastructure companies.

Mubadala hopes to salvage the deal by attracting American investors, including pension funds, who would reduce its stake in Fortress.

The Fortress deal scrutiny does not mean the UAE's Teflon is irreparably damaged. On the contrary.

The UAE accounted in 2020 for about US\$45 billion of foreign direct investment flows to the United States, much of that from its sovereign wealth funds, including Mubadala.

The United States, alongside Germany, Italy, and Greece, have recently pressured the Financial Action Task Force (FATF), an international anti-money laundering and terrorism finance watchdog, to remove the UAE from its watchlist despite persistent indications that the country is a hub for illicit transactions, involving, among others, Russia's Wagner group and African gold smugglers.

The United States has sanctioned several Emirati companies because of links to Wagner or circumventing sanctions against Russia related to the Ukraine war.

In March, the UAE's central bank cancelled a license granted to Russia's MTS Bank after the bank was sanctioned by the United States and Britain. The UAE has also targeted Iranian entities for evading Ukraine-related sanctions against Russia.

The FATF grey listing dented the UAE's reputation as the Middle East's foremost financial hub. Members of the committee monitoring Emirati progress in addressing FATF concerns questioned the reliability of UAE submissions on steps it has taken to address deficiencies in its measures to prevent sanctions evasion, smuggling, money laundering, and terror finance.

Even so, a recent FATF progress report on the UAE's adoption of the watchdog's recommended fixes said the UAE was "now 'compliant' with 15 of the 40 FATF Recommendations, 'largely compliant' with 24 Recommendations and 'partially compliant' with one Recommendation."

US support for giving the UAE a clean bill came as Emirati National Security Advisor Tahnoun bin Zayed Al Nahyan, a brother of President Mohammed bin Zayed, visited Washington in early June for the first time in several years.

Bin Zayed's visit was intended to improve strained relations over Emirati complaints that the United States had failed to respond forcefully to a 2022 attack on Abu Dhabi by Yemen's Houthi rebels and UAE dealings with China and Russia.

A statement by Bin Zayed and Jake Sullivan, his US counterpart, said the two men had discussed "the importance of building trusted technology ecosystems."

Officials said Bin Zayed and Sullivan had agreed on ways to address US concerns about the UAE's engagement with China. However, they provided no details.

(IPA Service)

# Niger Coup Risks Opening Another Front In The West's War With Russia

■ [Jody Ray](#)

On July 26, a splinter faction of the Niger military overthrew President Mohamed Bazoum, confining him to the presidential palace. While telecommunications infrastructure was still intact, a tweet from the premier's office claimed Bazoum and family were in good health but were prepared to call upon the National Guard to attack if the rebelling soldiers did not back down.

Within forty-eight hours, Colonel Amadou Abdramane, surrounded by nine other officers, took control of national airwaves, declaring he had "put an end to the regime that you know due to the deteriorating security situation and bad governance." The African Union and the Economic Community of West African States (ECOWAS) condemned the effort to unseat Bazoum, who was elected president two years ago in the nation's first peaceful, democratic transfer of power since its independence from France in 1960.

European leaders, along with United Nations chief António Guterres, condemned "any effort to seize power by force" and urged respect for Niger's constitution, while the United States expressed deep concern and called for Bazoum to be released from captivity. Even Ethiopia's government, which human rights organizations accused of war crimes throughout the Tigray War, said putschists were "acting in total betrayal of their republican duty." How regional powers would respond to this crisis was, according to Nigeria's recently elected president, Bola Tinubu, a "litmus test for West Africa's democracy."

This coup is the seventh to take place in Africa's Sahel region, which stretches from Mauritania in the west to Eritrea in the east, since 2020; most recently, Mali and Burkina Faso have suffered three coups in as many years. This political tumult threatens to open fissures across the region. Mali and Burkina Faso, both states currently held by putschists, have stated that they will respond to any attempt by ECOWAS, a political and economic bloc made up of largely Western-allied West African nations or outside military forces, to restore Bazoum with a full-scale invasion. Whilst Niger's beleaguered premier has called for US intervention, the juntas in neighboring Mali and Burkina Faso have aligned with Russia since taking charge.

Niger was a strategic outlier for Western powers combatting growing jihadist movements in the Sahel. After military takeovers in Chad, Mali, and Burkina Faso in 2020, the West and its allies saw Niger as an integral part of its attempt to maintain power in a region in which pro-Russian sentiment is growing and Islamist groups hold sway.

On July 28, Russian foreign minister Sergei Lavrov stated that constitutional order should be restored while at the same time, Wagner Group's Yevgeny Prigozhin released a voice message on the Telegram app denying any involvement in the coup. According to Reuters he did, however, describe the developments as "a moment of long overdue liberation from Western colonizers and made what looked like a pitch for his fighters to help keep order."

Niger is home to twenty-seven million people, 40 percent of whom live in extreme poverty and 50 percent

on \$2.15 a day. At \$15 billion, its GDP is less than one-tenth of that of Washington, DC, whose population numbers just over seven hundred thousand. The state imports nearly one-third of its food and is ranked 189th out of 191 in the United Nations Development Program (UNDP) Human Development Index, with a per capita GDP of US\$594.90, one of the lowest in Africa. In the global community of states, it suffers the most from economic inequality. As a result, the average life expectancy in Niger is sixty, and its median age is fifteen, making it the youngest country in the world.

Since 1945, and well after France's African colonies gained independence in the 1960s, France instituted or imposed the West African franc (CFA) as the currency of its West African colonies. The currency is backed by the French treasury and pegged to the Euro, and it's accepted in fourteen member countries, including the last three countries that underwent a coup: Mali, Burkina Faso, and Niger.

While the CFA franc provides some economic order and interstate financial convenience, its value, inflation-rate, and volatility are determined by the behavior of people playing in markets on a completely different continent. The absence of monetary sovereignty within the region puts constraints on the kinds of domestic policies that local governments can pursue. In 2019, the Brookings Institution, a conservative think tank, conceded that although the CFA franc ensured currency stability, it limited intra-regional trade, encouraging the emergence of economies reliant on the export of primary commodities, and made more difficult the development of an independent industrial policy.

Niger provides 5 percent of the world's uranium and has helped to sustain France's nuclear energy sector. Reports have suggested that the West African nation's new government plans to ban exports of the mineral to France, a move whose significance is easy to overstate amidst the ensuing chaos. However, in the short or medium term, this shift, were it to take place, would not put significant constraints on France's access to uranium. Australia, Canada, and Kazakhstan are three of the four largest producers of the mineral and each of these countries plans to increase its output to global markets. France and the West's concerns over the fall of Niger cannot, therefore, be easily attributed to anxieties about resource scarcity.

More significant in understanding the geopolitics of the region is the role that the West has played in guaranteeing the security of nations in the Sahel without the state capacity to do so themselves. Governments in the Sahel have often invited France in to assist or bolster security measures in vast swaths of the country where the growing presence of jihadist movements threaten the stability of the central government. French security in exchange for CFA loyalty is the tacit geopolitical agreement here, but the former colonial power has long failed to uphold its side of the bargain and quell the unrest in the remote regions of the Sahel. As a result, governments fall to coups, and French troops are forced to withdraw, as they did in Mali and Burkina Faso.

(IPA Service) Courtesy: Jacobin







# Heat threatens millions of children across South Asia: Unicef

■ HT News Network

ISLAMABAD: South Asia has the highest percentage of children exposed to extreme high temperatures, compared to all other regions, according to a Unicef analysis released on Monday.

Unicef estimates that 76 per cent of children under-18 in South Asia — 460 million — are exposed to extreme high temperatures where 83 or more days in a year exceed 35 degree celsius. This means that 3 in 4 children in South Asia are already exposed to extreme high temperature compared to only 1 in 3 children (32pc) globally. The analysis is of 2020 data, the latest available.

In addition, the data also show that 28 pc of children across South Asia are exposed to 4.5 or more heatwaves per year, compared to 24pc globally. In parts of Pakistan's southern Sindh province, including Jacobabad, the world's hottest city in 2022, temperatures were in their 40s in June, exposing 1.8 million people to severe short- and long-term health risks. The scorching heat came less than one year after the devastating floods which left most parts of southern Sindh underwater in August 2022. More than 800,000 children in flood-affected areas were at risk of severe heat stress in June 2023.

July was the hottest month ever recorded globally, raising further concerns about a future where children, including those living in South Asia, are expected to face



more frequent and severe heatwaves, largely due to climate change.

"With the world at global boiling, the data clearly show that the lives and well-being of millions of children across South Asia are increasingly threatened by heatwaves and high temperatures. Countries in the region are not the hottest in the world right now, but the heat here brings life-threatening risks for millions of vulnerable children," said Sanjay Wijesekera, Unicef Regional Director for South Asia.

"We are particularly concerned about babies, toddlers, malnourished children and pregnant women as they are most vulnerable to heat strokes and other serious effects." According to Unicef's 2021 Chil-

dren's Climate Risk Index (CCRI), children in Afghanistan, Bangladesh, India, Maldives, and Pakistan are at 'extremely high risk' of the impacts of climate change.

Heat threatens children

Even in the rainy season, the heat can exacerbate the situation for children. Since children cannot adapt quickly to temperature changes, they are not able to remove excess heat from their bodies.

This can cause symptoms and illnesses such as higher body temperature, rapid heartbeat, cramps, severe headache, confusion, organ failure, dehydration, fainting, and coma, in young children; poor mental development in infants; and developmental setbacks such as neurological dysfunc-

tion and cardiovascular diseases.

Early contractions, hypertension, seizures, high blood pressure, preterm births, and stillbirths are risks for pregnant women, who are particularly susceptible to heat. For young children, ice packs, fans, or misting with water can help lower their body temperature, while cold water immersion can help older children.

Front-line workers, families, and caregivers should recognise the symptoms of heat stress symptoms immediately, especially signs of heat stroke, and help take affected people to a health facility.

Ultimately, the most vulnerable children, adolescents, and women are the ones that pay the highest price for extreme weather events.

"Young children simply cannot handle the heat," added Mr. Wijesekera. "Unless we act now, these children will continue to bear the brunt of more frequent and more severe heatwaves in the coming years, for no fault of theirs." Even in the rainy season, the heat can exacerbate the situation for children. Since children cannot adapt quickly to temperature changes, they are not able to remove excess heat from their bodies.

This can cause symptoms and illnesses such as higher body temperature, rapid heartbeat, cramps, severe headache, confusion, organ failure, dehydration, fainting, and coma, in young children; poor mental development in infants; and developmental setbacks such as neurological dysfunction and cardiovascular diseases.

## Israeli finance minister suspends funds to Arab towns, East Jerusalem

■ HT News Network

Israeli Finance Minister Bezalel Smotrich has frozen funds for Arab towns and Palestinian education programmes in East Jerusalem, citing crime and safety fears and prompting accusations of racism.

Smotrich, a key member of Prime Minister Benjamin Netanyahu's nationalist-religious government, said on Monday some of the budget funds meant for Arab local councils were a political pay-off by the previous cabinet that could end up in the hands of "criminals and terrorists".

"The priorities of our national government... are different from those of the previous leftist government and we should not apologise for that," said Smotrich, head of the pro-settler Religious Zionism party whose past comments about the Palestinians have drawn international condemnation.

Israel's public broadcaster Kan first reported the freeze on Sunday when it published a letter from Interior Minister Moshe Arbel



to Smotrich, urging him to release 200 million shekels (\$54m) of the funds at stake that are intended for administration and another 100m for economic development.

Lawmaker Mansour Abbas, who heads the United Arab List, accused Smotrich of racism.

"Arab citizens are entitled to those funds, which were meant to close the gaps between Arab and Jewish communities," he told Reuters.

Arab citizens, most of whom are descendants of Palestinians who stayed in the new Israeli state after the 1948 war surrounding its creation, make up about a fifth of Israel's population. Netanyahu's office did

not respond to a request for comment, while opposition leader and former prime minister Yair Lapid also accused Smotrich of racism, "abusing Arab citizens simply because they are Arab". Israel's Arab minority has for decades faced social and economic disparities compared with Jewish citizens, including high poverty rates, overcrowded towns lacking in infrastructure and poorly-funded schools.

The extra funds, designated in 2022 for 67 Arab councils, were the state's acknowledgement of years of insufficient resource allocation to Arab localities, said Ameer Bisharat, head of the National Committee of Arab Local Councils in Israel.

## Bangladesh FM attends 56th ASEAN Day Celebration in Dhaka

■ HT News Network

Dhaka, Aug 8 (UNI) Bangladesh Foreign Minister Dr. A. K. Abdul Momen attended the ASEAN Day Celebration as the Chief Guest at the Royal Thai Embassy in Dhaka on Tuesday on the auspicious occasion of the 56th ASEAN DAY.

The Ambassadors, High Commissioners and other level representatives from ASEAN Member States and other countries were present at the event. Foreign Minister presented the keynote address at the ceremony while, the Ambassador of the Philippines and Chair of the ASEAN Dhaka Committee (ADC) H.E. Leo Tito L. Ausan, Jr. as well as the Ambassador of the Republic of Indonesia H.E. Heru Hartanto Subolo made remarks at the programme.

In his remarks, Foreign Minister Dr. Momen extended warmest greetings and felicitations to all ASEAN member states and their peoples, on behalf of the government and people of Bangladesh. He said, ASEAN represents a region of great diversity, rich culture, and profound historical significance and it has been a beacon of regional cooperation, fostering peace, stability, and economic progress for more than five decades. He also said, Bangladesh highly values the ASEAN community and the constructive role it plays in the global arena. Foreign Minister stressed the importance of unity and solidarity in the face of global challenges such as the recent COVID-19 pandemic, climate change, and economic recovery. He acknowledged the strong and effective commitment of ASE-



AN for strengthening regionalism and multilateralism to resolve common challenges.

He also reaffirmed Bangladesh's commitment to work hand in hand with the ASEAN Member States to achieve shared goals. He said, the foundation of ASEAN's success lies in its adherence to the principles of mutual respect, non-interference, and consensus-building. These values resonate with Bangladesh, as they align with our own principles of peaceful coexistence and respectful engagement with the international community.

The Foreign Minister emphasised the immense potential for cooperation between Bangladesh and ASEAN. He recognized the importance of strengthening ties in trade, investment, technology, and human capital development. He said, the collective market of ASEAN holds significant promise for Bangladesh's economic growth, and we are eager to explore opportunities for increased collaboration in sectors such as textiles, pharmaceuticals, information technology, agriculture, blue economy and renewable energy.

## Thousands evacuated as floods hit western Myanmar

■ HT News Network

Yangon, Aug 8 (UNI) Thousands of people have been evacuated as continuous heavy rains have caused floods in several townships in western Myanmar's Rakhine State, according to the Myanmar Fire Services Department.

Heavy rains or swollen rivers in many parts of Myanmar in recent days have caused flooding and landslides, forcing residents to relocate, local media reports said.

Photos shared on social media by a local rescue organization showed a section of the Myawaddy-Kawkareik Asia Road in Kayin State collapsed due to heavy rains on Monday.

In Rakhine State's Mrauk U township, some 1,209 people have been evacuated to safe places such as monasteries and relatives' houses due to heavy rainfall between Aug 1 and Aug 7, the department said on Monday, adding in Mrauk U township, flood victims included 596 males and 613 females from 246 households.

Buthidaung town and Minbya township of Rakhine State also evacuated the residents from flood-hit areas, the state-run television channel MRTV reported on Monday.

On Monday, The Myanmar's Meteorology and Hydrology Department warned of flood risks, saying that river levels in several townships are approaching or already exceeding their danger marks.

## Over half million houses left without power due to bad weather on US East Coast

■ HT News Network

Washington, Aug 8 (UNI) Over 500,000 homes across the east of the United States have been left without power due to bad weather, according to data from PowerOutage.us monitoring service.

On Monday, US National Weather Service warned population of risk of heavy rains, storm winds, tornadoes and flooding on the East Coast of the country, including the District of Columbia.

As of 06:40 GMT on Tuesday, over 500,000 households in the states of New York, Pennsylvania, West Virginia, Virginia, North Carolina, Georgia and other in the east of the US are left without electricity.

Fox News reported that one person was killed by lightning in Alabama.

## Over 58k dengue cases, 38 deaths reported in SL this year

■ HT News Network

Colombo, Aug 8 (UNI) More than 58,000 dengue cases have been reported in Sri Lanka with 38 deaths this year, according to the health ministry's national dengue control unit.

The unit said on Tuesday that nearly 50 percent of cases had been reported from the country's western province. The unit has identified 47 high risk areas in the country.

Sri Lanka registered over 76,000 dengue cases last year, according to official data.

## NZ, BlackRock join hands to back 100 pc renewable electricity

■ HT News Network

Wellington, Aug 8 (UNI) The New Zealand government and BlackRock announced on Tuesday to work together on the first of its kind climate infrastructure fund to make the country one of the first in the world to reach 100 percent renewable electricity.

The 2 billion NZ dollar (1.22 billion U.S. dollar) fund will accelerate green energy options like solar, wind, green hydrogen and battery storage to fuel a low emissions economy, New Zealand Prime Minister Chris Hipkins said in Auckland.

The net zero fund will provide access to greater pools of capital for New Zealand businesses, supporting the creation of highly skilled local jobs, Hipkins said.

"This fund is a massive opportunity for New Zealand innovators to develop and grow companies," he said. The government has worked with BlackRock, one of the world's largest investors in climate infrastructure and clean technology, to deliver a fully renewable electricity system, the prime minister said.

Energy and Resources Minister Megan Woods cited Cyclone Gabrielle and the Auckland floods earlier this year as reminders for the urgency to speed up climate actions, saying the fund will super charge investments in clean technology.

"With countries around the world experiencing the impacts of climate change on a daily basis, it's never been more urgent to invest in technology that will help address the climate crisis," Woods said.

Investors in the green economy can see New Zealand's potential and recognize its climate commitments and goals, such as the banning of further offshore oil and gas exploration, she said. With countries around the world experiencing the impacts of climate change on a daily basis, it's never been more urgent to invest in technology that will help address the climate crisis," Woods said.

## Russian strikes on east Ukraine residential building kill at least 7

■ HT News Network

Rescue workers combed through the rubble of damaged buildings in the city of Pokrovsk in eastern Ukraine on Tuesday, the day after Russian strikes killed at least seven people.

Pokrovsk sits just 50 kilometres from the eastern frontline, where Moscow says it is gaining ground and repelling Ukrainian attacks.

Two missiles — launched 40 minutes apart — damaged residential buildings, a hotel, catering establishments, shops and administrative buildings on Monday, Pavlo Kyrylenko, head of the Donetsk region's military administration said.

AFP correspondents on the ground saw rescuers



evacuating survivors from the rubble of a five-storey building, and carrying the wounded into ambulances.

Seven people died and 67 were wounded, including two children, according to Igor Klymenko, Ukraine's minister of internal affairs. Those killed included a high-ranking emergency official of the Donetsk region, Klymenko said.

"We are resuming the demolition of rubble," he said on early Tuesday after the rescuers "were forced to suspend work for the night due to the high threat of repeated shelling".

President Volodymyr Zelensky said on Monday that Moscow had struck a residential building, and shared a video on social media of civilians helping

wounded people and rescuers clearing rubble from a building that had lost its top floor.

The footage also showed a second building that appeared heavily damaged. The city had a pre-war population of around 60,000 people.

Russia advances Also on Monday, Russia said it had recently advanced three kilometres towards Kupiansk in northeastern Ukraine around 150km north of Pokrovsk and a few dozen kilometres from the Russian border.

Kupiansk and its surroundings in the Kharkiv region were retaken by Ukrainian forces in September, but Moscow has renewed its assault on the area.

## Two more US warships enter Red Sea

■ HT News Network

DUBAI: More than 3,000 United States military personnel have arrived in the Red Sea aboard two warships as part of a 'beefed up response' from Washington after tanker seizures by Iran, the US Navy said on Monday.

The deployment adds to a growing US military buildup in tense Gulf waterways vital to the global oil trade and led Tehran on Monday to accuse the US of 'inflaming regional instability'.

The US sailors and Marines entered the Red Sea on Sunday after transiting through the Suez Canal in a pre-announced deployment, the US Navy's Fifth Fleet said.

They arrived on board the USS Bataan — an amphibious assault ship which can carry fixed-wing and rotary aircraft as well as landing craft — and USS Carter Hall warships — a dock landing ship, transports Marines, their gear, and lands them ashore — providing "greater flexibility and maritime capability" to the Fifth Fleet.

Tehran accuses Washington of fuelling instability in region

However, Iran's foreign ministry spokesman Nasser Kanani told a presser on Monday that US deployments were only serving Washington's interests.

"The US government's military presence in the region has never created security. Their interests in this region have always compelled them to fuel instability and insecurity," he added.



# Central Prabhari Officer visits Kupwara, reviews progress under ADP, ABP, emphasizes on officers to aim for higher ranks for Kupwara district.

■ HT News Network

Kupwara, Aug 8: Central Prabhari Officer of Aspirational District Kupwara, Shri. Shantmanu (IAS) today visited Kupwara and took a review under the Aspirational District Programme (ADP) and APB (Aspirational Block Plan) at the Meeting Hall of DC Office Complex, here.

District Development Commissioner (DDC) Kupwara, Ayushi Sudan (IAS) welcomed the Central Prabhari Officer and briefed the chair about the progress and achievements made under the ADP and ABP through a detailed PowerPoint presentation.

Central Prabhari Officer ADP said on the occasion that the Aspirational District Programme is NITI Ayog's important programme which is monitored by PMO directly.

He said that ADP has a great impact on the ground level. He further said almost all ADP Districts including frontier Kupwara district have made remarkable progress on Key development parameters as compared to the baseline, and are performing significantly better today than they were before the programme was initiated.

He said that the basic purpose of the review meeting is to see the areas which need more focus.

District Development Commis-



sioner apprised the Chair that Kupwara district is one of the 117 districts chosen by NITIAYOG in January 2018. Current Delta rank of the district is 12th (overall rank in the country for the Month of May 2023).

She further informed that Delta Rank of the district has improved from previous 37th rank to 12th rank.

DDC apprised the chair that Composite score of the district has increased from 37.8 in March 2018 to 59.50 in May 2023 besides there is substantial Progress in 34 out of 49 indicators.

Ayushi Sudan (IAS) further said that district Kupwara received PM's Award of Excellence on 21st April

2022. District Kupwara achieved 3rd Delta Rank under Financial Inclusion and Skill Development in May 2010 and received an additional grant of Rs.3 Crore out of which Rs.255 Lakh stands utilized. DC said district Kupwara was conferred with Gold Medal by Union Health Minister on 24th March 2022 for achieving more than 60% reduction in TB Notification.

DC Kupwara informed the chair that the district has also received an additional grant of Rs.3 crore for achieving 3rd Delta rank in Financial Inclusion and Skill Development Indicator in March 2019, out of additional grant received Rs.255 lakh stands utilized as on date.

## DC Kulgam finalises preparations for 'Meri Maati Mera Desh' campaign Impressive celebration of the campaign to start from 9th August in the district

■ Farooq Rather

KULGAM, AUGUST 08: To finalise preparations for proper implementation of action plan of 'Meri Maati, Mera Desh' campaign, a meeting of officers was held today at mini-secretariat Kulgam under the chairmanship of the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat.

The meeting was attended by ADDC Showkat Ahmad Rather, JDP Zahid Sajjad, ACD Mohammad Imran, ACR Mir Imtiyaz Ul Aziz, ACP Shurjeel Ali, CEO, DIO, ZEOs, BDOs, and other



officers. At the outset, participants were briefed in detail about the events and

themes planned under the 'Meri Maati Mera Desh' campaign including its

components viz. Deep Dive-Silaphalakam, Vasudha Vandhan, Veeron Ka Van-

dan, hoisting of National Flag, singing of Rashttra Gaan and Panch Pran Pledge besides other activities.

It was shared that as part of the programme, memorial plaques have been placed across panchayats and wards of MCs to honor the national heroes of the country who have sacrificed their lives for the cause of the nation.

Similarly, it was informed that under Vasudha Vandhan, planting of at least 75 plant saplings in each Panchayat and ward of the district have been arranged.

During the meeting, an action plan for 'Mitti-Yatras' from Panchayats for con-

struction of the National Memorial at Kartavya Path was also deliberated upon and preparations finalised.

The DC urged all concerned departments for ensuring a successful observance of the 'Meri Maati, Mera Desh' programme. The meeting was attended by ADDC Showkat Ahmad Rather, JDP Zahid Sajjad, ACD Mohammad Imran, ACR Mir Imtiyaz Ul Aziz, ACP Shurjeel Ali, CEO, DIO, ZEOs, BDOs, and other officers. At the outset, participants were briefed in detail about the events and themes planned under the 'Meri Maati Mera Desh' campaign.

## DLMC meeting for effective monitoring, functioning of Drug De-addiction centres held at Ganderbal

■ HT News Network

GANDERBAL, AUGUST 08: A meeting of District Level Monitoring Committee (DLMC) for effective monitoring and functioning of Drug De-addiction centres for district Ganderbal was held today under the chairmanship of Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah here.

The chair directed the members to ensure awareness about drug abuse at panchayat and municipal ward level.

Targets were also given to make the panchayat and municipal ward free from drug abuse by involving PRIs, Lumberdars and Chowkidars.

Furthermore, the chair directed members to keep check on sale of habit forming drugs.

The meeting was attended by District Social Welfare Officer (member secretary) Ganderbal, Dy.SP Ganderbal and CMO Ganderbal.

Furthermore, the chair directed members to keep check on sale of habit forming drugs.

## International Conference on Sustainable Development Goals with Special Reference to Climate Change begins at IUST.

■ HT News Network

AWANTIPORA August 8:- A 3-day International Conference on Sustainable Development Goals with Special reference to Climate Change was inaugurated today at the Islamic University of Science and Technology Campus. Prof. Dinesh Singh, Vice Chairman Higher Education Council Jammu and Kashmir and Former Vice Chancellor University of Delhi was the Chief Guest on the occasion. Prof. Vinod Kumar Gaur, Former Secretary Ministry of Earth Science, Gol and Emeritus scientist at CSIR Fourth Paradigm Institute, Shri Saurabh Bhagat, Commissioner Secretary, Department of Science and Technology Govt. of J&K and Prof. Nilofer Khan, Vice Chancellor Kashmir University, were the Guests of Honour for the event. Addressing the gathering, Prof. Dinesh Singh emphasized that sustainability transcends geographical boundaries and requires a united consensus along with collaborative endeavours. He stressed that the formidable issue of Climate Change necessitates a comprehensive approach across all spheres; otherwise, humanity is poised for a potentially uncertain future. Prof. Singh added that in accordance with the directives outlined in the National Education Policy (NEP) of 2020, the curriculum design should be such that it familiarizes students with the multifaceted challenges and issues confronting society. This, in turn, would nurture a curious and questioning mind-set, empowering them to formulate effective strategies and innovative solutions. Prof. Shakil Ahmad Romshoo, the Vice Chancellor of IUST, in his address highlighted the pivotal role

## AKAM: Cultural Unit Kashmir, DIC Pulwama organize Short Play at BHSS Pulwama

■ HT News Network

PULWAMA, AUGUST 08: The Cultural Unit Kashmir, DIPR in collaboration with District Information Centre Pulwama today organized a Short Play (Nukad Natak) under the banner of 'Azadi Ka Amrit Mahotsav' (AKAM) and recently launched campaign 'Meri Maati, Mera Desh' at Boys Higher Secondary School (BHSS) Pulwama.

Noted artists of Tulkul Arts and students of BHSS Pulwama and Girls Higher Secondary School Pulwama performed various Cultural items and Nukad Natak regarding National Integration and inculcating the spirit of



patriotism among the audiences. They also highlighted the contribution of national heroes who sacrificed their lives for the sake of freedom of nation through their performances viz. Patriotic Chorus, Skit, poetry and speeches.

Besides, the artists from Tulkul Arts theatre also raised awareness on social evils including drug abuse prevalent in society.

Addressing the gathering, the District Information Officer (DIO) Pulwama, Nowshad Ahmad high-

lighted the significance of celebrating the Azadi Ka Amrit Mahotsav to commemorate India's 77th Independence Day. He stressed upon the students to participate in more such events to instill spirit of patriotism among themselves.

Speaking on the occasion, Principal BHSS appreciated the Department of Information and Public Relations J&K for organizing such a live show and said that such live performances enhance patriotism in the younger generation.

Certificates of Appreciation and Mementos were distributed among the artists, student performers as a mark of appreciation for their talent.

## Awareness programme under SVEEP held at Anantnag

ANANTNAG, AUGUST 08: A one-day awareness programme under the banner of SVEEP was today organised by District Election office Anantnag at Auditorium of Government College for Women, Anantnag. Additional Deputy Commis-

sioner (ADC) Anantnag, Gulzar Ahmad Bhat presided over as chief guest and the Principal, Degree College for Women, Anantnag was guest of honour. Huge number of new voters participated in the programme along with their teachers.

## DC Shopian finalises Action Plan for impactful celebrations of 'Meri Maati, Mera Desh' campaign

■ HT News Network

SHOPIAN, AUGUST 08: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today chaired a meeting to finalise the arrangements for the impactful conduct of the 'Meri Maati, Mera Desh' campaign in the district.

At the outset, participants were briefed in detail about the activities planned under the 'Meri Maati Mera Desh' campaign including Deep Dive-Silaphalakam, Vasudha Vandhan, Veeron Ka Vandhan, hoisting of National Flag, singing of Rashttra Gaan and Panch Pran Pledge besides other activities.

It was shared that as part of the programme,



memorial plaques have been placed across panchayats and wards of MCs to honor the national heroes of the country who have sacrificed their lives for the cause of the nation. Under Vasudha Vandhan, concerned intimated that planting of at least 75 saplings in each Panchayat and ward of the district have been made available with concerned departments, besides all other arrangements for celebrations have also been done. During the meeting,

the DC reviewed Azadi Ka Amrit Mahotsav (AKAM) online uploading competitions and JJM Fortnight activities and asked concerned to expedite and organise successful activities and complete IEC activities on time. The DC urged all concerned departments to ensure successful observance of the 'Meri Maati, Mera Desh' programme while highlighting its importance. He said that the campaign aims to foster a sense of unity and pride across.

## Local residents of Village Kultoor launched drive against Bung cultivation on their own DDC Chairman Kupwara Irfan sultan Pandithpori also joined the drive

■ DR.AB QAYOOM

Langate, Aug. 07: The senior residents along with local youth, volunteers and Auqaf committee members of village Kultoor in Langate area of district Kupwara launched a special drive against Bung Cultivation on their own. During this special drive DDC Chairman Kupwara Irfan sultan Pandithpori also joined the drive with machinery "Brush cutter". Locals said that they took this initiative in removing the Bung cultivation with an aim to keep the youth away from drugs and save their precious lives. They said that they have arranged the brush cutters and used the fuel from their own pockets and started destroying the Bung on the both banks of PMGSY road 'Unsoo Kharou' at village Kultoor. While talking to HEADLINES TODAY DDC Chairman Kupwara Irfan sultan Pandithpori said, I took the step just with an aim to keep the local youth away from the drugs as most of them are involved in the drug menace. He said that he will carry the drive in every area of Langate especially. My soul aim is to eradicate the drug



menace from the society and want to save the lives of youth who are involved in the drugs'. Drug menace has become nuisance particularly in Kupwara area and he urged youth come forward and save the youth from this, he added. We started this drive from Village Kultoor and it will be continue during upcoming days. He said we had inputs that some youth have become habitual of using the same for the consumption and getting indulged in anti-social activities in the area, that is why we have started a drive to destroy the cultivation in the area," he said. He also thanked the senior residents, local youth, volunteers and Auqaf committee members.

Subject: Grant of registration of the proposed Homestay under the name and style M/S NEHVI COTTAGE situated at Friend's colony IST Pazilpora Shalimar Tailbal Road, Srinagar

## PUBLIC NOTICE

Whereas, I Mr. Ajaz Ahmad Nehvi S/O Abdul Aziz Nehvi R/O Friend's Colony IST Pazilpora Shalimar Intends to apply in the department of tourism for registration of my proposed Homestay under the name and style "M/S NEHVI COTTAGE situated at Friend's Colony I ST Pazilpora Shalimar Tailbal Road Srinagar, Kashmir under Tourist Trade Act 1978/82/2011-12.

Now as per the J&K registration of Tourist Trade Act 1978/83/2011-12, before my case is processed for registration by the competent authority, the matter is hereby notified for the information of general public / Financial institutions/Banks/ Organizations, etc for objection, if any and the same should reach to the deputy director tourism registration (e-mail id: ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper of valley. No objection beyond a period of 7 days shall be entertained.

## PUBLIC NOTICE

I want change the name on Electric Bill bearing consumer ID 021204000715 from ALI MOHD BHAT S/O ABDUL GANI BHAT R/O WAGOORA to FIRDOUS AHMAD BHAT S/O ALI MOHD BHAT R/O WAGOORA if anybody having any objection in this regard he/she may file his/her objection in the concerned PDD office with period of seven days from the date of publication of this notice . After that no objection shall be entertained

Name...FIRDOUS AHMAD BHAT  
S/O ...ALI MOHD BHAT  
R/O ...WAGOORA  
Distt ...BARAMULLA

## PUBLIC NOTICE

I want change the name on Electric Bill bearing consumer ID 0212040007610 from ABDUL AHAD GANAIE S/O SANAUULLAH GANAIE R/O WAGOORA to MOHAMMAD YOUSUF GANAIE S/O ABDUL AHAD R/O SHARAKWARA if anybody having any objection in this regard he/she may file his/her objection in the concerned PDD office with period of seven days from the date of publication of this notice .After that no objection shall be entertained

Name...MOHAMMAD YOUSUF GANAIE  
S/O ...ABDUL AHAD GANAIE  
R/O ...SHARAKWARA JEHANGIRPORA  
Distt ...BARAMULLA



# Is it safe to store food in plastic containers?

You must avoid using plastic containers that are old, scratched, or damaged as they may have a higher risk of leaching chemicals into food, according to Dr Praveen Jha, gastroenterologist at Lucknow's Regency Superspeciality Hospital

Our mothers love their stash of plastic dibbas (boxes). God, forbid you lose even a single of them, nobody would be able to save you from their wrath. But as much as they love them, is it even safe to consume the food stored in these plastic containers?

According to Dr Praveen Jha, gastroenterologist at Lucknow's Regency Superspeciality Hospital, the safety of storing food in plastic containers depends on the type of plastic and its intended use. "Some plastics may release harmful chemicals when they come into contact with food, especially if they are heated or used for acidic or fatty foods," he explains.

## What are plastic food containers made of?

A common type of plastic that is used in plastic containers is PETE, fully known as polyethylene terephthalate, which is generally considered safe for single-use applications but not suitable for repeated use or heating.

Dr Jha recommends checking if the plastic is labeled as food-safe before using it.



## What kind of plastic containers should be avoided? What are their alternatives?

While storing food in plastic containers may be common, the major issue against using them is the leaching of substances from the plastic into the food. Hence, foods

that are hot, oily and acidic in nature must never be stored in plastic containers as they will encourage the migration of chemicals into them. You must avoid using plastic containers that are old, scratched, or damaged as they may have a higher risk of leaching chemicals into food, according to Dr Jha. Some alternatives that can instead be used in storing food are containers made

of glass, stainless steel, silicone, beeswax, and bamboo, among others, as they're all made of non-toxic materials best for the storage of food.

## What are some tips to keep in mind while storing food in plastic containers?

\*Look for plastic containers labeled as "food-grade" or "BPA-free." BPA (bisphenol A) is a chemical that has been linked to potential health risks.

\*Avoid microwaving plastic containers as heat can accelerate the release of chemicals from plastic.

\*Inspect plastic containers for cracks, scratches, or warping. Damaged containers are more prone to leaching chemicals and should be replaced.

\*Follow manufacturer instructions as different plastic containers have varying guidelines for safe use, including temperature limits and dishwasher compatibility.

\*Use plastic containers for short-term storage, such as leftovers that will be consumed within a day or two.

# Women Over 70 Are Commonly Overdiagnosed with Breast Cancer

A new report indicates that the overdiagnosis of breast cancer in older women is quite common. Overdiagnosed cancers are those that will not cause a problem during the patient's lifetime.

Overdiagnosis is a problem because it leads to unneeded treatments. It also creates unnecessary psychological distress for women. It is important for women to discuss the pros and cons of screening with their doctor.

A new study published in the Annals of Internal Medicine reports that the overdiagnosis of breast cancer in older women is quite common among those who are diagnosed. According to Cancer Research UK, the term "overdiagnosis" refers to cancer that would most likely not have caused any symptoms during the remainder of the person's lifetime; and, if that person had never been screened, they would never have become aware that they had it.

Overdiagnosis is a problem, the organization explains, because it causes people to go through arduous treatments and the accompanying emotional distress unnecessarily. In fact, the study found that among a population of over 50,000 women, continued breast cancer screening after the age of 70 was linked to a greater incidence of cancer that would not have caused symptoms in the person's/patient's lifetime.

False positives, in contrast with overdiagnosis, occur when people are thought to be at higher risk for cancer when actually their risk is normal.

## Breast cancer overdiagnosis is common for women over 70

The researchers studied a group including 54,635 women who were aged 70 and older. All participants had been screened for breast cancer in the recent past.



Upon analysis of the data, they found that the risk for overdiagnosis grew as women got older.

Among women aged 70 to 74, they estimated that 31% of breast cancer was overdiagnosed.

Between the ages of 74 to 84, this figure rose to 47%.

And, in those aged 85 and older, it rose even further to 54%. However, the researchers said, they did not see meaningful reductions in deaths from breast cancer as a result of these screenings.

They state that the possibility of overdiagnosis should be factored in when deciding whether to screen older women and balanced with any potential benefits to be gained.

Dr. Ilana Richman, the lead author of the study, noted, however, that only about 2% of older women who continued to receive screening for breast cancer will be overdiagnosed.

"So if women continue screening, overdiagnosis is actually not incredibly common overall," she stated.

However, among those who do end up being diagnosed, between 31% and 63% may be overdiagnosed, depending on their age and how long they live.

"So among women who are screened and diagnosed with breast cancer, overdiagnosis is pretty common," said Richman.

## What are the risks associated with overdiagnosis?

Christine Kingsley, an Advanced Practice Registered Nurse (APRN) and the Health and Wellness Director of the Lung Institute, said that overdiagnosis is "incredibly harmful to a patient."

She noted that there are behavioral and psychological impacts for the person receiving this label.

Additionally, it leads to all of the burdens of overtreatment, she said.

"Exposing a patient to unnecessary treatments and therapies is often dangerous and there's no benefit to it. In the case of breast cancer overdiagnosis, the benefits don't necessarily outweigh the risks, as the treatment will always be tailored to the intensity of the cancer."

Kingsley explained that when a tumor is found that appears to be high risk, this triggers a particular path of treatment, including biopsies, surgeries, chemotherapy, and radiation.

"These things can be especially harmful if said tumor isn't supposed to be deadly and progressive," said Kingsley.

"Invasive treatments, especially, can be risky and can lead to financial and psychological distress," she concluded.

# Cognitive Behavioral Therapy Didn't Lead to Additional Weight Loss After Bariatric Surgery

Bariatric surgery is widely considered to be the most effective known treatment for adults living with severe obesity.

Now a new study finds that cognitive behavioral therapy may help people after bariatric surgery deal with disordered eating and anxiety.

The therapy is not linked to additional weight loss.

Keeping weight off after bariatric surgery is challenging, both mentally and physically. Now, it appears that a common counseling technique is effective at improving post-surgery mental health — and you can even do it over the phone.

Researchers studied how people, who had undergone bariatric surgery, were impacted by taking part in cognitive behavioral therapy (CBT) after the procedure.

Bariatric surgery is widely considered to be the most effective known treatment for adults living with severe obesity. Put simply: it helps individuals lose weight and keep it off long-term, while also often improving cho-



lesterol and blood pressure. But just because it is effective, doesn't mean that it's easy.

Patients who have undergone bariatric surgery have to actively maintain their weight loss through diet and exercise. That struggle can take a toll on mental health, as patients often simultaneously deal with depression, anxiety, and unhealthy eating habits.

And regaining weight after bariatric surgery has serious health implications as well.

The study found people getting CBT appeared to have less mental distress, but that they were not likely to have lost additional weight compared to

the group who did not get the therapy.

Telephone-based CBT Appears Promising

Mental health, psychiatric disorders, and obesity are all closely intertwined. Doctors have, therefore, taken the prudent step of researching how counseling can improve quality of life, mental health, and eating disorders for those who have undergone bariatric surgery.

In a new study, published August 3 in JAMA Trusted Source, researchers looked at how effective CBT administered by telephone one year after bariatric weight loss surgery was on weight loss, disordered eating, and psychological distress. The researcher's pri-

mary objective was to identify if CBT was associated with a higher percentage of total weight loss compared to a control group.

The researchers found that the CBT group did not see a high percentage of weight loss.

But they did find positive benefits of getting the therapy.

The study found that CBT was helpful in improving two other outcomes: disordered eating and mental distress. There's also an additional silver lining to the study: highlighting the effectiveness of telephone-based counseling.

"This study is significant as it is the largest randomized controlled trial examining the effectiveness of CBT on disordered eating, psychological distress and weight loss after bariatric surgery. The results showed significant improvements in eating behaviors and reductions in anxiety and depressive symptoms after bariatric surgery," Dr. Sanjeev Sockalingam, a Professor of Psychiatry at the University of Toronto, Director of Obesity Canada,

# How Well You 'Think' You Sleep Can Significantly Affect Your Mood

A new study has found sleep perception has an impact on well-being and mood.

The findings suggest that our perception of sleep quality matters more for mood and well-being than what our sleep-tracking devices say.

Experts say perceived sleep quality is affected by various physiological, psychological, and emotional factors.

You can feel better rested by practicing good sleep hygiene and shifting your perspective.

How do you judge a good night's rest? You might use a tracker and consult your sleep data from the night before, or perhaps you simply gauge how rested and recharged you feel when you wake up.

New research suggests that it's not only how well you sleep that can impact your mood and well-being the next day, but how you perceive the quality of your sleep.

The study conducted at the University of Warwick



found that how people feel about their sleep has a greater impact on their well-being than what sleep-tracking technology says about their sleep quality.

Over two weeks, 100 participants aged 18 to 22 years kept a sleep diary, documenting what time they went to bed and got ready to fall asleep, how long it took them to fall asleep, what time they woke up, what time they got out of bed, and how satisfied they were with their sleep in general.

Participants were also asked to rate their positive and negative emotions and how satisfied they were

with their lives the following day. Throughout the study, they also wore an actigraph on their wrist to measure their movement, sleep patterns, and rest cycles.

Researchers compared the actigraph data with the participant's perceptions of their sleep to find out how their sleep quality related to their mood and life satisfaction the next day.

Commenting on the findings, lead author Dr. Anita Lenneis, from the University of Warwick's Department of Psychology said, "Our results found that how young people evaluated their own sleep was con-

sistently linked with how they felt about their well-being and life satisfaction.

When participants reported that they slept better than they normally did, they experienced more positive emotions and had a higher sense of life satisfaction the following day.

"However, the actigraphy-derived measure of sleep quality, which is called sleep efficiency, was not associated with next day's well-being at all," Lenneis explains.

In short, the study shows that your perception of sleep quality matters more for mood and well-being than what your sleep devices say.

A sleep-tracking device might say you've slept poorly, but if your perception of how well you've slept is positive, you may be in a better mood that day. Why your perception of your sleep quality matters Dr. Naheed Ali, a physician and senior writer at Sleep Bubble, isn't surprised by these results. "Modern sleep tracking technology.

## NEWS

# Hypocalcemia: Signs, Causes, Treatment & Prevention



Hypocalcemia is a condition characterised by low levels of calcium in the blood. Low levels of calcium in the body can further lead to various health issues. In this article, we list the common signs, causes, and treatment for hypocalcemia. We also list some prevention tips you can follow.

## Causes

### 1. Vitamin D deficiency

Vitamin D helps the body absorb calcium from the diet. Without sufficient vitamin D, the body may not be able to absorb enough calcium, leading to hypocalcemia.

### 2. Hypoparathyroidism

The parathyroid glands produce a hormone called parathyroid hormone (PTH), which helps regulate calcium levels. If the parathyroid glands are not functioning properly, they may not release enough PTH, resulting in hypocalcemia.

### 3. Kidney disease

The kidneys play a role in maintaining calcium balance in the body. If the kidneys are not functioning properly, they may not be able to excrete excess calcium, leading to hypocalcemia.

### 4. Certain medications

Some medications, such as certain diuretics or anticonvulsants, can interfere with calcium absorption or increase calcium excretion, contributing to hypocalcemia.

## Signs

### 1. Muscle cramps and spasms

Calcium is essential for muscle contractions. Low levels of calcium can lead to muscle cramps, twitching, or spasms, particularly in the hands and feet.

### 2. Numbness or tingling

Hypocalcemia can cause a sensation of tingling or numbness in the extremities, such as the fingers, toes, or face.

### 3. Fatigue and weakness

Low calcium levels can affect muscle function and lead to feelings of fatigue and weakness.

### 4. Mood changes

Calcium is involved in neurotransmitter function, and low levels can contribute to mood swings, irritability, or depression.

### 5. Tetany

Severe hypocalcemia may lead to a condition called tetany, characterised by involuntary muscle contractions, particularly in the hands and feet. Tetany can cause muscle spasms, difficulty breathing, and even seizures in severe cases.



