



'Congress Trusts Pak, Hurriyat But Not Armed Forces': PM Modi in Lok Saba

■ HT News Network

NEW DELHI, AUG 10: Hitting out at the Congress Party for questioning the "surgical strikes" Prime Minister Narendra Modi said in Lok Sabha on Thursday that "India carried out the surgical and air strikes but the grand old party had raised questions on the capability of our armed forces".

Replying to the no-confidence motion moved by the Opposition parties, the Prime Minister said, "Pakistan used to attack our borders and send terrorists to our country. It used to deny its role but the Congress used to believe them", he said.

"Their love for Pakistan was such that they used to trust them



and believed whatever they said," Modi said.

Over the issue of terrorism, the Prime Minister said that, "Kashmir

was burning in the fire of terrorism and the Congress Party trusted the Hurriyat, Pakistan and not the people of Kashmir".

In September 2016, the Indian Army launched surgical strikes against terrorist camps in Pakistan Occupied Kashmir.

The surgical strikes on September 28, 2016, was in response to an attack by Pakistan-based terrorists on an army base in Kashmir's Uri on September 18 in which 19 soldiers were killed.

He said the opposition moved a no-confidence motion against his government on July 26 which was accepted by Lok Sabha Speaker Om Birla.

This is the second time Modi is facing a no-confidence motion.

"Today, whenever someone says anything ill about India, they believe in it", the PM said.

TURN ON.....PAGE 02

MSMEs are backbone of industrial growth and equitable development: LG Manoj Sinha

■ HT News Network

NEW DELHI, AUG 10: Lieutenant Governor Shri Manoj Sinha today inaugurated the 9th India International MSME Expo and Summit 2023 in New Delhi.

In his address on the occasion, the Lt Governor commended the MSME Development Forum for its endeavours to bring together policymakers and entrepreneurs for the promotion of Micro, Small & Medium Enterprises.

"Micro, Small & Medium Enterprises are accelerating India's economic growth and powering Hon'ble Prime Minister Shri Narendra Modi Ji's vision of 'Make in India' and 'Atmanirbhar Bharat'", the Lt Governor said.

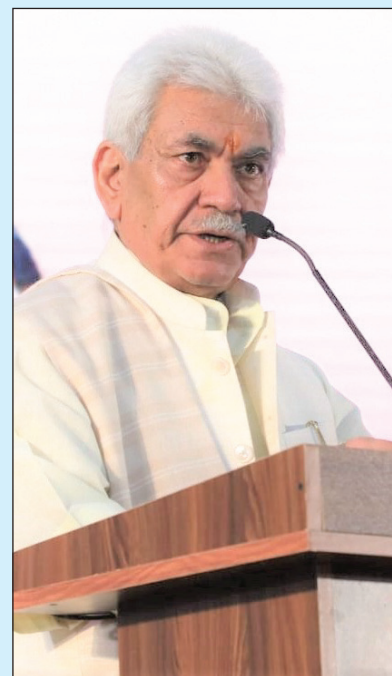
Initiatives such as MSME Expo, trade fairs provide an important platform to spread awareness about government schemes, policies and to explore new business opportunities in the sector, he added.

At the Expo, the Lt Governor shared the key interventions of UT administration to facilitate the growth of MSMEs in J&K.

"MSMEs are the backbone of industrial growth and equitable development. Our commitment to industries, Small and Medium Enterprises and institutional support as well as infrastructural facilities in J&K is showing results," the Lt Governor said.

Highlighting the immense potential of the MSME sector in Jammu & Kashmir, the Lt Governor said, as many as 2.81 lakh MSMEs have been registered on the Udyam portal in last 3 years, reflecting the sector's remarkable growth trajectory, he added.

He said, the Districts like Shopian,



Pulwama, Anantnag, Baramulla, Kulgam, Bandipora are recording unprecedented growth of micro and small units. The number of new enterprises in small towns is growing faster and realizing the dreams of new entrepreneurs, he added.

The Lt Governor underscored the important role of Small and Medium Enterprises in skilling of youth, promotion of One District One Product (ODOP) and handicraft and handloom sector in the UT of J&K.

Micro & Small enterprises have also become a powerful medium for socio-economic change for women entrepreneurs. Today, more than 74,000 SMEs are being run by women in

TURN ON.....PAGE 02

NEWS BRIEF

LeT modules busted in Kashmir; six militant associates arrested

SRINAGAR, AUG 10: Security forces busted two modules of Lashkar-e-Taiba (LeT) by arresting six militant associates of the group in Kashmir, police said on Thursday.

The modules were busted in the border town of Uri in the Baramulla and Budgam districts of Jammu and Kashmir.

They said joint forces of Baramulla Police and Army's 16 SIKHLI during joint patrolling and area dominance at Churunda Uri noticed one suspected person who was roaming in the area and tried to flee while

TURN ON.....PAGE 02

Afghan National Linked To 'Al-Badr' Booked Under Stringent Law In J&K

JAMMU, AUG 10: An Afghan national, who was arrested near the Line of Control (LoC) in the Poonch district of Jammu and Kashmir, has been booked under the Unlawful Activities (Prevention) Act (UAPA) for his alleged links with Pakistan-based terrorists, a police official said on Thursday.

Abdul Wahid with a disability in left leg was taken into custody by the Army from Dabi-Basuni village of Balakote sector while he was trying to sneak into this side from across the border on Monday. He was handed over to

TURN ON.....PAGE 02

Govt employee suspended for drawing salaries from two departments

PULWAMA, AUG 10: Authorities have suspended a government employee in Pulwama found drawing salary from two departments.

As per news agency—Kashmir News Observer (KNO), an official of the FCSCA Department said that they received a complaint from ACB as well as from other quarters against a Fair Price shop dealer in Sail Awantipora named Javid Ahmad Bhat.

It was alleged that Bhat was working in Srinagar Municipal Corporation since 2002 and was simultaneously working in FCSCA Department Pulwama as Fair Price Shop dealer till

TURN ON.....PAGE 02

Abdullahs, Muftis Joined Hands With Pak ISI To Torture Kashmir Pandits: Chugh

■ HT News Network

JAMMU, AUG 10: Bhartiya Janata Party National General Secretary Tarun Chugh on Thursday blamed



the Abdullah and Mufti families for the atrocities on the Kashmiri Pandits since 1989.

In a statement, Chugh alleged that both the families of Abdullah and Mufti, have been hand-in-glove with the Pakistan ISI to allow large scale killings of the Pandits and make them leave the state in 90s.

TURN ON.....PAGE 02

IAF Rescues 5 UTRF Personnel In Ladakh

■ HT News Network

LEH/JAMMU, AUG 10: Five personnel of the Union Territory Disaster Relief Force were rescued in a daring operation by the Indian Air Force (IAF) from Markha Valley in Ladakh, Army said on Thursday.

The rescue operation was launched by the IAF on the request of the Ladakh administration following information that a group of UTRF personnel were trapped in the high altitude region, officials said. "Daring rescue operation by IAF 114 HU (helicopter unit). Five

TURN ON.....PAGE 02

Special Security Measures Implemented for Smooth Independence Day in Srinagar: IG CRPF

■ HT News Network

SRINAGAR, AUG 10: Inspector General of Central Reserve Police Force (CRPF) Srinagar Sector, Ajay Kumar Yadav Thursday said that comprehensive measures have been put in place for smooth conduct of Independence Day celebrations across Kashmir Valley.

He said that special checkpoints have been strategically positioned in Srinagar and surrounding areas to maintain a peaceful environment.

Speaking during a medical camp organized by CRPF in the Maisuma region of Srinagar, Yadav while told reporters that "We are fully prepared to ensure a peace-

ful Independence Day on August 15th throughout Kashmir." He emphasized that a well-structured deployment strategy is in place, encompassing random inspections and other security measures. "Fresh checkpoints have been established in various parts of the city and beyond.

TURN ON.....PAGE 02

BOTTOM

Renovated Clock Tower At Lal Chowk Gives Glimpse Of London In Heart Of Srinagar



■ HT News Network

SRINAGAR, AUG 10: In Srinagar, the newly renovated historic clock tower at Lal Chowk has emerged as a delightful surprise, capturing the attention of locals and tourists alike. With its resplendent charm and the

melodious chime of its bells echoing through the streets every hour, this iconic structure has become a symbol of normalcy and a cherished memory for many.

The clock tower, also known as Ghanta Ghar, holds a special

TURN ON.....PAGE 02

CBK Chargesheets Man In Fake DOB Case

■ HT News Network

SRINAGAR, AUG 10: The Economic Offences Wing (EOW) of Crime Branch Kashmir on Thursday produced a chargesheet against a man for securing a government job by producing a fake date of birth certificate.

The chargesheet was produced in a 2022 case registered at the police station Crime Branch

TURN ON.....PAGE 02

No split in party leadership, all "disgruntled" leaders now "satisfied": Ravinder Raina

Holds one-on-one meeting with "disgruntled" leaders in Kashmir

■ HT News Network

SRINAGAR, AUG 10: Jammu and Kashmir Bharatiya Janta Party president Ravinder Raina on Thursday said that there is no split in the party and that all the leaders were satisfied. This comes a day after reports of cracks within the party leadership in Jammu and Kashmir due to some internal tussle.

Talking exclusively to Kashmir News Service (KNS) Ravinder Raina acknowledged that there were some internal issues among the party leadership as some of the part leaders from the Kashmir Valley had expressed dissatisfaction



and step-motherly treatment being meted out to them. He said that he held a meeting with all

TURN ON.....PAGE 02



DC Srinagar flags off retrofitted high end enforcement vehicles to strengthen Road Safety measures

SRINAGAR, AUG 10: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad in presence of Regional Transport Officer (RTO), Kashmir, Syed Shahnawaz Bukhari flagged off enforcement vehicles from premises of State Motor Garages here on Thursday to strengthen the road safety measures besides to help in smooth traffic flow.

Director State Motor Garages, Tahir Malik, ARTOs of all the Districts of Kashmir divi-

sion and other concerned were also part of the flag off ceremony.

Speaking on the occasion, the Deputy Commissioner hailed the initiative of RTO, Kashmir for making availability of 10 Mahindra Scorpio and 24 retrofitted high end motorcycles with modern technology features to be deployed with Traffic Police.

While interacting with the ARTOs at the occasion, the DC



stressed them to ensure optimum use of these retrofitted vehicles and emphasised upon them to make use of vehicles on such stretches where traffic jams occur often.

The DC also hoped that the vehicles will prove helpful in redressing the traffic issues and in better traffic management. He said that it is an effort to empower Transport Offices to ensure quick and better response in regulating vehicular movement and maintain-

ing traffic discipline.

The DC further stressed on conducting awareness workshops in educational institutions, bus yards and other places to sensitize students, general public, transporters and other stockholders. He said such programmes will help in streamlining the traffic system and develop the habit of following traffic rules, besides overcoming the rising accidents to save precious lives.

Concurrence given by J&K Governor for Aug 5, 2019 changes a "serious constitutional misconduct": Zaffar Shah

SRINAGAR, AUG 10: Questioning the abrogation of Article 370 by Union Government, senior J&K High Court lawyer Zaffar Ahmad Shah on Thursday argued before the Supreme Court that concurrence given by J&K's Governor for August 5, 2019 constitutional changes was a "serious constitutional misconduct" and the "breach of the oath" he had taken under J&K Constitution.

As per news agency—Kashmir News Observer (KNO) Shah submitted that the Governor stabbed the people of J&K in back and committed a serious breach of the oath by making a recommendation to abrogate the Article 370. "He is to uphold the constitution of Jammu & Kashmir and he destroys it by his recommendation to the President that 'you apply all the provisions of Constitution of India to us', which even the Constituent Assembly didn't do. He requests the President of India to change the Constituent Assembly to Legislative Assembly. And the President is pleased to accept the recommendations of the Governor when he acts in breach of the oath of Constitution of J&K," Shah argued.

Shah asked when was the recommendation made, who made the recommendation and at whose instance the recommendation was made by the Governor, saying there is no evidence or nothing stated about it in the counter affidavit. Citing the provisions of J&K constitution, Shah submitted that the Governor had subjective satisfaction only on three provisions of J&K Constitution and he cannot act on his own.

Shah submitted that framing of the Constitution of Jammu & Kashmir is rooted in the nature of Instrument of Accession (IoA) and proclamation issued by Maharaja in 1948. "In the proclamation, he (Maharaja) says that we need to have a national assembly to frame a constitution," he said. During the proceedings today, Chief Justice of India DY Chandrachud remarked that there was no conditional surrender of sovereignty by State of Jammu & Kashmir to the Dominion of India.

The CJ remarked that the surrender of the sovereignty was absolutely complete.

ADGP Kashmir approves promotions of 485 HCs to rank of ASIs

SRINAGAR, AUG 10: On the recommendations of Departmental Promotion Committee constituted for assessing the suitability of eligible Head Constables for promotion to the rank of Assistant Sub-Inspectors vide ZPHQ Kashmir order No. 2754 of 2023 dated 27.07.2023, ADGP Kashmir Vijay Kumar has approved the promotions of 485 Head Constables having their lien and seniority with Kashmir Zone to the rank of Assistant Sub-Inspectors.

As per a statement issued to the news agency—Kashmir News Observer (KNO), ADGP Kashmir has felicitated the promoted officers and their families and expressed the hope that they will strive to work hard for maintaining of public peace, tranquillity and law & order in the Union Territory of J&K.

Chief Justice, High Court of Jammu & Kashmir and Ladakh joins Pre-Independence Day Celebrations held at "Pareesha"

■ **Reyaz Badana**

BUDGAM, AUG 10: To commemorate the 75 years of India's Independence, the Chief Justice High Court of Jammu & Kashmir, Justice N. Kotiswar Singh visited "Pareesha" Child Care Institution for Girls at Khan Sahib, Budgam. The visit, marked by warmth, compassion, and commitment towards improving the living conditions of the inmates of Child Care Institutions is a testament to the spirit of India's progress for inclusive and equitable society.

Today's Visit of the Chief Justice was second in a row to the Homes for Children in need of care known by the name "Palaash" and "Pareesha", which underscores the importance of such institutions in shaping the future of our young generation. Child Care Home, Khan Sahib, Budgam is a home for young Girls, which provides not only shelter and care but also an environment that fosters growth and overall

empowerment of young female.

On arrival, the Chief Justice was accorded a warm welcome by the superintendent and staff of "Pareesha" whereafter the Chief Justice thoroughly inspected the facilities available in the said home and being provided to the inmates. The Chief Justice patiently heard the young girls and listened to their aspirations and concerns and assured them to get the same resolved through the concerned Department in a shortest possible time.

On the occasion, the inmates of the home displayed their creative talents in a painting competition and by performing different cultural items to commemorate and celebrate 75 years of India's Independence, that were organised by the DLSA, Budgam under aegis of J&K Legal Services Authority. Witnessing the incredible talent of the budding artists the Chief Justice was deeply moved especially by the creativity displayed with the



vibrant strokes of painting brush on the canvas, depicting the essence and unity of our nation.

Adding melodious notes to the occasion, the children at "Pareesha" performed a heart touching group song dedicated to the Chief Justice and other guests. The lyr-

ics resonated with gratitude and a collective vision for a brighter tomorrow. The performance left a lasting impression, showcasing the spirit and potential of the young generation.

With the sunset on this memorable day, the smiles on the

faces of the children at "Pareesha" could be seen due to the inspiring words shared by the Chief Justice, which would serve as a beacon of hope and inspiration. The celebration of 75 years of India's Independence at "Pareesha" paved the way for a better tomorrow embodied with the spirit of a resurgent India.

Those who were present on the occasion include M.K. Sharma, Principal Secretary, Khalil Choudhary, PDJ Budgam, Al-Tahir Geelani, SSP Budgam, Abdul Bari Joint Registrar (Protocol), Jahangir Bakshi, Secretary DLSA, Budgam, Tariq Malik, SDM, Khan Sahib, Budgam, Ubaid ul Khazir DSWO, Ghulam Mohi-ud-Din, SDPO Khan Sahib Budgam, Soni Pandita, Superintendent, Child Care Home and Afshan Paul CWC, Chairperson, Budgam.

The visit of the Chief Justice concluded with a satisfactory note regarding living condition of the children residing in Child Care Institutions, in U.T of J&K.

Bandipora's Herpora craves for road connectivity, residents aghast

BANDIPORA, AUG 10: Herpora, a subvillage of Authwatoo area in north Kashmir's Bandipora district, has craved road connectivity for decades, residents complained here on Thursday. "Even though it's the 21st century, there are no roads to our village. It's strange that we have to go through thick forests on foot or horseback just to get there. No one has come to the village for 60 years, and we don't have basic facilities here," the locals told the news agency—Kashmir News Observer (KNO).

"We've been waiting for decades for a road to be built from Authwatoo to our village, but it seems like nobody is paying attention to our pleas," said Mohammad Jabbar, a senior resident.

"In the past, our numerous attempts at representation fell on deaf ears, and we were informed that obtaining permission from the forest department was necessary for road construction. The area earmarked for the road's construction happens to be forest land," explained Ishfaq Ahmad,



another resident of the area.

He pointed out the unfortunate aspect that a new water supply scheme was recently sanctioned for the Authwatoo. "Once work commenced on the project, the administration promptly sprang into action and constructed a road to facilitate the transportation of materials," he said, adding that previously, we were required to navigate through a

lengthy process, but now, for the convenience of the administration, a road has been swiftly constructed in a short span of time.

"While the construction of this road brings us significant relief, we urge the administration to extend it by another half kilometer toward our village. Furthermore, it should be handed over to the PMHSY for our greater convenience," they said.

Kulgam girl's hand-knitting skills make her financially independent

KULGAM, AUG 10: A young girl from south Kashmir's Kulgam district has been keeping the tradition of hand-knitting alive by making sweaters and other gift items.

Munfa Mushtaq, 22, a resident of Frisal area of Kulgam, has completed her Alimiyyah course and is currently pursuing graduation from Government Degree College Frisal.

Talking to the news agency—Kashmir News Observer (KNO), Munfa said she learned to make gift items through YouTube.

"I was inclined towards art since childhood and started making gift items in different styles and designs," she said. "I used to knit clothes to give them different shapes and it was making me curious about how blissful it would've been

for the handicraft artist to make a perfect and complete piece of art."

Every artwork that I witnessed since my childhood sublimely transformed me into an artist, she said, adding that YouTube helped her learn this art more precisely.

Munfa said she watched a few videos on YouTube following which she started knitting dress sets and

making gifts at her home. "I brought small types of equipment required for knitting and started my journey of hand-knitting. I have made hundreds of sweaters sets and other gifts which made me financially independent," she said.

My family, especially my father, has been very supportive, and with their encouragement and faith in

me, I have been able to do this, she said.

Munfa said youth must follow their passion and dreams with hard work and determination and "one day, they will definitely achieve their goals".

"If you want to move forward in your life, don't hide your talent, rather show and express it; only then can you achieve your goal," she said.

Special OTS scheme: Biz community urges J&K Bank to lift 'riders' on NPA accounts having collateral security

SRINAGAR, AUG 10: The business community has urged the Jammu & Kashmir Bank authorities to "modify" the recently-introduced One Time Settlement Scheme (OTS) and lifting of "riders" on it for those who have collateral security on their NPA turned loan accounts.

Javed Ahmad Tenga, the president of the Kashmir Chamber of Commerce and Industry (KCC&I), told the news agency—Kashmir News Observer (KNO) that it has raised a few concerns with the J&K Bank regarding the recently-introduced OTS, saying that those who have collateral security with the bank but want to settle their outstanding have been made "ineligible" to use the scheme.

"The recently-introduced OTS is not serving the purpose as again all are not able to avail the scheme despite their wish to liquidate their outstanding as a result of the rider put by the J&K Bank for the accounts which have collateral security against their loans accounts," he said.

Tenga said they have taken up the matter with the MD J&K Bank and are hopeful that the "rider" will be lifted with the enhancement in the timing as well for the liquidation of liabilities for all those who want to avail of the OTS.

"We have also urged the bank to put a stop to seizing or publicizing names of defaulters," he said, adding that a comprehensive policy should be adopted so that those turned NPAs could make a settlement with the bank.

Demanding one more OTS, the KCCI president said the current OTS is limited to a certain amount. He said there are people who have liabilities beyond that amount as well and want to liquidate the same for which a new OTS should be introduced which can cover them all without any riders.

"One more OTS should be introduced which can cover the people who owe money to the bank beyond 50 lakh rupees," Tenga said, adding that the scheme should be enhanced with a liquidation time frame of at least two years and should be open to all without any "riders"

JJM Fortnight: MD-JJM visits D. H. Pora Kulgam; witnesses proceedings of Special Gram Sabha DH Pora Village certified with 'Har Ghar Jal'

■ Farooq Rather

KULGAM, AUGUST 10: As part of Jal Jeevan Mission (JJM) Fortnight, Mission Director (MD) JJM, Dr. G. Nabi Itoo who is also Prabhari Officer to Panchayat Halqa D.H. Pora today visited Damhal Hanjipora to witness the proceedings of a special Gram Sabha convened to certify the village as Har Ghar Jal by declaring that all the 603 households have now access to adequate and safe drinking water through taps within the premises.

The MD was accompanied by SDM, Bashir Ul-Ha-



san, OSD, Executive Engineer, Jal Shakti and other Tehsil level officers.

He also visited the Filtration Plant at D.H. Pora to check the water quality parameters in presence of the community members

to get assurance about the quality of water being supplied.

While addressing the special Gram Sabha, Dr. Itoo urged the community to take part in the water management and operation &

maintenance of the water supply systems like distribution system, service reservoirs and filtration plants for which various capacity building programs are being conducted all across the UT by the Jal Shakti Department.

The MD then visited Govt Hr. Sec School D.H. Pora to interact with the school children who were participating in a debate and painting competition on water conservation and climate change being organized in collaboration with the Mission Directorate, Jal Jeevan Mission. He felicitated the best performing students.

DC Kupwara Inaugurates 2nd round of National Deworming day (NDD) 2023 at Boys higher secondary school Kupwara

■ HT News Network

Kupwara, Aug 10: The second round of National Deworming Day (NDD) was inaugurated by the District Development Commissioner (DDC) Kupwara, Ayushi Sudan (IAS) at Government Boys Higher Secondary School Kupwara.

The District Development Commissioner while giving an overview of the NDD programme to the students said that early years of the child is the most critical and significant phase. The Key areas that need to be addressed are the risks of parasitic intestinal worm infestation in children and iron deficiency.

The DDC said that NDD is an initiative to help children live healthy by improv-



ing their overall well-being and nutritional status, and to reduce morbidity. These are the serious health issues that affect the growth and development of the children. Apart from being dewormed, maintaining healthy and hygienic practices will help children and communities remain safe from worm infections.

The students of the school were administered Albendazole tablets during the inauguration of the program.

During NDD, the children between the ages of 1 to 19 will be dewormed with the administration of Albendazole tablets in all schools (government and private), Anganwadi Cen-

tres and Health and Wellness centres besides various health promotion activities related to Water, Sanitation and Hygiene (WASH) will be conducted.

The inauguration programme was attended by Ab. Hamid Fani, Chief Education Officer Kupwara, Dr. Mir Ramzan CMO Kupwara, Mehraj U-din Shah, Principal Higher Secondary school Kupwara; students and staff of higher secondary The DDC said that NDD is an initiative to help children live healthy by improving their overall well-being and nutritional status, and to reduce morbidity. These are the serious health issues that affect the growth and development of the children. Apart from being dewormed, maintaining healthy and hygienic.

DC finalizes arrangements for Independence Day, 2023 celebrations at Bandipora

■ HT News Network

BANDIPORA, AUGUST 10: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmad Thursday convened a meeting here to finalize the arrangements for ensuing Independence Day celebrations in the district.

The meeting held threadbare discussions on arrangements to be put in place at the venue for the National function, including security, seating, transportation, parking, electric-



ity, refreshment, medicare, availability of ambulance, deployment of fire tenders and sanitation measures.

The meeting also finalized the arrangements for the celebration of I Day at

Panchayat level and hoisting of flags in schools, Panchayats, and other government offices. The meeting was informed that the main function will be held at SK Stadium Bandipora, where

the chief guest would unfurl the National Flag, followed by inspection of the parade. It was decided that the march-past will be presented by contingents of JKP, CRPF, Fire and Emergency, School children etc and a colorful cultural programme will also be held.

The DC also directed Flag Hoisting at block and Panchayat level by BDCs, Panchs, and Sarpanchs.

During the meeting, the DC emphasized upon all the officers for smooth and successful conduct of I-Day celebrations.

Arrangements for Independence Day, 2023 finalized at Ganderbal

■ HT News Network

GANDERBAL, AUGUST 10: The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah today convened a meeting of officers at Mini Secretariat, here to review and finalize the arrangements for upcoming Independence Day celebration in the district.

At the outset, the ADC enquired about the status of arrangements to be put in place at the venue including reparation and consolidation of the



main venue ground, podium, security, seating, transportation, parking, electricity, refreshment, Medicare, availability of ambulance, deployment

of fire tenders, illumination of identified govt. buildings, decoration at venue, mementos and certificate and sanitation measures.

The ADC stressed the concerned officers to finalize all the arrangements before 13th August, the day of full dress rehearsal and all arrangements shall be put in place timely for the celebration of Independence Day.

The meeting was attended by Dy. SP, ACR, Dy. DEO, Executive Engineers of various wings, ARTO and other concerned were present in the meeting.

AKAM: Cultural Unit Kashmir of DIPR, DIC Shopian organize Nukad Natak & Debate Competition

■ HT News Network



SHOPIAN, AUGUST 10: As part of 'Azadi Ka Amrit Mahotsav' and under the banner of 'Meri Maati, Mera Desh' campaign, the District Information Centre (DIC) Shopian in collaboration with Cultural Unit Kashmir, Department of Information and Public Relations, J&K and Chief Education Office, Shopian today organized Nukad Natak and Debate competition at Government Boys Higher Secondary School, Shopian. The Chief Education Officer, Shopian, Mushtaq Ahmed was the Chief Guest and the District Information Officer (DIO) Shopian, Showkat Hussain Ganie was the Guest of Honour on the occasion. Principal, Cultural Coordinator, Staff Members of School, Information department and a large gathering of students attended the programme. 10 Students of the School spoke on the theme of 'Ae Watan Tuje Salam' and deliberated on various related aspects. Artists from Tulkul Arts and Media Collective Theatre, Wahthoora Chadoora Budgam performed Nukad Natak and skit on National unity, brotherhood, Drug Addiction, developmental Scenario and other issues. The dramatic performances of the Artists enthralled the audience, and were appreciated by the students. Speaking on the occasion, DIO thanked the School management, Cultural Unit, DIPR for their support in organizing the programme. The principal of the school appreciated the initiative of the Information Department for organizing the event. Later, mementos, prizes and certificates were distributed among the participants and position holders of the debate competition.

National Deworming Day Kick Started at Bandipora

■ HT News Network

BANDIPORA, AUGUST 10: National Deworming Day was Thursday kickstarted in District Bandipora across all health institutions, government and private schools and Anganwadi centers. The main inauguration event was held at Govt Girls Higher Secondary School District Bandipora where the event was inaugurated by District Program Officer ICDS/Nodal Officer Coordination Bandipora, Mohammad Ashraf Hakak in presence of Chief Medical Officer Bandipora, Dr Rafi Ahmad Salati, Chief Education Officer Bandipora and Head of Institution. During the day-long programme, Hand washing techniques were demonstrated to prevent the children from various infections. The dignitaries also administered the Albendazole tablets among the school children and highlighted the benefits of deworming. Awareness was given to all participants about given programmes and screening/counselling sessions were also conducted where children were counseled.

از عدالت سب جج کپواڑہ

بالجلاس: منظور احمد خان

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

درخواست بابت حصول

اطلاع آگاہی ہر خاص و عام

معاملہ مندرجہ عنوان کے صدر میں سال نے ایک درخواست بابت حصول
D.O.B. پیش کی سال/سال کی تاریخ پیدائش 26/08/2021
انجمن ڈیٹھا اینڈ پیڈاٹس عدالت حد میں ایک درخواست بغرض حصول پیش کی
۔ اگر درخواست حد میں حکم صادر فرمائے جسے سال/سال

Peerzada Firdous Nabi
SJO Peerzada Ghulam Nabi
RJO Babarnag Kupwara

اگر کسی کو کوئی اعتراض ہو تو وہ وکالت یا پھر مختار عدالت حد میں
14/8/23 تک تحریری طور پر پیش کریں۔ معیاد گزرنے کے بعد کوئی بھی
ہوگا اعتراض قابل قبول نہیں ہوگا

تحریر الصدر سب جج کپواڑہ

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION PULWAMA

NOTICE INVITING TENDERS

EXPRESSION OF INTEREST (EOI)

E-TENDERING/NIT No: 114/EPP/RNB/2023-24/7020-30 DATED: 09 -08-2023

For and on behalf of the **Lieutenant Governor, Union Territory of J&K** Expression of Interest (EOI) are invited from approved and eligible Bidders as per **Instruction to Bidder (ITB)** and **Terms of Reference at Annexure-I**. The Bidder (Firm/Consultant/Agency/Company) should have the eligibility as per **Annexure-II** under Eligibility Criteria for each of the following works:-

S. No	Name of Work	Estimated Cost of the Project (Rs in Lacs) for which Consultancy is Required as Adv. cost	Estimated Cost of the Architectural Engg. & Consultancy (Rs in Lacs)	Cost of T/Doc. (in Rs)	Time of completion	Type of Consultancy
1.	Providing Consultancy and other allied services with all working drawings (Digital Layout Plan, /BOQ, Structural, Architectural Design) inel. technical vetting of drawings from DICQ/NIT/IT and Conducting of all required soil investigations for construction of farmers training centre cum store complex of department of sheep husbandry at Pulwama .	101.75	0.50	200/-	10 Days	Architectural/ Structural Consultancy with Soil Testing

Position of AAA =Accorded
Position of Funds =Available

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

S. No.	Particulars	Dated
1	Date of Issue of Tender Notice	09-08-2023
2	Period of Downloading of bidder documents	From 09-08-2023 (10:00AM)
3	Bid submission Start Date	From 09-08-2023 (10:00AM)
4	Bid Submission End Date	To 18-08-2023 (04:00PM)
5	Date and time of opening of bid (online)	19-08-2023 (11:00 PM)
		In the office of Executive Engineer PWD(R&B) Division Pulwama

- Bids must be accompanied with cost of tender document in shape of Treasury Challan / Receipt (Under MH- 0059 PWD) in favour of **Executive Engineer, R&B Division Pulwama** [Tender Inviting Authority] Refer Govt. order No. O.M No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan and Emd should be between the date of Start of Bid and Bid Submission Date) and Outsider UT of J&K bidders can submit DD of any nationalized bank in favour of **Executive Engineer, R&B Division Pulwama** the cost of tender document fee is non refundable.
- If MSME firm is registered with NSIC (National Small Industries Corporation) agencies for tendered item then they are exempted for submission of EMD & Tender Cost.
If MSME's who are interested in availing these benefits will have to enclosed with their offer the proof of their beings MSME's registered with any of the above mentioned agencies.
All the Bidders have to submit Bid Security Declaration Form instead of Earnest money.
- The 1st lowest Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR within 03 Days before fixation of Contract and shall be released after successful completion of work.

All other terms and conditions shall be available in website www.jktenders.gov.in

DIPK-6824/23

Date: Aug 10 2023

Head Draftsman

Technical Officer

Executive Engineer,
R&B Division Pulwama

DC Poonch, SSP Emphasize on curbing circulation of misinformation, fake news

Caution local media, social media handlers against irresponsible posts

■ HT News Network

POONCH, AUGUST 10: In a significant step towards curbing misinformation and fake news, Deputy Commissioner Poonch, in presence of Senior Superintendent of Police chaired a meeting of Local Media Persons, YouTube Channels and social media handlers operating in the District.

During the meeting, the DC said that the freedom of expression on social media is important, but it has been seen that many a time unsubstantiated

facts and fake news are circulated on social media which can disturb social order. "Such fake news has the potential to cause unrest, communal tensions which hamper the development of the country," he said.

The main aim of the meeting was to make the social media users understand the possible fallout of the provocative videos and messages being made viral on different platforms.

The SSP made it clear that the onus would be on the admin if any member of the WhatsApp group is found circulating posts inimical to peace. "The Group



admin shall be held responsible if the police find that offensive posts on sensitive issues are being forwarded by a member of any group active in Poonch," he cautioned.

He advised the group admins to act responsibly and regularly monitor the content the members post. "If any admin finds a provocative post on the group, he should immediately report to the police and remove the member from the group with a warning message" he asked the users. "No unwanted/fake message shall be allowed

in the group"

The DC cautioned the "admins" of all WhatsApp groups and other Social Media platforms to refrain from circulating inflammatory messages on their groups, channels and pages. He also sought cooperation of Admins in curbing fake news in the district.

"If any objectionable content is found being circulated on a WhatsApp group or other platforms, the offenders will be booked under the IPC as well as the Information Technology Act" he informed.

GDC Sunderbani organises pledge taking ceremony

■ HT News Network

RAJOURI, AUGUST 10: NSS unit of Government Degree College Sunderbani, in collaboration with eco club, organized a pledge taking ceremony under Meri Maati Mera Desh' campaign. The campaign aims to honour the freedom fighters and brave-hearts who sacrificed their lives for the country.

A large number of students and staff members of the college took "Panch Pran" pledge to highlight the five resolves of Prime minister of India during the Independence Day, 2023 address to the nation.

The pledge was read out in Hindi and English. The programme was organised by Prof. Sheraz Kousser, NSS PO, Prof Beant Singh, convener Eco club and Prof. Sham Lal. The whole event was organised under overall supervision of Principal of the college Prof. Minnie Sharma.

HDFC Bank Chief Economist Abheek Barua reacts on RBI's monetary policy

■ HT News Network

Mumbai, Aug 10, KNT: Chief Economist, HDFC Bank, Abheek Barua said that the RBI kept its policy rate unchanged as expected at 6.5% but its message was clearly hawkish. "This was reflected in the upward revision in Q2 FY24 inflation forecast by 100bps to 6.2% and the decision to tighten liquidity through the incremental CRR for banks. The latter could reduce system liquidity balance by INR 60-70K crores. While the ICRR decision is to be reviewed in September and could be a temporary decision but if inflation pressures linger on, the possibility of continued durable liquidity tightening is likely." He said that the RBI reiterated its resolve to bring inflation back to 4% on a sustainable basis and highlighted risks beyond the transitory vegetable price pressures. We expect inflation to average at 5.6% in FY24 with inflation expected to print above 6% till September. [KNT]

GDC Thathri organises awareness programme under MMMD Campaign

■ HT News Network

DODA, AUGUST 10: As a part of the special series of activities under "Meri Maati Mera Desh" Government Degree College Thathri, in collaboration with the local Administration, organized a Plantation Drive in the premises of DAK Bungalow Thathri. The Principal of the college along with the students and staff planted saplings made available by the Forest Department.

Meri Maati Mera Desh DIPR Jammu plants trees in office premises

■ HT News Network

JAMMU, AUGUST 10: The Department of Information and Public Relations, Jammu today took an eco-friendly stride by hosting a plantation drive as part of the ongoing "Meri Maati Mera Desh (MMMD)" campaign in its office complex. Starting from August 9, the campaign, launched by the Prime Minister, aims to honour and appreciate the martyrs and brave hearts of India, till its culmination on August 15. The plantation drive in the office complex was conducted in collaboration with the Social Forestry Department. Divisional Forest Officer Social Forestry, Alok Kumar Maurya; Joint Director Information Jammu; Atul Gupta and

Deputy Director PR Jammu, Dr. Vikas Sharma, led the initiative. Different species of plants like Amla, Baheda (Terminalia Bellirica) and Araucaria were planted on the office Lawns. Giving details about the MMMD plantation drive, DFO Alok Kumar Maurya informed that each panchayat in the Union Territory will receive 75 plants under the campaign, with an additional 75 from the Rural Development Department. The Forest Department is slated to plant a total of 175 lakh plants across the UT this year, he added. Joint Director, Atul Gupta applauded the campaign's impact and encouraged everyone to plant trees in their surroundings. He emphasised post-plantation.

DC Ramban inspects JJM schemes at Panchayat Neera Participates in plantation drive, interacts with youth

■ HT News Network

RAMBAN, AUGUST 10: To intensify the activities under ongoing Jal Jeevan Mission Fortnight (JJM), Deputy Commissioner Ramban, Mussarat Islam today visited panchayat Neera to take stock of ground status of Waters supply schemes.

The DC also participated in plantation drives held under Vasudha Vandan in the panchayat.

Executive Engineer Jal Shakti Rajeev Gai, AEE Rocky Mahajan, PRIs and locals were present on the occasion.

The DC said with the functioning of JJM schemes all the issues pertaining to water supply will be resolved in Neera panchayat till December 2023.



The DC said that various schemes are under execution at different levels in all three Jal Shakti Sub-divisions including Gool and Banihal which will resolve the issues of water supply in the district soon.

The DC said that Ramban district is currently celebrating JJM Fortnight with the aim of raising awareness about the Jal Jeevan Mission Programme. The District Administration has deputed senior officers to review ground status of Jal Jeevan Missions schemes

in all 143 panchayats of the district.

Extending his gratitude to PRIs for their cooperation in development of the panchayats besides taking part in JJM fortnight, the DC asked them to join hands with the Jal Shakti team to achieve the targets of FHTC for successfully and timely implementing all water supply schemes.

Interacting with the local Youth, the Deputy Commissioner encouraged them to start their business units under different job orient-

ed schemes of various sectors besides availing the benefits from the schemes.

DC Ramban launches signature campaign to pay tributes to martyrs

RAMBAN, AUGUST 10: District Administration Ramban today launched a signature campaign to pay tributes to the freedom fighters and martyrs as part of nationwide Meri Maati Mera Desh campaign. The campaign was launched by Deputy Commissioner, Mussarat Islam in presence of ADDC, Rajinder Sharma, CPO, Dr. Kasturi Lal, Deputy Director, DSEO, GM DIC, CAO and various senior officers. The DC urged the participants to take the campaign seriously so that the awareness regarding Meri Maati Mera Desh.

DC chairs Mega Conclave on Computerization of Cooperative Societies in Rajouri

■ HT News Network

RAJOURI, AUGUST 10: In a significant step towards advancing digital transformation and fostering cooperative sector growth, a Mega Conclave on the Computerization of Primary Agricultural Cooperative Societies (PACS) was held today with District Development Commissioner Rajouri, Vikas Kundal as the chief guest.

This event was organized by the Cooperative Department and aims to usher in a new era of streamlined operations and efficiency within the cooperative sector. The event witnessed the participation of prominent members from different cooperative societies from within the district.

The Deputy Commissioner interacted with the cooperative society members to understand their needs, concerns, and aspirations. The dialogue provided valuable insights in tailoring the computerization process to suit the requirements of the cooperative societies, ultimately resulting



in improved service delivery and enhanced farmer support. The computerization of PACS is poised to bring about numerous benefits, including increased transparency, efficient record-keeping, seamless financial transactions, and better accessibility to essential services. This initiative aligns with the broader vision of leveraging technology to empower rural communities and uplift their economic prospects. The Deputy Commissioner also expressed optimism about the positive impact of computerization and the diverse services provided by the cooperative societies. He affirmed that these efforts would enhance the overall socio-economic development of the district.

I- Day arrangements finalised at Udhampur

■ HT News Network

UDHAMPUR, AUGUST 10: Deputy Commissioner, Udhampur Sachin Kumar Vaishya today chaired a meeting here in Conference Hall DC Office Complex to finalize the arrangements for the smooth celebration of Independence Day function 2023 at District headquarters.

Senior Superintendent of Police, Dr Vinod Kumar, Additional Deputy Commissioner, Joginder Singh Jasrotia, Additional Sp, Anwar -Ul-Haq and officers of other departments attended the meeting.

Threadbare discussions were held regarding the arrangements for seating, barricading, security, traffic regulation, drinking water and power supply, sanitation, first-aid, PAS and fire-tenders etc.

It was decided in the meeting that the main function would be held at Government PG Degree College for Boys, Udhampur where the chief guest would hoist the National flag and take the salute at 9:00 Am. The contingents drawn from District Police Line, ITBP, SKPA, Home Guard, NCC



and civil trouop would participate in the march past.

The function would start with the Shehnai Vadan programme in the morning by the Information department.

The DC directed the Executive Engineers PHE & PDD to ensure seating, barricading and drinking water arrangements, besides uninterrupted power supply at the function site. The Chief Executive Officer, Municipality was asked to maintain cleanliness in the town as well as at the venue.

Regarding First aid arrangements, the Chief Medical Officer was directed to ensure the deployment of one ambulance along with a team of Doctors and necessary medicine till the end of function.

DLSA Budgam celebrated World Tribal Day in collaboration with Department of Tribal Affairs

■ Reyaz Badana

In a splendid tribute to indigenous cultures and traditions, the District Legal Services Authority (DLSA) Budgam, under the aegis of the Jammu and Kashmir Legal Services Authority, joined hands with the Department of Tribal Affairs, Budgam, to orchestrate a grand event in honor of World Tribal Day. The event, hosted at the picturesque Gujjar and Bakarwal Boys Hostel, Budgam witnessed the esteemed presence of

Mr. Khalil Choudhary, the Hon'ble Chairman of DLSA Budgam, who graced the occasion as the Chief Guest. The programme was organised under the supervision of Mr. Jahangir Ahmad Bakhshi Secretary DLSA Budgam. Marking the global observance of World Tribal Day on 09.08.2023, the event was a manifestation of the commitment to uphold and celebrate the rich cultural mosaic woven by indigenous communities worldwide. The collaborative endeavour by DLSA Budgam and the Department of Tribal Affairs



was a splendid showcase of unity and diversity. Mr. Khalil Choudhary, in his role as Chief Guest, eloquently emphasized the significance of safeguarding and

cherishing the unique cultural identities of indigenous communities.

A highlight of the event was the enthusiastic participation of students from

Gujjar and Bakarwal Boys Hostel. These spirited students took the stage, captivating the audience with mesmerizing cultural performances that encompassed traditional music and art forms—each a testament to the richness of tribal heritage passed down through generations. The students also spoke about the Welfare measures and initiatives of the Govt. and Department of Tribal Affairs. In recognition of their dedication, each participating student was honored with a certificate of participation,

by Mr. Khalil Choudhary. This gesture aimed to instill a sense of pride and motivation in the younger generation to embrace and honor indigenous legacies. Mr. Choudhary in his address stated "Let us use this occasion not just as a moment of celebration, but as a stepping stone towards a more equitable and just society. Let us commit ourselves to promoting education, preserving cultural heritage, and championing the rights of our tribal brethren. Together, we can create a world where every tribe.

GDC Ramgarh organises 'Panch Pran' pledge ceremony

■ HT News Network

SAMBA, AUGUST 10: The National Service Scheme (NSS) Unit-Prabha & IQAC of Government Degree College Ramgarh today organised the 'Panch Pran' Pledge Taking Ceremony as part of 'Meri Maati Mera Desh' campaign launched nationwide to commemorate Independence Day under the aegis of Azadi Ka Amrut Mahotsav. The programme was organized under the supervision and leadership of Prof. (Dr.) Geetanjali Andotra, Principal of the College. The Principal said that the Panch Pran Pledge ceremony was a celebration of patriotism, unity and commitment towards building a stronger and prosperous India. She further said that such programmes underscored the College's dedication to promoting the values of the Nation's freedom struggle and its contribution towards nation building in the present and future. The proceeding of the Pledge were conducted by the NSS volunteer, Vimal Singh, Sem-V who gave a valuable insight into the significance of the Panch Pran and emphasized the commitment.

EDITORIAL

Balancing Faith and Wellness: The Islamic Path to Disciplined and Healthy Living

Islamic belief places a strong emphasis on living a disciplined and healthy life, intertwining spiritual well-being with physical wellness. Rooted in the teachings of the Quran and the Hadith, this lifestyle encompasses various aspects, shaping the daily routines of millions.

Central to Islamic belief is the notion that the body is a gift from Allah and should be nurtured and maintained. The practice of fasting during the holy month of Ramadan not only promotes self-control and empathy but also detoxifies the body. Abstaining from food and drink from sunrise to sunset encourages mindfulness of one's actions and choices.

Moreover, Islamic teachings encourage balanced dietary habits. The Quran promotes the consumption of wholesome foods and moderation in eating. The Prophet Muhammad (PBUH) advocated eating in thirds, reserving one-third for food, one-third for water, and leaving one-third for air. This mindful approach helps prevent overindulgence and fosters a healthy relationship with nourishment.

Regular physical activity is also endorsed in Islamic belief. Engaging in acts of worship such as daily prayers, specific physical postures, serves as a form of exercise. Pilgrimage to Mecca, or Hajj, requires considerable physical stamina, reflecting the importance of maintaining a strong body.

Discipline extends beyond the physical realm to encompass mental and emotional aspects. The practice of mindfulness, self-reflection, and meditation through prayers (Salat) helps believers manage stress and maintain psychological well-being. Islamic teachings also encourage acts of charity, fostering a sense of community and purpose that contributes to emotional fulfillment.

Islamic belief promotes a holistic approach to living, emphasizing discipline and health in all aspects of life. This ethos, deeply rooted in spirituality, underscores the importance of nurturing the body, mind, and soul. By integrating these principles into their lives, adherents can achieve a harmonious balance that enriches their overall well-being.

Hazrat Syed Mohammad Murad Bukhari (RA) Qazi Kashmir, A Brief Introduction



■ S.G.M Andrabi

Hazrat Haji Syed Muhammad Murad Bukhari, Qazi Kashmir, is the Patron saint of Kashmir whose contribution to spread of Islam in 8th century Hijri can not be over emphasized by the time lapse of more than 579 years. His main area of activity has remained in the present day Beeru, Bangil & kruhin area of North west kashmir. He had equally mastered both spheres of Sufi life, i.e Shariat & Tareeqat. It is here his salutation of Qazi kashmir comes out as he was Chief Justice of Islamic court during the time of of famous king Sultan Zainul Abideen, Badshah. It is recorded that the king himself visited kreeri to invite him to srinagar but Hazrat refused to go, & preferred to continue his lalamic Missionary work from kreeri.

That is the reason that Nimazei Juma was started at kreeri under the Kings Order, first outside the capital city of Srinagar. His abode at kreeri has been a great sought after by Awliyie Kamileen of Kashmir who followed him, Prominant among was Hz Sultan, Makhdoom sb AR, who would visit the shrine, barefooted from distance. Hz Baba Payamudin Reshi AR has been his disciple for 12 years before He was settled at his present place, then a dense jungle called " Ranboh". In fact Jenab Haji Murad Sb AR has himself accompanied Baba Reshi sb AR to his place & settled him there, about which many folk stories are known in our area. He was born at Iskanderpora in the year 780 Hijri calander and left for heavenly abode in the year 861 Hijri. The annual urs of Hazrat Haji Syed Mohammad Murad Bukhari (RA) is being observed every year on 17 th Dhul Hijja. The descendants of Haji Syed Muhammad Murad Bukhari AR have mainly migrated to all patrs of British India in the question to serve Islam. His lineage have a number of high ranked Awaliya Ulema, who have guided people to the righteous pathe in last about 6 centuries. Hz Mir Hamzatul Bukhari, Hz Syed Yusuf, Hz Mir syed Maqsood, ,syed Hussain wasif, Mir Sanaullah, syed Amir shah, Moulana S Anayatullah Bukhari, Mir Sued Hussain, Syed Attaullah shah Bukhari, Mufti Syed ziaul haq Bukhari, Mufasir Quran in Kashmiri language, khamosh Kreeri, Syed Ali Govhar Bukhari, Syed Sharifundin Bukhari, Justice Sharif Hussain Bukhari, Lahore, Prof S Rafudin Bukhari, Syed saadin, saadi, Late Syed Shujat Bukhari & scores of famous Poets Historians, Ulema, Mashayik, Teachers, Preachers , administrris & Journalists. , Hazrat Haji Syed



Mohammad Murad Bukhari (RA) was son of Hz Syed Fakharudin Bukhari (RA) whose tomb is in the historical Budshah tomb in old Srinagar city. Syed Fakharudin Bukhari (RA) was the youngest son of Hazrat Syed Aloudin Bukhari (RA) who was son of Hz Syed Jalal Ud Din Jahangasht Bukhari (whose tomb is at Ucha Multan) who came from BUKHARA , present day capital of Uzbekistan. HSM Murad Bukhari AH, had four sons- Syed Mir Sa'eed Bukhari, Syed Abu Saeed Bukhari, Syed Noor Syed Bukhari and Syed Haider (R.A).

He got his early education from his uncle Syed Ziya ud Din Zeerak (Kandhami) and grand father. His grandfather Hazrat Syed Allo ud Din Bukhari (RA) decided to send him for further education to Iraq . During his travel Hazrat Haji Syed Mohammad Murad Bukhari (RA) met Shaikh Ishaq Rumi , AR. It is said that Shaikh Ishaq Rumi Shattari got surprised to see Hazrat Haji Syed Mohammad Murad Bukhari (RA) in his home and told him "Oh my son I saw Shaikh Syed Abdul Qadir Jeelani (RA) in my dream and he said to me " oh ishaq rumi tomorrow my son is comming to you, tell him to make allegiance with you . After making allegiance with shaikh Ishaq Rumi AR he became the successor for shatariya silsila .

He also graduated in knowledge of Islamic jurisprudence in Iraq. Shk Ishaq Rumi gave him the flag (Alam Sharif) which is said to have carried in Jangi Bader by Sahaba RA. This Alam Sharif is preseved & is being taken out on special occasions besides Eidain. Hazrat Syed Haji Mohammad Murad Bukhari

(RA) left for hajj and on the way to hajj in Khwarizim, Iran, he met SHAIYKH ABDULLAH BARZISH AABADI who was the khalifa Kubravi order founder by Hz Mohammad Najmuddin Kubra AR who taught him knowledge of Hidiith. It may be pertinent to mention that Hz Shahi Hamdan AR was also of the Kubravi order. Hz SHM Murad Bukhari AR has also carried out islamic mission in the present day Syria & Iraq. Hazrat Haji Muhammad Muraad Bukhari AR is reported to have performed 7 Hajh Pilgrimages to Makhak and have spent a considerable time in the city of Madinah.

Hazrat Haji Syed Mohammad Bukhari ARs tomb was first built by the order of Shahmeeri kings who were ruling at the time of his wisal in 861 AH. Since then the shrine has been renovated from time to time, as per the need, by Bukhari sadat of kreeri.

Since 1976 the management of the shrine was handed over to Muslim Awkaf Trust, now Wakf Board. Prof Rafudin Bukhari is heading the local advisory Committee of Awkaf comprising of 6 members, one each from 6 . Novabats Of Wursa of ziarate sharif as per the local convention.

A number of scholars have reported the complete history of the life, teachings and other achievements & Karamat of HSM Murad Bukhari AR. It has found mentioned in all kashmir history books & travalgues.

Any one required to go in for may consultant the relevant. This article is just an introduction, written to generate more studies in the unexplained facets of life of this patron saint of Kashmir.

Religious Moderation: The Deoband

■ Mahmood Dawar Bhat

Religious moderation is the basic principle of Islam. The Quran calls Muslims as the community of wasat (moderate/ middle way). According to the Islamic teachings, every kind of extremism and exaggeration is a deviation from the right path for the Ummah. The akabir (elders) of Dar al-Uloom Deoband follow the same Islamic methodology of religious moderation that is devoid of extremism. They have written a number of tracts/ books on intra-religious issues and have tried to unite the various thoughts and scholars of Islam under one banner of tawhidi light.

Dar al-Uloom Deoband is a great traditional Islamic institution established by Maulana Mohammad Qasim Nanautvi in 1868. This institution emerged as a Muslim response to colonialism and western cultural incursion. The deconstruction of western imperialistic structure and the promotion of the Quranic fundamentals was its pivotal strategy. The tradition of Dar al-Uloom Deoband is based on the historical weltanschauung of salaf-e saliheen swathed with divine knowledge, wisdom and gnosis. Its founder endeavoured to dismantle the charade of modernity and made a great contribution to the flourishing of Islamic values, ethos and culture among Muslims of the Indian subcontinent. Maulana Mohammad Qasim Nanautvi himself was a great Islamic theologian and a philosopher. Dr Atif Suhail Siddiqui, one of the leading scholars of Islamic thought of Dar al-Uloom Deoband, writes that Maulana Qasim Nanautvi accepted post-renaissance thought as an intellectual challenge and held that revelation is already sufficient and persuasive while the purpose



of logic and philosophy is to explain the claims of revelation.

The attitude of the grand masters of Deoband tradition, like allama Anwar Shah Kashmiri and Maulana Thanvi, was not sectarian but all-embracing spiritual-cum-intellectual within the framework of the Usool of Shariah. Their hermeneutical approach was traditional in nature embellished with love, kindness, spirituality, and tolerance in ilm al-khilaq. The legends who were affiliated with this great institute always appreciated the scholars/ works of other thought. Allama Anwar Shah Kashmiri, for example, called Mulla Sadra, one of the top Shia philosophers, as a muhaqiq, and Maulana Thanvi used the Avicennian principles of

rationality against the fuss of modernism despite knowing that Ibn Sina was declared as heretic by Imam Ghazali. The faqih al-nafs, Maulana Rashid Ahmad's positive comments along with the important treatise of Maulana Manzoor Nomani on Shaykh Mohammad bin Abdul Wahab, the precursor of modern Salafism, is an eye-opener for sectarian polemicists. The later scholars of Deoband tradition, like Mufti Taqi Usmani, also defended the intellectual patrimony of Imam Ibn Taimiyah.

The essential teaching of the elders of Deoband tradition is to promote the pristine form of Islamic thought devoid of innovations and religious deviation. They always discouraged sectarian debates. According to Mualana Thanvi,

sectarian discourses create hatred among Muslims. They diminish the spiritual aura of the Heart. He expounds that the way debates are conducted today is not the way of the predecessors (salaf). The Quran debates with the disbelievers in many places, but its style is amazing. It is nothing like the noisy quarrels of today. He further argues that the sectarian debates promote the people of falsehood even more and they have no positive result. However, to break the influence of the falsehood, explaining the truth and spreading it repeatedly and in different places is undoubtedly very beneficial. But using uncivilised/ uncultured language as we see nowadays is against the very basic principles of religion (Deen).

"No-Trust Vote Is Always Lucky For Us": PM Modi Takes Dig At Opposition

■ HT News Network

New Delhi: Prime Minister Narendra Modi, responding to the debate on the No-Confidence Motion today, declared that such occasions are "lucky" for him, for these turn out to be a test of the Opposition. The people judge them and return the BJP to power with a bigger mandate. "You have decided that NDA and BJP will return with a record mandate," he said. "God is kind. And God makes someone his medium. I take it as His blessing that He gave this proposal to the Opposition that they brought the motion," he said.

Recalling the last No-Confidence Motion moved by Chandrababu Naidu's Telugu Desam Party in 2018, PM Modi said, "Even then I had said, the motion is not a floor test of our government but theirs... When voting happened, they fell short".

"When we went to the public, the people announced their no-confidence in them. NDA and BJP got more votes. In a way, the Opposition No-Confidence Motion is a good



omen for us," he added.

Beginning his speech with a series of jabs at the Opposition, PM Modi said they had "betrayed" the people by not allowing any discussion to take place on important bills in the monsoon session. They have shown that for them, "dal" (party) is bigger than "desh" (the country). The Opposition, he said, is bowling a series of "no-balls" from which the government is scoring sixes.

"Their favourite slogan is Modi Teri Kabr Khudegi. But for me, their abuse and unparliamentary words are like tonic. Why do they do this? I believe the Opposition has received a secret boon- anyone they speak against end up flourishing. I am an example. They spoke against the banking

sectors. They got experts from outside. They spread rumours. The state banks' profits doubled," he said. In a blistering attack on the opposition during his reply to the no-confidence motion, Prime Minister Narendra Modi said the opposition had organised the fielding for the debate but fours and sixes were hit by the BJP and the NDA. He said the opposition kept bowling no balls in the name of the no-confidence motion, but the ruling coalition kept hitting centuries.

"I want to ask my colleagues in the opposition: Why don't you come prepared? Put in a little hard work. I gave you five years to prepare. I had said in 2018 (after the no-confidence motion that year) that you should definitely come

back. But you couldn't do it in five years. What state are all of you in?" the PM mocked.

He said that the country is watching the opposition and hearing everything the parties are saying, but they had given the people nothing but disappointment.

Initiating his reply, PM Modi had said that the opposition's no-confidence motions have been lucky for the NDA, as was proved by its hugely improved tally in the 2019 elections, a year after one such motion was moved.

"India has reposed its faith in us time and again... I can see you have decided that the NDA and the BJP will break all records in the 2024 elections and return to power after a grand victory with the blessings of the people," the Prime Minister said.

The PM pointed out that there have been discussions on many issues in the three days since the debate on the no-confidence motion began, but claimed that the opposition had not let the House function on other days, when important bills were passed. "They are not worried about the people, their primary aim is politics.

Congress Gives Privilege Notice Against Amit Shah In Lok Sabha

■ HT News Network

New Delhi: The Congress on Thursday gave a notice in the Lok Sabha against alleged breach of privilege by Home Minister Amit Shah, accusing him of speaking untruth on Maharashtra farm widow Kalawati Bandurkar who Rahul Gandhi had met in 2008.

The notice was given to Speaker Om Birla by Congress MP and party's whip in Lok Sabha Manickam Tagore.

"I submitted a privilege motion against Sh Amit Shah for misleading the Parliament yesterday on Smt Kalawati story to Hon'ble Speaker," Mr Tagore said on X, formerly known as Twitter, while sharing the notice.

Mr Gandhi had visited Bandurkar's house in 2008 after her husband committed suicide following a farm crisis in Maharashtra's Vidarbha.

During the debate on the no-confidence motion on Wednesday, Mr Shah had referred to 13 "failed" attempts to launch Rahul Gandhi's political career and recalled how he narrated a tale of a poor woman Kalawati. Mr Shah said



it was the Modi government that ensured that she got home and benefited from various government schemes.

However, the Congress alleged the Modi government was lying about Ms Kalawati and shared a video of the farmer on X. Ms Kalawati claims in the video that Rahul Gandhi had helped her tide over poverty.

In his notice, Mr Tagore alleged that Mr Shah has breached Parliamentary Privilege by not upholding the sanctity of accurate and truthful information when addressing the House.

"The issue in question pertains to a statement made by the Hon'ble Minister of Home Affairs in Lok Sabha yesterday i.e.

raises serious doubts about the veracity of the information presented in the Lok Sabha and it highlights a potential breach of privilege under Rule 22, Chapter 20 of the Lok Sabha Rules," he alleged.

In light of the aforementioned circumstances, Mr Tagore hoped the Speaker would take cognizance of this matter and consider initiating appropriate action.

"The breach of privilege motion, as outlined in Rule 22. Chapter 20 of the Lok Sabha Rules, should be initiated to ensure the accountability and integrity of our parliamentary system." Therefore, I request you to exercise your esteemed authority to move a breach of privilege motion against the Hon'ble Union Minister for his statement which appears to be in direct contradiction to the ground reality and direct him to seek apology from the House of People for his wrong and irresponsible statement yesterday. The video clip and link of the same is attached herewith," Mr Tagore said in his notice.

Ashok Gehlot Raises OBC Quota, Says In Favour Of Caste Census In Rajasthan

■ HT News Network

Jaipur: Rajasthan Chief Minister Ashok Gehlot announced on Wednesday that his government is in favor of conducting a caste census and will be moving towards raising the OBC quota by 6% from 21% to 27%, a move aimed at consolidating the Congress party's position in the OBC vote bank.

The OBC population in Rajasthan is just over 50%. He said that the caste census will help to identify the most backward castes and ensure that they get the benefits of reservation.

"Rahul Gandhi had been in favour of a caste census and we would also like a caste census in Rajasthan so that those marginalised can benefit from it," Chief Minister Gehlot said at a Congress rally in Banswara organised on the occasion of International Day of the World's Indigenous Peoples, or World Tribal Day.

Congress leader Rahul Gandhi also addressed the rally, effectively kickstarting the beginning of the Congress's campaign for the assembly polls in Rajasthan scheduled later this year.

In 2022, powerful groups like the Jats raised concerns about discrepancies in the OBC reservation. They were backed by Mr



Gehlot's own cabinet minister, Harish Chaudhary. The issue was resolved after the Chief Minister stepped in.

The Chief Minister's desire to raise OBC reservation from 21% to 27% and earmark an additional 6% for the most backward classes within the OBC community would take the reservation ceiling well above 70%.

Currently, Rajasthan has a reservation of 64%, with 21% for OBCs, 16% for SCs, 12% for STs, 10% for EWS, and 5% for MBCs.

The reservation conundrum has become a political challenge for governments in Rajasthan, with groups within the quota system vying for more representation and influence. The violent Gujarat agitation for reservation is one example of this, as the Gujjars eventually settled after being granted reservation in the MBC quota.

"Unhappy" Over Manipur Violence, BJP's Mizoram Ally To Back No-Trust Motion

■ HT News Network

New Delhi: In a setback for the BJP, albeit a symbolic one, its ally in Mizoram has declared that it will support the no-confidence motion moved against the central government. The Mizo National Front, which is the ruling party in Mizoram, said it has taken the decision because it is unhappy with the way the BJP governments in the state and the Centre have dealt with the Manipur violence issue.

C Lalrosanga, the lone Lok Sabha member from Mizoram, said he would vote against the government in the no-confidence motion, which was moved the Congress and is backed by the newly-minted INDIA coalition.

"We are extremely unhappy with the way the BJP governments have dealt with the Manipur issue. Our brothers and sisters in Manipur are badly affected and distressed by the violence in the state," Mr Lalrosanga said, adding that the issue was discussed with the party leadership, including the state Chief Minister and MNF President Zoramthanga.

"Your Ideology To See India Divided": J Scindia Slams Ex Boss Rahul Gandhi

■ HT News Network

New Delhi: Union Minister Jyotiraditya Scindia today tore into the Opposition, mocking the INDIA bloc and saying those who brought the no-confidence motion do not have confidence in it. He also responded to Congress leader Rahul Gandhi's verbal attacks on Prime Minister Narendra Modi yesterday. "Yesterday, Rahul Gandhi said that for the Prime Minister, Manipur is not a part of India. This Prime Minister has connected the Northeast with the world, he has a close relationship with the Northeast. The ideology of seeing India divided is yours, not ours," said Mr Scindia, a former Congress leader known to be close to Mr Gandhi. "I have spent 20 years in Parliament, but I have never seen something like this. The man on country's highest post, the Prime Minister who resides in the hearts of 140 crore Indians, the words used for him by the Opposition. I believe they will have to apologise before the people of the country, if not before Parliament," he said in Lok Sabha during the debate on the no-confidence motion against Narendra Modi government.

"Your Ideology To See India Divided": J Scindia Slams Ex Boss Rahul Gandhi

■ HT News Network

New Delhi: Union Minister Jyotiraditya Scindia today tore into the Opposition, mocking the INDIA bloc and saying those who brought the no-confidence motion do not have confidence in it. He also responded to Congress leader Rahul Gandhi's verbal attacks on Prime Minister Narendra Modi yesterday. "Yesterday, Rahul Gandhi said that for the Prime Minister, Manipur is not a part of India. This Prime Minister has connected the Northeast with the world, he has a close relationship with the Northeast. The ideology of seeing India divid-

"BJP, Quit India": Mamata Banerjee At 'Khela Hobe' Scheme Launch Minister

■ HT News Network

Kolkata: West Bengal Chief Minister Mamata Banerjee launched a scathing attack on the BJP at a rally in Jhargram, a tribal belt in West Bengal. She also took on the West Bengal Governor over appointments of Vice-Chancellors to universities.

"We told the British Quit India and we are telling the Union Government Quit Delhi's seat of power," Ms Banerjee said, accusing the Union government of disregarding West Bengal's interests. "BJP, you quit India," Ms Banerjee added.

"BJP is trying to create ethnic conflict like Manipur between scheduled tribes and Kurmis. You must never fight amongst yourselves. You stay like you do and the Adivasis will stay like they do. We are watching out for everyone's welfare. It is very easy to light a fire. You have to just light a matchstick. But it is very difficult to put out a fire. One a fire is lit; it doesn't go out. You are doing politics of murder, politics of blood. I don't want to do it," Ms Banerjee said, alluding to the agitation of the Kurmi community in the state.

The Kurmi community has been agitating demanding Scheduled Tribe (ST) status



and inclusion of the Kurmal language in the Eighth Schedule of the Constitution.

"Whatever development needs you have I will get it done, but you must stay together, sit together, and eat together. I know one leader who shows he loves Kurmis a lot. But that is not what it is. Find out. He gets crores from the BJP and when the elections come, he carries a BJP flag and says he will do this and that," Ms Banerjee added. Ms Banerjee minced no words when it came to the Governor. "Our Governor roams around wearing sunglasses. He can wear as many as he wants. He is giving a lot of gyam, but he does not act on our proposals. He is getting people from Kerala according to his wishes and appointing them. A lot of friends from Kerala live here and we have no objection.

Armed With Data, Amit Shah Sets Tone For 2024, Clarifies Centre's Position On Manipur

■ HT News Network

New Delhi: Home Minister Amit Shah on Wednesday delivered in what probably was his longest speech in parliament, listing out the achievements of the Modi government in the past nine years, taking on his political opponents and also clarifying all the efforts made by the centre in addressing the ethnic violence in Manipur.

Mr Shah, who spoke for a little over two hours, steered clear of politics over sexual crimes while speaking on Manipur, and did not bring up the number of rape cases in opposition-ruled states, calling the recent case of a rape and parading of a Manipur woman as shown by a viral video a "blot on humanity."

His speech was broadly divided into three areas - achievements of the government led by Prime Minister Narendra Modi, political rebuttals and Manipur - but the underlying tone was the emphasis on national security and the attention that the government had paid to three turbulent zones of the country, namely Jammu and Kashmir, Maoist violence areas and the north-east. He said the government had actually taken extra care to ensure these zones were free from conflict and on the path to progress.

The Home Minister's speech was marked by the extent of preparation, nature of



delivery and detailed rebuttals showing that he was aware of the questions opposition leaders had raised in the debate. He cited data for every claim, and contrasted every accomplishment with how the opposition handled the subject when in power.

The popularity of PM Modi remained the centre point of Mr Shah's speech, which gave a glimpse into what PM Modi is likely to speak in parliament on Thursday.

Mr Shah said the BJP believed in "politics of performance and politics with principles," and narrated how the Atal Bihari Vajpayee government lost the no-confi-

dence motion by just one vote "because the party MPs did not compromise on their principles." The Manipur ethnic violence was exceptional as it was triggered by the Manipur High Court ordering the state government to determine whether the valley-majority Meiteis can be included under the Scheduled Tribes (ST) category. The order did not have feedback from the ST commission or the centre, as per the process. It was also Mr Shah's sharpest political attack when he said he has records to prove that the highest number of communal incidents have taken place under

the rule of former Prime Ministers Jawaharlal Nehru, Rajiv Gandhi and Indira Gandhi.

While speaking on Manipur, unlike the other areas, Mr Shah maintained a non-aggressive tone, somewhat also seeking support but also sounding optimistic to address the crisis. Just a few hours before he spoke in parliament, Mr Shah had a long meeting with Manipur's hill-majority Kuki groups that had reached out to him for space in the state for mass burials.

In his speech, Mr Shah appealed to Kuki and Meitei groups to resolve their differences and work together for peace, an appeal that he also made to the opposition, but the opposition refused to agree to making such an appeal.

While on Jammu and Kashmir, he said the government - unlike the opposition - will not speak to the Hurriyat but to the youth, which is why terrorists are not being glorified after their deaths, the Home Minister added that only three districts now have presence of Maoist groups and the government is working on solving this issue. From COVID-19 management to vaccines to rise in infrastructure projects and even farmers welfare, Mr Shah also listed out the government's achievements, stopping briefly at the reference of direct-benefit transfer (DBT) when the opposition said it was the Congress that started it.

US President Joe Biden announces curbs on US investments in China

■ HT News Network

US President Joe Biden on Wednesday issued an executive order aimed at restricting certain American investments in sensitive high-tech areas in China — a move Beijing blasted as being “anti-globalisation”.

The long-anticipated rules, expected to be implemented next year, target sectors like semiconductors and artificial intelligence, as Washington seeks to limit access to key technologies.

“The commitment of the United States to open investment is a cornerstone of our economic policy and provides the United States with substantial benefits,” Biden said in a letter to Congressional leaders announcing the executive order.

“However, certain United States investments may accelerate and increase the success of the development of sensitive technologies and products in countries that develop them to counter United States and allied capabilities.”

The programme is set to prohibit new private equity, venture capital and joint venture investments in advanced semiconductors and some quantum information technologies in China, according to the Treasury Department.

“The outbound investment programme will fill a critical gap in the United States’ national security toolkit,” a senior government official said on condition of anonymity.



“What we’re talking about is a narrow and thoughtful approach as we seek to prevent [China] from obtaining and using the most advanced technologies to promote military modernisation and undermining US national security.”

The Treasury is considering a notification requirement for US investments in Chinese entities involved in less advanced semiconductors, and activities relating to certain types of artificial intelligence.

China could exploit US investments to further its ability to produce sensitive technologies critical to military modernisation, the Treasury Department said.

But it anticipates creating an exception for certain US investments into publicly

traded securities and transfers from US parents to subsidiaries.

China’s foreign ministry blasted the move as an attempt to “engage in anti-globalisation and de-sinicization”, warning that China would “resolutely safeguard its own rights and interests”.

“Beijing is strongly dissatisfied and firmly opposes the United States’ insistence on introducing restrictions on investment in China, and has lodged solemn representations with the United States,” the ministry said in a statement.

Chilling effect?

While the volume of dollars or numbers of transactions covered by a ban or notification regime is likely to be quite small, it

does not necessarily mean the overall impact will be limited, said Emily Benson, director of the Project on Trade and Technology at the Center for Strategic and International Studies (CSIS).

“It’s possible that while they’re not directly subject to bans, companies will rethink the nature of their investments and that could have a chilling effect on bilateral investment over time,” Benson told AFP.

The latest restrictions come shortly after visits by several high-level US officials to China as Washington and Beijing aim to stabilize ties.

During US Treasury Secretary Janet Yellen’s trip to the Chinese capital last month, officials from both sides talked about what such curbs might look like, and she told reporters that any new moves would be implemented in a transparent way.

“I emphasised that it would be highly targeted and clearly directed narrowly at a few sectors where we have specific national security concerns,” Yellen said at the time.

She added that she wanted to allay fears that Washington would implement measures with broad-based impacts on the Chinese economy.

Nicholas Lardy, a non-resident senior fellow at the Peterson Institute for International Economics (PIIE), noted that “the share of investment in China that’s been financed by foreign capital in recent years is about one to two per cent”.

41 feared dead in migrant shipwreck

■ HT News Network

ROME: Forty-one migrants are thought to have died in a shipwreck last week in the central Mediterranean, Italian authorities and United Nations agencies said on Wednesday, citing survivors who have been taken to the Italian island of Lampedusa.

Local public prosecutor Salvatore Vella and three UN agencies confirmed media reports that four people who survived the shipwreck had told rescuers they were on a boat carrying 45 people, including three children. The survivors — a 13-year-old boy, a woman and two men — arrived in Lampedusa on Wednesday, almost six days after the sinking of their boat, the International Organisation for Migration (IOM), Unicef and UNHCR, said in a joint statement. The boat had set off on Aug 3 from Tunisia’s Sfax, a hot spot in the migration crisis, but capsized and sank during the night after being hit by a big wave, the survivors were quoted by multiple sources, including Ansa news agency, as saying. The Italian Red Cross and the Sea-Watch charity rescue said the four had survived by hanging on to life jackets or other inflatable rubber devices and then finding another empty boat at sea, on which they spent several days adrift. The migrants arrived in Lampedusa exhausted and in a state of shock and are due to be questioned by police, prosecutor Vella said. They are presumed to have had no food or drinking water until their rescue on Tuesday.

Saudi mission in Iran starts work after seven years

■ HT News Network

TEHRAN: Saudi Arabia’s embassy in Tehran has resumed operations, state media in Iran reported on Wednesday, following a thaw in ties seven years after the mission was closed.

Iran and Saudi Arabia agreed to resume diplomatic relations and reopen their respective embassies following a China-brokered deal announced in March.

The long-time regional rivals severed ties in 2016 after Saudi diplomatic missions in Iran were attacked during protests over Riyadh’s execution of cleric Nimr al-Nimr. “The embassy of Saudi Arabia in the Islamic Republic of Iran has officially commenced its activities” and has been operating since Sunday, the official news agency IRNA said, quoting an “informed source” at Iran’s foreign ministry. There has been no official confirmation from Riyadh on the move.

In June, Iran marked the reopening of its embassy in Riyadh with a flag-raising ceremony. Iranian media had previously attributed the delay in reopening the Saudi embassy to the poor condition of the building which was damaged during the 2016 protests.

The reports said Saudi diplomats would work from a luxury hotel in the Iranian capital pending the completion of the works.

Since the March deal, Saudi Arabia has restored ties with Iranian ally Syria and ramped up a push for peace in Yemen, where it has for years led a military coalition against the Iran-backed Houthi forces.

Eleven die in fire at holiday home in France

■ HT News Network

WINTZENHEIM: Eleven people were killed in eastern France on Wednesday when a fire tore through a holiday lodging being used by a group of adults with learning disabilities, officials said.

The fire at the timbered residence in the eastern town of Wintzenheim struck deep in the night while the guests were asleep, with many of those on the upper floor unable to react fast enough to save their lives. The fire, which came at the height of the nation’s summer holiday season, is the deadliest in France since a blaze at a bar in the northern city of Rouen in 2016 killed 14 people. “Those on the ground floor are all alive and upstairs five people managed to escape. The eleven others died,” regional deputy prosecutor Nathalie Kielwasser said at the scene. The fire brigade said six bodies had been brought out and two of them had already been identified. Intensive efforts were ongoing to extract the other corpses.

“The difficulty lies in accessing the affected levels, since there is a lot of rubble, a lot of collapsed parts and the stability of the floor is very uncertain,” said Philippe Hauwiler, who was leading the fire brigade search operation. The local fire services said authorities were alerted about the blaze in Wintzenheim, just outside the city of Colmar in the eastern Alsace region, at around 6:30am (0430 GMT).

China’s capital triples death toll from heaviest-ever rains

■ HT News Network

BEIJING: Seven people were killed in flash floods in south-western China on Wednesday, as authorities in Beijing tripled the death toll from the capital’s heaviest-ever rains. China has been hit by record downpours in recent weeks, damaging infrastructure and deluging swaths of Beijing’s suburbs and surrounding areas.

And in south-western Sichuan province, flash flooding on Wednesday killed seven people on Wednesday, state media reported. The victims, who were reportedly taking pictures when the torrent struck, were tourists visiting a popular site. Thirty-three people have been confirmed dead and 18 are still missing officials said on Wednesday, in the recent bad weather in the capital, mainly by flooding and buildings collapsing — three times the figure given by officials on Tuesday last week.

Ecuador presidential candidate Fernando Villavicencio assassinated, one suspect dead

■ HT News Network

Ecuador presidential candidate Fernando Villavicencio, a vocal critic of corruption and organised crime, was killed at a campaign event on Wednesday, authorities said, amid an upsurge in violence in the Andean nation blamed on drug traffickers.

Local media reported some 30 shots had been fired at an event in the north of the capital, Quito. Video footage posted on social media showed Villavicencio getting into a car after the event, before the sound of apparent gunfire and screaming.

Ecuador’s police and Interior Ministry did not respond to repeated requests for comment about the details of the killing, but outgoing President Guillermo Lasso confirmed police safely detonated a grenade left behind by the killers.

“This is a political crime, which has the character of terrorism, and we do not doubt that this murder is an attempt to sabotage the electoral process,” Lasso



said in a video statement past midnight local time, after meeting with security and electoral officials. Lasso declared three days of mourning and a national state of emergency, saying the military would mobilise to guarantee security.

Voting for a new president will go ahead as planned on Aug 20, he added.

The attorney general’s office said one suspect in the crime later died of injuries sustained in a shootout. The violence injured nine other people, including a candidate for the legislature and two police officers.

The office later said it had arrested six people so far

in connection with the crime during raids in Quito.

Rising violence Lasso’s government has blamed rising violence on the streets and in prisons on criminal infighting to control trafficking routes used by Mexican cartels, the Albanian mafia, and others to move drugs.

Security concerns, along with employment and migration, are major voter concerns in presidential contests.

Villavicencio had pledged to combat corruption and reduce tax evasion if elected. According to opinion polls, his support was at 7.5 per cent, ranking him fifth out of eight candidates.

US Warned Pak Of Isolation If Imran Khan Wasn’t Removed: Report

■ HT News Network

Washington DC: The US State Department in a meeting on March 7, 2022 encouraged the Pakistani government to remove Imran Khan as the country’s Prime Minister over his neutrality in the conflict between Russia and Ukraine, US-based news outlet The Intercept reported citing a classified Pakistani government document.

The meeting between the Pakistani ambassador to the US and two US State Department officials has been a matter of intense scrutiny, controversy, and speculation in Pakistan over the past year and a half, as the former Pakistan PM and his military and civilian opponents struggled for power.

The political struggle further escalated on August 5 when Khan was sentenced to three years in prison on corruption charges, according to The Intercept report. However, Khan’s supporters have denied the charges, terming them baseless. The decision announced by the court also blocks Khan from contesting polls expected in Pakistan later this year.

One month after the meeting with US officials was revealed in the Pakistan government’s document, a no-confidence vote was held in Parliament, resulting in Khan’s ouster from power. The vote in the Pakistani parliament was believed to have the support of Pakistan’s army.

The vote is believed to have been organised with the backing of Pakistan’s powerful military. Since his ouster, Khan and his



supporters have been involved in a struggle with the army and its civilian allies, whom the former Pakistan PM engineered his removal from power at the request of the US.

In March last year, Pakistan’s then-Prime Minister Imran Kha raised “foreign conspiracy” charge.

Addressing the nation amid his coalition government seemingly losing the majority after losing the support of some allies, Khan said a foreign power sent a message that he needs “to be removed” or Pakistan will face consequences.

“A foreign nation sent a message to us (Pakistan) that Imran Khan needs to be removed else Pakistan will suffer consequences,” he said. Referring to “foreign conspiracy letter,” he said its language “was threatening and arrogant”.

On March 27, Khan had waved the “letter” at a public rally saying a foreign conspiracy was afoot to oust him. He had sought to link the opposition’s no-confidence motion with a “foreign-funded” move to topple his government.

Sweden embassy in Lebanon attacked amid anger over Holy Quran’s desecration; no casualties

■ HT News Network

An assailant threw a Molotov cocktail — a bomb that consists of a bottle filled with flammable liquid — at Sweden’s embassy in Beirut, causing no casualties, Stockholm’s foreign minister and a diplomatic source said on Thursday, amid anger over recent incidents of the Holy Quran’s desecration.

“We confirm that there was a Molotov cocktail thrown at the facade of our embassy last evening, which did not explode,” a diplomatic source at the embassy said, requesting anonymity as they were not authorised to talk to the media. The “perpetrator managed to run away”, the source added.

Tensions have flared



between Sweden and Muslim countries following several protests involving public desecrations of the Holy Quran in Stockholm — including setting pages alight.

Multi-confessional Lebanon saw protests at mosques, while the head of the powerful pro-Iran Muslim group Hezbollah has called for the Swedish ambassador to be expelled.

Lebanese security forces had bolstered measures

around the embassy in downtown Beirut for fear of attacks.

Swedish Foreign Minister Tobias Billström said “it was sheer luck that no one was injured” in Wednesday’s attack and that staff were safe.

“The incident is currently being investigated,” he said in a statement on Thursday, noting that “Lebanese authorities have an obligation under the Vienna Convention to protect dip-

lomatic missions”.

Late last month, two Iraqi men set a copy of the Holy Quran alight outside the Swedish parliament in Stockholm, in an act similar to others in recent weeks that had drawn widespread condemnation.

Salwan Momika and Salwan Najem stomped on the holy book, set its pages ablaze before slamming it shut, as they did at a protest outside Stockholm’s main mosque in June.

The duo also staged a similar protest outside Iraq’s embassy in the Swedish capital on July 20, where they stomped on the religious text.

The incidents have drawn strong reactions across the Muslim world, with several nations, including Pakistan, condemning the acts at international forums.

Russia says downed wave of Ukrainian drones nearing Crimea, Moscow

■ HT News Network

Russia downed 11 Ukrainian drones nearing Crimea and two headed for Moscow, officials said on Thursday, the latest in a blitz of air strikes on Russian-held territory.

“Two UAVs (unmanned aerial vehicles) flying in the direction of the city of Moscow were destroyed,” the Russia’s defence ministry said in a statement on Telegram.

It said one drone was shot down over the Kaluga region southwest of Moscow, and another over the Odintsovsky district bordering the capital.

Those drones were shot down at around 4:00am (0100 GMT), Moscow mayor Sergei Sobyanin said on Telegram.

Two other Ukrainian drones were shot down near the city of Sevastopol on the Crimean coast, the defence ministry said, and “another 9 were suppressed by means of electronic warfare and crashed in the Black Sea”.

It said there were no reports of damage or casualties in any of the affected areas.

The strikes come a day after Russia said two Ukrainian combat drones headed for Moscow were shot down, and constitute at least the fourth attack near the capital within a week.

Russia previously said it downed a drone over Kaluga on Monday, as well as seven drones in the region last Thursday.

DC Kupwara flags-off Mega Tiranga Rally at Zangli Park Congratulates people for celebrating I-Day in befitting manner

■ HT News Network

KUPWARA, AUGUST 10: Under the banner "Meri Maati Mera Desh", a Mega Tiranga Rally was held at Zangli Park which was flagged off by Deputy Commissioner Kupwara, Ayushi Sudan.

The Rally was organized by School Education Department Kupwara and Youth Services & Sports department in collaboration with District Administration Kupwara.

The Mega Tiranga Rally which started from Zangli Park went through Zangli Garrison and culminated at

Fountain Chowk near By Pass Road Kupwara.

The Deputy Commissioner, ADC Kupwara, JD Planning, Chief Education Officer, ACD, CMO, DIO, DYS&SO and other district and sectoral officers took part in the rally along with hundreds of students from different schools of Kupwara Zone.

During the Tiranga Rally, the students with National Flags in their hands were raising patriotic slogans.

Meanwhile, Panch Pran Pledge was also taken by the participants including officers and students which was administered by the Deputy Commissioner.



Speaking to the media persons, the Deputy Commissioner congratulated the concerned departments for conducting such a massive Tiranga Rally. She said that this is the biggest Tiranga Rally that Kupwara has ever seen in which children in large number took part with great fervor and enthusiasm.

The Deputy Commissioner said that in connection with "Meri Maati Mera Desh" Campaign, Tiranga Rallies and different programmes are being conducted in nooks and corners of the district. She added that in every Panchayat, Shilaphalakam Memorial has been installed to honour the martyrs and war heroes especially local heroes.

and war heroes especially local heroes.

Ayushi Sudan congratulated the residents of Kupwara district who are wholeheartedly participating in the ongoing campaign and are celebrating this Independence Day in a befitting manner. The Deputy Commissioner said that in connection with "Meri Maati Mera Desh" Campaign, Tiranga Rallies and different programmes are being conducted in nooks and corners of the district. She added that in every Panchayat, Shilaphalakam Memorial has been installed to honour the martyrs and war heroes especially local heroes.

Director Agriculture inspects Industrial Estate Lassipora Pulwama 70 Bags of Subsidised urea being used for Industrial purpose seized

■ HT News Network

SRINAGAR, AUGUST 10: A team of enforcement officers led by the Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inspected Industrial Estate Lassipora Pulwama and 70 bags (35.8) of subsidised urea meant for agriculture purpose were seized. The fertilizer was reportedly being used for Industrial purposes.

Speaking on the occasion, Director Agriculture said that today a team of enforcement wing of the department inspected the premises



of one A.Z shuttering panels, plywood manufacturing unit and other plywood unit and found that a huge quantity of subsidised urea fertilizer was

being used by these unit (in violation of Insecticide act 1968 and Rules 1971) there-

under for industrial purpose. Director said that the department is vigorously working to ensure that the subsidised fertilizer reaches only the farming community of the region. He said strict action according to law shall be initiated against those involved in black marketing of fertilizers, Industrial use of subsidised fertilizer, and unauthorised sale of fertilizers.

The Director said that the department has constituted district law enforcement teams for every district for maintaining smooth supply, storage and distribution of different

kinds of fertilizers among the farmers. Director said that the department is vigorously working to ensure that the subsidised fertilizer reaches only the farming community of the region. He said strict action according to law shall be initiated against those involved in black marketing of fertilizers, Industrial use of subsidised fertilizer, and unauthorised sale of fertilizers. The Director said that the department has constituted district law enforcement teams for every district for maintaining smooth supply, storage and distribution,.

Early preparation, strategic planning must to crack civil services: DDC Gbl to CUK students

■ HT News Network

Ganderbal, August 10: Department of Law, School of Legal Studies (SLS), Central University of Kashmir (CUK), in collaboration with Ganderbal Chronicles "Capturing Lives, Inspiring Hearts," organized an extension lecture "How to Prepare for Civil Services", by District Development Commissioner (DDC) Ganderbal, Mr. Shayimbir.

Addressing the students, scholars and faculty members, Mr. Shayimbir, who was the guest of honour, shared valuable tricks and tips for students aspiring to crack the IAS examinations. He emphasized the importance of early preparation and strategic planning from the outset. DDC Ganderbal also discussed potential obstacles that aspirants might face and urged students never to lose their morale in the face of setbacks.

Three-day International Conference on SDGs concluded at IUST

■ HT News Network

Awantipora, Aug. 10. The 3-day International Conference on Sustainable Development Goals with special reference to Climate Change organized by IUST from August 8-10 concluded today. Director NIT, Prof. Sudhakar Yedla, was the chief guest in the Valedictory function, which was attended by Dean Academic Affairs, Prof. Manzoor Ahmad Malik, Registrar, Prof. Naseer Iqbal, Finance Officer, Mr. Sameer Wazir, Deans of Different Schools, Directors and Coordinators of Departments and centres, faculty and Staff. More than 100 participants from different parts of the country participated in the conference, that was sponsored by the Science and Engineering Research Board Govt. of India, National Science Academy, Department of Science and Technology Govt. of India, J&K Bank Ltd. and IUST. The conference saw the participation of Eminent Scientists and academicians including Prof. Dinesh Singh, Prof. VK Gaur, Prof. Bharat Desai among others. The proceedings included panel discussions, poster sessions, lead lectures deliberating on the theme. Dean of Students, Dr. Asifa Mehraj Baba was the Convenor of the Conference while Dr. Aijaz Ahmad Qureshi, Coordinator Nature Interpretation Centre, Biodiversity Park was rapporteur of today's panel discussion.

NTTA, NLCO Condoles The Demise of Father of Secretary Tourism, Dr. Syed Abid Rashid Shah, IAS

■ HT News Network

Srinagar, 10 August, 2023 : Nigeen Tourist Traders Association (NTTA) Chairman, Nageen Lake Conservation Organisation (NLCO) President Manzoor Wangnoo has expressed his profound grief and condolences on the sad demise of the father of Secretary Tourism, Dr. Syed Abid Rashid Shah, IAS. He said that along with him the entire NTTA and NLCO members, offer their sincere sympathies to Dr. Syed Abid Rashid Shah, IAS and his family during this difficult time. The deceased was a notable environmentalist he added. "Today, we mourn the loss of a distinguished environmentalist and a compassionate soul. Our thoughts and prayers are with Dr. Syed Abid Rashid Shah, IAS and his family as they navigate through this period of sorrow. May the departed soul find eternal peace in Jannah," he said.

Seminar on 'Menace of Drug Abuse' held at GDC Women Anantnag

■ HT News Network

ANANTNAG, AUGUST 10: A seminar on the 'Menace of Drug Abuse' was today organized by Gulistan News Network at Government Degree College (GDC) for Women Anantnag. Dr. Darakshan Andrabi, Chairman of Wakf Board, was the chief guest while DIG of Police, Rayees Mohammad Bhat was the guest of honor. During the programme, speakers stressed on Drug abuse, its ill effects and treatment. They urged the participants to fight against social evils as it is our collective responsibility to put an end to the drug menace.

KUAST-K, KVK Budgam start Six days CBTP on 'Organic In Situ Input Production for Vegetable Production'

■ HT News Network

BUDGAM, AUGUST 10: SKUAST-K, KVK Budgam today started a Six days capacity building training programme (CBTP) on "Organic In Situ Input Production for Vegetable Production" in collaboration with Directorate of Research, SKUAST-K, Shalimar.

The training programme is being conducted under Holistic Agriculture Development Plan (HADP) project on Alternate system of Agriculture with an aim to impart required skill and Entrepreneurship opportunities in the field of organic vegetable production in district Budgam with organic inputs.

The program will also provide an insight of organic farming and production of organic inputs to the trainees so that they can produce organic vegetables in the health conscious society.

Sr. Scientist & Head KVK Budgam, Dr. Bilal Ahmad Lone deliberated upon the concept of organic agriculture and its importance with respect to ancient and modern era. Participants are from different areas of District Budgam. The trainees shall also be taken for an exposure visit for better understanding of the concepts. The program will also provide an insight of organic farming and production of organic inputs to the trainees so that they can produce organic vegetables in the health conscious society. Sr. Scientist & Head KVK Budgam, Dr. Bilal Ahmad Lone deliberated upon the concept of organic agriculture and its importance with respect to ancient and modern era. Participants are from different areas of District Budgam.

Azadi Ka Amrit Mahotsav: Horticulture department extends hearty welcome to newly appointed members

■ HT News Network

BANDIPORA, AUSRI-NAGAR, AUGUST 10: A momentous gathering was today held at the Directorate of Horticulture Rajbagh, Srinagar, as a jubilant function under the banner of 'Azadi Ka Amrit Mahotsav' and in connection with 'Meri Maati, Mera Desh' campaign.

The event, chaired by Director Horticulture, G. R. Mir and co-chaired by Imam U Din, Managing Director of JKHPMC, resonated with the spirit of patriotism and progress. This gathering was organized to extend a hearty welcome to the newly



appointed members in the Department of Horticulture.

The central focus of the event was the ceremonial appointment of 17 skilled Horticulture Technicians and 03 proficient Ste-

nographers. The appointment orders were conferred by the Director Horticulture following their successful recruitment by the Jammu and Kashmir Services Selection Board (SSB). This milestone not only recognizes

their talent but also underscores the department's commitment to nurturing a talented workforce.

Director Horticulture extended a warm welcome to the newly inducted members, emphasizing the vital role they will play in the growth and development of the horticulture sector. He expressed his confidence in their abilities and encouraged them to approach their duties with dedication and enthusiasm.

The attendees departed with a renewed sense of purpose, invigorated by the collective determination to propel the Department of Horticulture to greater heights.

Government Polytechnic College Nagam Budgam announces admission for the current academic session

BUDGAM, AUGUST 10: Government Polytechnic College Nagam Budgam has announced admission for aspiring students for the current academic session in the college.

The College offers 03 years diploma courses in Civil, Mechanical and Automobile Engineering having an intake of 60 students in Civil and Mechanical Engineering and 30 Students for Automobile Engineering.

The eligibility criterion is Matriculation (10th pass) from recognized Board with 35% marks and for the lateral entry scheme, the students must have passed 12th Examination with PCM (Physics Chemistry & Maths) as subjects. The institution having Co-Education is offering many scholarship schemes viz. Pragati for girl students, Saksham for specially-abled students.

DC Bandipora reviews 'Chota Amarnath Yatra' arrangements

■ HT News Network

BANDIPORA, AUGUST 10: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmad Thursday chaired a meeting to review and assess the arrangements for the upcoming one-day 'Chota Amarnath Yatra' scheduled on August 31.

It was given out that the 15 kilometer long Yatra will pass through the Arin-Dardpora route via Shampathan and finally culminate at Chota Amarnath Cave.

The DC stressed for ensuring the safety, security, and comfort of all pilgrims participating in the Yatra. A threadbare discussion was held during the



meeting on various centered areas around various aspects of the pilgrimage, including medical facilities, transportation, accommodation, security arrangements, and communication facilities.

In order to facilitate a smooth and hassle-free pilgrimage experience, the concerned departments were directed to collaborate

and make comprehensive arrangements. The health department was tasked with setting up medical camps along the Yatra route to provide immediate medical assistance to pilgrims in case of any emergencies. They were further directed to pre-check the health condition of every devotee before commencing the yatra.

Toyota Kirloskar Motor Launches All New Toyota Rumion

■ HT News Network

Srinagar, Aug 10, KNT: Toyota Kirloskar Motor (TKM), today announced the launch of its latest offering, the All New Toyota Rumion - a new compact MPV boasting of unmatched space, excellent fuel efficiency in a stylish and premium new family car. Marking Toyota's entry into the B-MPV segment, All New Toyota Rumion presents a prestigious and convenient option for families seeking comfort, convenience, reliability and peace-of-mind. This backed by top performance and excellent fuel efficiency aptly caters to the evolving needs of customers in the compact MPV segment.

At the heart of the All New Toyota Rumion lies the powerful K-series 1.5-litre Petrol engine with Neo Drive (ISG) technology and E-CNG technology which promises to be responsive and bring joy to driving. Equipped with Toyota i-Connect, it offers remote control of climate, lock/unlock, hazard lights, and headlights and

many more. Masakazu Yoshimura, Managing Director and Chief Executive Officer, TKM said, "The All New Toyota Rumion embraces this ethos and we look forward to offering Toyota's commitment to quality and service to a whole new set of customers through delightful ownership experience thus delivering "mass happiness to all". Tadashi Asazuma, Executive Vice President - Sales, Service & Used Car, TKM said, "The All New Toyota Rumion embodies the very essence of Toyota's illustrious legacy in the MPV segment. Our endeavor is to study the needs and aspirations of our valued customers to ensure that each vehicle we unveil, embodies our relentless pursuit of delivering unparalleled driving experiences and supreme comfort."

Atul Sood, Vice President - Sales and Strategic Marketing, TKM said, "The introduction of All New Toyota Rumion is a moment of great excitement for Toyota Kirloskar Motor and we are thrilled to welcome a new member to our ever-growing family of offerings."

Consuming sugary drinks daily linked with higher risk of liver cancer and disease in women

Consuming sugary drinks daily linked with higher risk of liver cancer and disease in women New Delhi, Aug 9 (PTI) Women consuming sugar-sweetened drinks daily are a higher risk of developing liver cancer and chronic liver disease mortality, scientists have found in the US.

The observational study, led by researchers from Brigham and Women's Hospital, US, included 98,786 postmenopausal women from the prospective Women's Health Initiative (WHI) study. The WHI study focuses on strategies for preventing heart disease, breast and colorectal cancer, and osteoporosis in postmenopausal women.

Of the group, the 6.8 per cent women consuming one or more sugar-sweetened beverages daily had 85 per cent higher risk of liver cancer and 68 per cent higher risk of chronic liver disease mortality, the study found by observing women for over 20 years. This data was compared against those who had fewer than three sugar sweetened beverages per month, the study



said. "To our knowledge, this is the first study to report an association between sugar sweetened beverage intake and chronic liver disease mortality," said Long-gang Zhao, first author of the study published in the Journal of American Medical Association (JAMA) Network Open.

"Our findings, if confirmed, may pave the way to a public health strategy to reduce risk of liver disease based on data from a

large and geographically diverse cohort," said Zhao. The women participants reported their usual soft drink, fruit drink (not including fruit juice) consumption, and then reported artificially sweetened beverage consumption after three years. They were followed for a median of more than 20 years. The researchers looked at self-reported liver cancer incidence and death due to chronic liver disease such as fibrosis, cirrhosis, or chronic hepatitis, which were further verified by medical and/or death records.

They said that being an observational study, causality could not be inferred and that they relied on responses that were self-reported. More studies were needed to validate this risk association and determine why sugary drinks appeared to increase risk of liver cancer and disease, they said. The researchers looked at self-reported liver cancer incidence and death due to chronic liver disease such as fibrosis, cirrhosis, or chronic hepatitis, which were further verified by medical and/or death records

Walking 4,000 steps daily is the new wonder drug: Study shows you can reduce risk of dying from all causes

If you walk just 1.5 to 2 km for about 15 to 20 minutes everyday, or 4,000 steps a day, in any setting, you may reduce your risk of dying from any cause. And even if you manage to walk a little more than half of that, you can reduce your risk of dying from cardiovascular diseases. These are the findings of a study, the largest till date and published in the European Journal of Preventive Cardiology.

The research, conducted by Maciej Banach, a professor of cardiology at the Medical University of Lodz in Poland, is significant because he collected data of 226,889 people, who were followed for an average of seven years to assess the health impacts of different daily step counts. Says Dr Ranjan Shetty, HOD and Consultant, Interventional Cardiology, Manipal Hospital, Bengaluru, "What this study does is establish the fact that the first move you make from zero activity has the maximum benefit and that it is doable. If we divide your exercise or physical activity pattern from zero to ten, then remember that zero to one has the maximum benefit than one to 10. Of course there are incremental benefits, with the study showing that an increase of 1,000 steps a day was associated with a 15 per cent risk



reduction in all-cause mortality and an increase of 500 steps a day was associated with a seven per cent risk reduction in cardiovascular disease. But if you commit to the first level of activity and stick with it daily because it is doable, then it sets you on a course correction. Studies on walking are many but this one, for the first time, sets a prescription dose for lifestyle correction like a doctor does for any other pill. It says exercise is also a tablet to be had with whatever drugs you have for your physical condition. So this study changes the perspective of what you need to do. "This study works best as a recommendation for the

Indian population, feels Dr Abhishek Srivastava, Director, Centre for Physical Medicine & Rehabilitation, Kokilaben Hospital, Mumbai. "Most Indians, genetically and physically, are not up to extreme physical exercises. Broadly, 5,000 steps daily work for them. Many people even count their minutes, usually ranging between 35 and 45 minutes. But by focussing on step counts, which you can monitor on your smart watches, you can walk the perimeter of your house if you cannot step outdoors. This way it clarifies the difference between physical activity (walking, household chores) and exercise (which people

associate with a gym). Also the recommendation that if you increase your steps by 1,000, you have 15 per cent extra protection, is new and was not shown by earlier studies," he says. With sedentary lifestyle emerging to be another co-morbidity trigger, Dr Shetty feels that this study tells us to "do something" rather than "do nothing." The concept of daily fitness and walking as a key component of physiology has gained ground ever since a UK study found that the bus driver had a higher chance of a heart attack because he is stationary for longer hours than a conductor who moves around.

"Without physical activity and in a restful state, your body metabolism slows down, which allows fatty acids to build up in blood vessels. Did you know that lipoprotein lipase, the enzyme that breaks down fat in your blood, drops by about 90 per cent when you sit around all day? So your fat just keeps getting stored, leading to obesity. You develop insulin resistance, which can cause Type 2 diabetes. Your bones weaken, body inflammation goes up and all of these taken together increase your risk of heart disease. The blood flow to the brain slows down too. Any exercise helps fight the effects of the stress hormone cortisol," he says. He has clearly seen four benefits in his patients with just a 15 to 20-minute walk. "The BP tends to come down by 5mmHg, both systolic and diastolic. Your blood sugar and HbA1c (average blood sugar) levels come down, you look younger and prevent ageing and can even halve your risk of cancer," Dr Shetty adds. Among the younger age group, the maximum health improvement was seen in those who walked between 7,000 and 13,000 daily steps, while for those aged 60 years and over, it was between 6,000 and 10,000 steps. The team even assessed the impact of walking up to 20,000.

Long-Term Use of Acid Reflux Drugs May Increase Your Risk of Dementia

A study has found a link between certain acid reflux medications and higher dementia risk.

People who took proton pump inhibitors longer than four-and-a-half years were at greater risk.

However, the study could not prove whether PPIs actually cause cognitive decline.

Experts note that it could simply be a coincidence since older people are more likely to be using PPIs.

However, they say there are several alternatives to using PPIs for those who are concerned about the risk.

A study published online on August 9, 2023, in the journal Neurology, the medical journal of the American Academy of Neurology, reports that popular acid reflux medications called "proton pump inhibitors" (PPIs) have been linked with a higher risk for dementia.

The association existed in people who took the medication for four-and-a-half years or more.



PPIs include medications like: omeprazole (Prilosec), esomeprazole (Nexium), lansoprazole (Prevacid). These drugs work by causing acid-forming cells in the stomach to reduce the amount of acid they are producing.

Dementia is an umbrella term that refers to conditions like Alzheimer's disease where abnormal changes occur in the brain that affect people's ability to think. Dementia can cause serious impairment to people's day-to-day functioning and behavior.

The authors do note, however, that this study does not prove that PPIs cause dementia. It simply indicates that there may be

some sort of relationship between the two.

How researchers investigated the possible link between acid reflux drugs and dementia

There were 5,712 people, aged 45 and up, who took part in the study. No one had dementia when the study began.

The researchers reviewed what medications people were taking during study visits and annual phone calls, finding that 26% of them had taken PPIs.

The study participants were divided into the following four groups:

those who had not taken PPIs
those who had taken

them for up to 2.8 years
those who had taken them for 2.8 to 4.4 years
those who had taken them for more than 4.4 years

The groups were then followed for a median of 5.5 years. Over the course of the study, 10% of people developed dementia.

When looking at those who took PPIs for more than 4.4 years, there were 24 cases of dementia per 1,000 person-years among the group who took PPIs. This was in comparison with 19 cases per 1,000 person-years in the group who abstained from PPI use.

After the team adjusted the data for various demographic and health factors, they found PPI users who had taken the drugs for over 4.4 years had a 33% higher risk of developing dementia in comparison to those who never took the drugs.

However, they did not find any association in those people who took PPIs for shorter amounts of time.

How acid reflux drugs might contribute to developing dementia.

Wegovy Lowers Heart Attack, Stroke Risk by 20%

The drug Wegovy was found to reduce risk of certain cardiac events by as much as 20% in a new study.

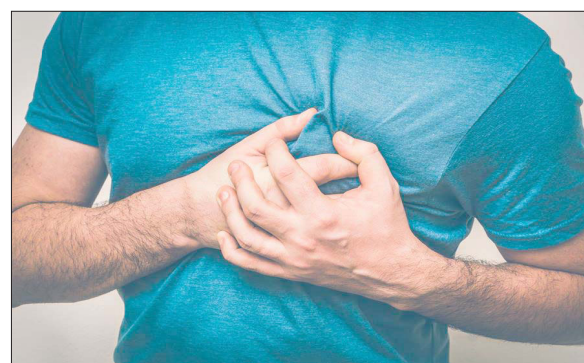
Drugmaker Novo Nordisk announced the preliminary results on August 8 in a news release.

A similar trial for Ozempic showed that it reduced the risk of heart attack and heart attack-related death by 26.

Anti-obesity drug Wegovy reduced the risk of heart attack, stroke, and heart attack-related death by 20% compared to people taking an inactive placebo, a clinical trial in people with cardiovascular disease shows.

Drugmaker Novo Nordisk announced the preliminary results on August 8 in a news release. The results have not yet been published in a peer-reviewed journal, but they will be presented later this year at a scientific conference, the company said.

The five-year trial involved over 17,000 adults 45 years or older with car-



diovascular disease who were overweight or had obesity but with no history of diabetes. Researchers randomly assigned people to receive weekly injections of Wegovy or the placebo.

"This study is significant because it shows benefits for cardiovascular risks [in people without diabetes], which no weight loss medication has done before," said Dr. Sebastian Eid, a bariatric surgeon and weight loss specialist with Hackensack University Medical Center in New Jersey.

Weight loss often benefits the heart

A similar trial for Ozempic, a type 2 diabetes drug

that uses the same ingredient, semaglutide, showed that it reduced the risk of heart attack, stroke and heart-related death by 26% over two years, compared to placebo.

Dr. Brian Kolski, a cardiologist at Orange County Heart Institute and director of Structural Heart Disease at Providence St. Joseph Hospital in Orange County, Calif., said the heart-related benefits of Wegovy are not unexpected.

"[This class of drugs] do seem to be quite effective in producing weight loss," he told Healthline, "and that weight loss, as we would expect, should have some cardiovascular ben-

efits."

Other treatments for obesity also show heart-related benefits. For example, the largely plant-based Mediterranean diet lowers the risk of coronary heart disease, stroke and overall cardiovascular disease. It has also been linked to moderate weight loss, at least over the short term.

Bariatric surgery, another treatment for obesity, has been shown to reduce the risk of cardiovascular disease, with stronger results than the Wegovy trial.

"Multiple studies show bariatric surgery patients experience a significant decrease in the risk of developing major cardiovascular events such as heart attacks, heart failure or ischemic strokes," Eid told Healthline.

In a five-year study, bariatric surgery reduced the risk of heart attack, stroke or dying from any cause by 44% in people with obesity;

NEWS

7 Lakh People, 1 Phone Number: Auditor Flags Discrepancies In Health Scheme



New Delhi: The Comptroller and Auditor General has highlighted discrepancies including invalid names, unrealistic dates of birth, duplicate health IDs and unrealistic family sizes in the database of Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY).

Ineligible households were found registered as PMJAY beneficiaries and had availed the benefits ranging between 0.12 lakh to 22.44 crore under the scheme, said the audit report tabled in Parliament yesterday.

"According to National Health Authority (NHA) records, 7.87 crore beneficiary households were registered, constituting 73 per cent of the targeted households of 10.74 crore (November 2022).

"In the absence of adequate validation controls, errors were noticed in beneficiary database i.e. invalid names, unrealistic date of birth, duplicate PMJAY IDs, unrealistic size of family members in a household etc.," the report said.

Health Ministry sources said today that there is no role of mobile number in the verification process.

"The mobile number is captured only for the sake of reaching out to the beneficiaries in case of any need and for collecting feedback regarding the treatment provided," an official source said.

The sources said the mobile number has no role in deciding beneficiary eligibility and that it was an erroneous presumption that a beneficiary can avail treatment using their mobile number.

The CAG report pointed out that several beneficiaries were registered against the same mobile number under the health insurance scheme. It stated that 7.49 lakh people are registered against the mobile number 9999999999 as beneficiaries.

The sources said performance audit has been done during the initial and incipient stages of the scheme. "The deployed Pradhan Mantri Ayushman Mitra during the initial stages would enter random numbers as provided against the beneficiary population to save on time and address large queues in the hospitals," a source said.

"The registration process used to take place at site of health service provider. There was a field in the database where mobile numbers had to be added and therefore, some random numbers as highlighted in the CAG report and in the media were entered," the source added.

Ayushman Bharat PM-JAY identifies the beneficiary through Aadhaar identification wherein the beneficiary undergoes the process of mandatory Aadhaar-based e-KYC.

The details fetched from the Aadhar database is matched with the source database and accordingly, the request for Ayushman card is approved or rejected based on the beneficiary details.

