



Drug Menace A Major Challenge Ahead: DGP Dilbagh Singh

■ HT News Network

SRINAGAR, AUG 11: Director General of Police, J&K, Dilbag Singh Friday remarked the militancy was at its last stage as there is lowest number of militants as of now even as the drug menace remained a challenge for the law-enforcement agencies to tackle. The top cop made the remarks on his visit to frontier north Kashmir's Kupwara district.

Talking to media on the sidelines of 'Meri Matti Mera Desh' event, DGP Dilbag Singh said that Jammu and Kashmir is moving towards peace and



journey. "A significant progress has been made in curbing militancy so far, thereby reducing the number to only a two-digit number of active militants", Singh said adding "these remaining militants will also be neutralized soon."

"There is however a challenge posed by the rise in drug trade which needs to be tackled by the law enforcement agencies", the top cop said.

Singh highlighted the increasing number of large-scale events with enthusiastic local participation, indicating a renewed sense of

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For First Time, Marrying A Woman After Concealing Identity To Be Crime Under Proposed Law: Amit Shah

■ HT News Network

NEW DELHI, AUG 11: Marrying a woman by concealing identity or having intercourse under false promise of marriage, promotion and employment will be treated as crime for the first time under the proposed law that will replace the colonial-era Indian Penal Code, Home Minister Amit Shah said on Friday.

Introducing the Bharatiya Nyaya Sanhita (BNS) Bill, which will replace the IPC of 1860, Shah said a special focus has been given to provisions related to crimes against women.

"Crime against women and many social problems faced by them have been addressed in this bill. For the first time, intercourse with women under the false promise of marriage, employment, promotion and false identity will amount to a crime," he said.

While courts have dealt with cases of women claiming rape on the basis of breach of promise of marriage, there is no specific provision for this in the IPC.



The bill, which will now be examined by a Standing Committee, states: "Whoever, by deceitful means or making by promise to marry to a woman without any intention of fulfilling the same, and has sexual intercourse with her, such sexual intercourse not amounting to the offence of rape, shall be punished with

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NEWS BRIEF

Hot, dry weather conditions to continue till Aug 20: Weatherman

SRINAGAR, AUG 11: As Jammu & Kashmir continues to witness hot weather conditions, the weatherman here has predicted dry weather till August 20, saying that there is no forecast of any major wet spell during the period.

Talking to the news agency—Kashmir News Observer (KNO), Deputy Director Meteorological department (MeT), Mukhtar Ahmad said that there is no forecast of a wet spell till August 20, 2023.

He added that the weather conditions would remain mostly dry

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Around 15,000 cases of 'Eye Flu' in J&K

SRINAGAR, AUG 11: The hospitals in Jammu and Kashmir are witnessing dozens of patients complaining of irritation, redness, swelling and itching in their eyes.

The doctors from both Kashmir and Jammu divisions told the news agency—Kashmir News Observer (KNO) that more cases of conjunctivitis, popularly known as eye flu, are on the rise. They, however, said there is no need to worry as it goes in around one to two weeks for whoever gets affected.

The people need to take precautions, they added. Director Health Services Jammu Dr Rajeev Kumar Sharma told KNO that 9,127 cases of conjunctivitis were reported in hospitals coming

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Security Stepped Up Across Udhampur Ahead Of I-Day

UDHAMPUR, AUG 11: Security has been scaled up across Udhampur district in view of the Independence Day celebrations on August 15, with security forces patrolling and manning the Jammu-Srinagar National Highway.

India will be celebrating its 76th Independence Day and the Prime Minister is scheduled to address the nation on the occasion from the ramparts of the historic Red Fort.

Besides, round-the-clock security checks, security forces are conducting checking of vehicles across the region.

"As India gears up to celebrate Independence Day, security measures have been significantly heightened in Jammu and Kashmir's Udhampur

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Kashmiri artisan weaves Indian map with tricolour inscribed on Independence Day

■ Qaisar Baba

SRINAGAR, AUG 11: A Kashmiri artisan has translated the famous quote

"In love of home, the love of country has its rise" of renowned 19th century English novelist Charles Dickens into reality by weaving a carpet of an Indian map with a tricolour inscribed on it to be represented on the occasion of 77th Independence Day.

Mohammad Maqbool Dar, of village Ashtangoo Bandipora, a carpet artisan, has already created history by weaving a mesmerising Kashmir culture in a silk carpet wall hanging and a tricolour on a carpet in the past that shot him to fame.

Keeping the tradition alive, Dar

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Unable To Rebuild Rain-Damaged House, Samba Family Living In Underground Bunker

■ HT News Network

SAMBA/JAMMU, AUG 11: With guns falling silent along the India-Pakistan border in Jammu and Kashmir over the last two years, thousands of bunkers built for border residents were rendered useless.

But for Samba resident Karnail Chand, one such structure has proved to be a blessing in

disguise.

Sixty-three-year-old Chand, hailing from Nanga village near the International Border in Ramgarh sector, is using the 14x8x7 feet underground bunker as a shelter after his single-storey house collapsed over four years ago due to lack of maintenance owing to abject poverty.

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Kashmir Potter Bags Bulk Order For 10,000 Diyas For I-Day Celebrations



■ HT News Network

SRINAGAR, AUG 11: This year, Diwali has come early for

Mohammad Umar, a potter who has bagged an order for 10,000 oil lamps from the

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India, China Likely To Hold 19th Round Of Corps Commander Talks On August 14

■ HT News Network

NEW DELHI, AUG 11: India and China are likely to hold the 19th round of Corps Commander Level talks on Monday at the Chushul-Moldo meeting point in the Eastern Ladakh sector to resolve the ongoing military standoff between the two countries for over three years.

The two countries have been in a military standoff for the last three years since May 2020, when the Chinese tried to

aggressively alter the status quo on the Line of Actual Control.

"The Indian side would be led by Fire and Fury Corps Commander Lt Gen Rashim Bali for the talks with representatives of the Chinese military on August 14. Officials from Ministry of External Affairs and ITBP are also expected to be part of the talks. The two sides are likely to discuss the issues related to DBO and CNN junction along with other

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400-Foot Tiranga Carried At Independence Day Rally In Anantnag

■ HT News Network

SRINAGAR, AUG 11: A massive 400-ft tricolour was carried by people at a rally in Jammu and Kashmir's Anantnag district as part of the Independence Day celebrations.

The rally was organised under the 'Meri Maati Mera

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CS for carrying out QC before declaring villages as Model category under SBM

■ HT News Network

SRINAGAR, AUG 11: With the Independence Day coming close by, the Chief Secretary, Dr Arun Kumar Mehta, today took review of the districts which were lagging behind in declaration of their villages as 'Model Category' under the Swachh Bharat Mission (SBM) Grameen.

The Government is aspiring to declare the whole UT as the ODF+ by 15th of August as per the defined parameters of the scheme and has



till date been successful in registering a progress of over 96% with remaining villages to be covered

before Independence Day.

The meeting was attended

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National Highway Engine of Economic Growth in J&K: CS

■ HT News Network

SRINAGAR, AUG 11: Chief Secretary, Dr Arun Kumar Mehta, while reviewing the progress of different highways taken up under Prime Minister Development Program (PMDP) today remarked that the traffic authorities should make preparations well ahead of the fruit season to ensure smooth flow of trucks on Jmu-Sgr

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CONTINUE FROM FRONT PAGE.....

Terrorism On.....

normalcy in the region. "Activities that were once restricted due to religious and social concerns are now being conducted seamlessly, fostering community interaction and unity", he remarked.

"As part of the Meri Matti Mera Desh program, various initiatives such as Tiranga Rallies and educational activities have been organized across schools, colleges, and civil administration offices in J&K. These initiatives are aimed at honoring the sacrifices made by individuals who laid down their lives for the nation's well-being. During the event, DGP Singh inaugurated five buildings in Kupwara dedicated to the memory of the brave Jawans who lost their lives in the line of duty. The buildings were constructed by Kupwara police as a tribute to their sacrifice."

Singh voicing his concern over the challenge of drug trade said that after decades of militancy, Pakistan has now shifted its strategy towards a "Drug War."

Singh stated, "War against drugs needs combative efforts. Just like we fought militancy, we will wipe out this drug from J&K, hopefully, but we need the active support of people, civil society, and youngsters at large."

As the Independence Day celebrations approach, DGP Singh assured the public that adequate arrangements have been put in place at every district, range, and union territory level. He expressed hope that all functions, including the main Independence Day event in Srinagar, will be conducted peacefully.

The DGP accompanied by several key officials, including IGP Kashmir Zone, Vijay Kumar, DIG NKR, Vivek Gupta, SSP Kupwara Yougal Manhas, and SSP Handwara, Sheema Nabi Qasba inaugurated new police posts in Kandi, Kralpora and Drugmulla during his visit. (Agencies)

For First Time.....

imprisonment of either description for a term which may extend to ten years and shall also be liable to fine."

It further states that "deceitful means" shall include the false promise of employment or promotion, inducement or "marrying after suppressing identity".

Senior criminal lawyer Shilpi Jain said this provision was long overdue and due to the absence of such a provision, cases were not regarded as a crime and were open to a lot of interpretation from both sides.

While some saw the specific provision about "marrying after suppressing identity" being targeted at cases of interfaith marriages under false names, Jain said that would be open to interpretation.

The key point here is that consent of the victim taken under false pretence cannot be termed voluntary, she said.

"Women are being exploited in our country by men who have sex with them after promising them marriage and it's an offence if men at the time of making the promise had no intention to marry," she said.

Jain, however, said that clubbing false promise of marriage with promise of employment or promotion in this provision may not be the right way to go forward.

"Promise to marry cannot be equated with promise of employment/ promotion because promise of marriage is based on love, trust, while promise of employment/ promotion are benefits which women are accepting in return for sex. It's a relationship of mutual benefit.

"When a woman knows what she is getting into — that is sex for employment or promotion — then it is not under deceitful or false promise," she says.

The proposed bill has also made the crime of voyeurism gender neutral with a punishment of three to seven years.

Shah also said the changes were brought in to provide speedy justice and create a legal system that keeps contemporary needs and aspirations of the people.

"In all cases of gang rape, there will be punishment of 20 years to life imprisonment. In case of rape of girls less than 18 years of age, the punishment will be death," he said.

The bill states that the crime of murder will invite death sentence or life imprisonment, crime of rape shall be punished with minimum 10 years of jail or imprisonment for life and gang rape will invite at least 20 years of imprisonment or imprisonment for the remainder of the convicted person's natural life. (Agencies)

Kashmiri....

this time has woven a map of India with tricolour inscribed on a 2 x 2 cotton carpet that took him two months to complete. The wonderful creation is to be represented on the occasion of Independence Day under the "Mere Maati Mere Desh" (My Mother, My Country) initiative.

He believes that the traditional Kashmiri Carpet industry would get a boost from this patriotic gesture towards the country.

Talking to UNI Dar said, "I used to weave something unique on this occasion for the past some years to express my patriotism and love towards the country and I believe this gesture would definitely further explore the carpet industry of Kashmir valley".

The carpets is fast blue in the background and deep saffron (Kesari) at the top, white in the middle there is a navy blue wheel. The lower part is dark green. All three parts are of equal proportion, making the map of India eye-catching.

Dar has a big team of educated girls who are also working with him weaving carpets of different sizes and hues for the past many years.

Dar said that he gave the idea to the Indian Institution of Carpet Technology (IICT), Srinagar, who provided him with the computerised "Talim" of weaving the Map with the tricolour on carpet with a printout of the subject.,

Dar, who also runs "Delight Carpet Weavers" society in the area, is associated with carpet weav-

ing for the past 22 years and had 20 looms in north Kashmir's Bandipora district where about 50 young and educated girls from downtrodden families are weaving different wall hangs with zeal and zest to earn their livelihood.

Dar said he has been invited by Deputy Commissioner, Bandipore, Owais Ahmad to the Independence Day function where this map would be showcased.

Dar had previously stunned onlookers by weaving a mesmerising Kashmiri cultural painting, that earned him a huge amount after its presentation in the "Srinagar Hunar Haat" 2021.

Dar appealed to the authorities to provide special incentives to the carpet weavers especially the young poor girls for their economic uplift in the society and to give life to the age-old traditional art in Kashmir Valley.

The quote "In love of home, the love of country has its rise" appeared in Dickens's widely read novel The Old Curiosity Shop which he had serialised between 1840 and 1841. It is said it was so popular that New York readers rushed in huge numbers when the ship carrying the final instalment arrived at the port. Dar is hoping that his latest creation would do an encore.

BJP all set.....

"With all positives to its credit, the BJP is going to win the next year's general elections with a thumping majority", he added.

Mr Rana said India's growth trajectory has inspired even the developed nations that underwent most difficult times during the Covid pandemic and added that this is how the vision and steadfastness of the Prime Minister showed the way to all those undergoing the phase of despondency and gloom. He quoted the International Monetary Fund reposing faith in the Indian economy, describing it as a very strong economy. He said the BJP led NDA government has set a target for itself to change the overall scenario of the country by overtaking the political outfits that caused huge damage to the greatest civilization of the world by indulging in exploitation and appeasement.

Mr Devender Rana said that India has not only become a bright spot in the global economy but is also witnessing a huge cultural renaissance. He referred to Yoga becoming global and the people around the world looking towards this ancient nation for quenching their spiritual thirst. This has become possible because of the BJP's strong belief in India's great traditions and values. These have to be imbibed among the compatriots for making India stronger, he added.

Unable To.....

The border villager used to work as a tailor and received most of the work from security camps. The trouble started when his wife Veena Devi fell seriously ill in 2018. And when she recovered after several months of treatment in Jammu, Chand himself suffered a paralytic attack which left him bedridden.

The couple's son, their only child, works at a private factory and gets a meagre salary. With the family struggling to make ends meet, rebuilding their crumbled house is the last thing on their minds.

"We are living on the Zero Line (India-Pakistan border) and the government constructed this bunker for our safety during (cross-border) firing. Since we are going through a difficult phase, we are using it as our home," Chand said.

In December 2017, the centre sanctioned the construction of 14,460 individual and community bunkers for the border residents in the five districts of Jammu, Kathua and Samba covering the villages located along the IB and Poonch and Rajouri villages on the Line of Control (LoC).

Later, the government sanctioned over 4,000 bunkers to cover more vulnerable people.

On February 25, 2021, India and Pakistan announced the implementation of renewed ceasefire along the borders in Jammu and Kashmir, which came as a major relief to the people living along the International border and the LoC.

"We are highly distressed and need help," he said, demanding the construction of individual household toilets under the Swachh Bharat Mission and the extension of benefits under Prime Minister Awas Yojna (PMAY).

He said the elected panchayat members have forwarded their papers many times in the last four years but every time their names could not find a place in the beneficiary list.

"The government has built toilets in the homes of many people but we did not even get the benefit of this scheme. We are facing a lot of problems," he said.

Veena Devi said the family moved into the bunker in May 2019 otherwise they would have been on the road or living in a tent.

"Rains damaged our house as we could not repair it due to our poor financial condition. No government scheme has reached us so far," she said.

Tarsem Lal, a neighbour of Chand, said the family is the "most deserving" to get benefits of government schemes. "They can hardly afford two meals a day and cannot construct a toilet or a house. The government should come forward and help the family," Lal, whose wife is a panch, said.

Referring to the Lt Governor Manoj Sinha-led administration's approval of a proposal to allot 5 marla land each to landless families for the construction of houses under PMAY, he said they should also look into the cases of people like Chand.

When contacted, Deputy Commissioner, Samba Abhishek Sharma said he will look into the matter of why government schemes were not implemented for the benefit of the family so far.

"A team of officers will be deputed to know the status of the case. If eligible, the family will be provided with all benefits under central and UT level schemes in accordance with the laid down norms," he said. (Agencies)

Kashmir Potter.....

Jammu and Kashmir administration for Independence Day celebrations.

This is the biggest order Umar has received in recent years.

"My family has been doing pottery for generations and I have been doing it since childhood.

"Ahead of Independence Day, we received a bulk order for earthen lamps. I am very delighted to have received this order as it has generated a huge income for us," Umar said.

Initially, the administration had placed an order for 5,000 oil lamps but then it doubled it, he said.

"We have made more than 8,000 lamps and hopefully all lamps will be ready in the next couple of days," he added.

This "unexpected order" is what is keeping Umar's seven-member team busy these days.

Umar said pottery art is on the decline but when the oil lamps will be lit in front of the Tricolour, it will help create awareness about it and generate a demand for earthen products.

"A potter makes gold out of clay and now authorities are working to revive this craft by launching a number of schemes. In Kashmir, we do not get such big orders except for Diwali," he added.

The oil lamps will be lit on the evening of August 13 at Zabarwan Park along the banks of the famous Dal Lake here.

Showkat Ahmad Kumar, who works with Umar, said he is very happy with the order as it will lead to more earning opportunities for them.

Handicrafts Department Director Mahmood Shah said it is very important that the government extend support to artisans.

"The order given to the potters is not a one-time order. We are trying to promote local souvenirs in government events and we also want that every office should proudly display the art forms of Jammu and Kashmir. Such orders are very encouraging for the artisan community," Shah said. (Agencies)

India, China.....

matters. India would also be pressing for disengagement from the Eastern Ladakh front," defence sources said.

This meeting is taking place after a gap of around four months. The last meeting between the two sides at the Corps Commander level was held in April earlier this year.

The meeting is taking place when both sides are engaged in rapid construction activities along the border areas to strengthen their respective positions.

The two countries started holding military talks on disengagement and de-escalation of the situation along the LAC in eastern Ladakh soon after the confrontation started between the two militaries.

The two sides have since then disengaged from multiple confrontation points and moved to new positions to avoid clashes and resolve the issues peacefully. (Agencies)

400-Foot.....

Desh' campaign.

The Tiranga Rally taken out in the Sadiwara village of Verinag in the south Kashmir district saw a massive participation of the people including students. The rally was organised with the help of the army and the police.

Panchayat Sadiwara Sarpanch Farooq Ahmad Ganie led the rally which carried a 400-feet long national flag.

"This Tiranga rally does not belong to a person or an ideology. It is a collective ideology of Sadiwara village", Ganie said.

He said the rally was also a tribute to the sacrifices of the soldiers.

"I think there cannot be a bigger tribute than this for the jawans because of whom we are living freely. We should give the 'title of proud mother' to those mothers whose children sacrificed their lives for the security of the nation.

"We are paying homage to those jawans by holding the tiranga, picking up maati (soil) and lighting up diyas. We salute them," he said.

The sarpanch said he feels proud that many people and ideologies have come together to hold the tricolour and it is a reply to those who had said there will be no one to hold the national flag in Kashmir.

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"India lives in the hearts of everyone — old and young, and it will continue to be so. God willing, the country's flag will keep flying always high," he added. (Agencies)

CS for carrying.....

by Commissioner Secretary, RDD; Deputy Commissioners of Baramulla/Kupwara/Kishtwar/Reasi besides the Director, Rural Sanitation and other concerned officers of the Department.

On the occasion, Dr Mehta enjoined upon the officers to make it a practice to conduct a 'Quality Check (QC)' before declaring the villages as Model category ODF+ under SBM (G).

He called upon them to take recommendations of the concerned 'Prabhari Officers' and local Sarpanchs to declare any village as ODF+ category. He asked them that all the requisite facilities mandatory for this exercise like collection of waste, treatment of liquid waste, removing legacy waste, availability of segregation sheds besides the visual cleanliness of surroundings should be cross-checked before making this declaration.

The Chief Secretary also observed that the cleanliness is not a single day affair but demands a permanent change in the attitude of people. He made out that people should demand cleanliness and the efforts should not drop going forward even in the winter months here.

Dr Mehta appreciated the role of the Rural Sanitation Department for making it happen in a short timeframe. He said that there were times when it looked difficult to achieve this uphill task in this

timeframe but the collective efforts have made it happen which is quite admirable.

He told them to sensitize people by taking out 'Swachhta Rallies' in these concerned Panchayats this Independence Day and involve the youth and women also in these rallies.

On the occasion the Commissioner Secretary, RDD, Mandeep Kaur made out that the Department is making every effort to sustain this campaign in each village. She said that the day to day collection of waste has already been started besides the household latrines and soak pits/composit pits have been provided in each of these villages. She said that by effective enforcement the sanitation of each village is not a distant dream now.

In his presentation, the Director, Rural Sanitation, Charandeep Singh informed the meeting that with a percentage of more than 96% J&K is currently among the top three States/UTs in the country in ODF Model rankings. He gave out that out of 6650 villages, 6399 have already achieved the status of Model category and the rest are going to achieve this status before 15th of this month as assured by each of the Deputy Commissioners of the UT.

National Highway.....

National Highway, particularly those carrying perishable fruit consignments.

In addition to the Principal Secretary, PWD, the meeting was attended by Principal Secretary, Forest; Principal Secretary, PDD; Divisional Commissioners; concerned Deputy Commissioners; representatives from NHAI, NHIDCL, BRO, and many other concerned officers. Speaking on the occasion, the Chief Secretary stressed upon the executing agencies to complete all these road projects providing interconnectivity to different regions in the stipulated timeframe. He enjoined upon them that the significance of these roads is very high as the UT, due to its hilly terrain, has hardly any alternative roads to link various parts.

He directed the concerned authorities to strictly stick to the timeline of completing these road projects. He made out that these projects make significant contribution towards the economic upliftment of various parts. All the officers including the Deputy Commissioners should take keen interest in seeing them completed on time.

Regarding the Jammu Ring Road project he asked the concerned Divisional Administration to take early measures for dedicating to public the completed portion of the road from Raya Morh (Samba) to Nagrota (Jammu). He also asked them to renovate the significant Tarnah Bridge at Kathua in shortest timeframe.

Regarding the Ring Road Srinagar the Chief Secretary asked the authorities to ensure that the 20 kms stretch under phase-I is dedicated to public by November this year. He told the concerned Deputy Commissioners of Pulwama and Budgam to look into the aspect of Ribbon development of this road in their areas for generating economic activities optimally.

As far as the Jammu-Akhnoor Road is concerned the Chief Secretary asked for completing it in all aspects and dedicating it for the use of general public. He made out that this road is going to play a vital role in bringing this circuit on the tourism map of J&K and increase the footfall to this location.

Dr Mehta while taking review of the Srinagar-Jammu National Highway stressed on the executing agencies to work for completing all the tunnels especially T3, T5 and other viaducts on time. He observed that the travel time has got considerably reduced on this road yet the remaining projects between the Ramban-Banihal stretch needs to be made more reliable.

The Chief Secretary reviewed the progress of the construction of four-laning of Ramban flyover and completion of Banihal Bypass. He also took stock of the under-construction bridge at Qazigund, Railway Over-Bridge at Anantnag and Lasjan flyover. He fixed the timelines for completion of each of these Road projects and directed for not to extend these beyond the agreed timelines.

Regarding the Delhi-Katra Expressway the Chief Secretary directed for continuing the momentum of work besides meeting timelines set for completing different sub-projects. He asked them that this Road project is of national importance as it leads to the holy shrine of Shri Mata Vaishno Devi visited by millions of pilgrims every year. He said that the work on such a prestigious project should be given due priority for completing it at the earliest.

Dr Mehta also sensitized the executing agencies about the significance of Uri-Poonch Highway. He told them that the work on this project should be taken in hand at the earliest so that it is also completed on time bringing respite to people besides providing alternate route between the two divisions of the UT.

The Chief Secretary also took note of the work done on the Srinagar-Pulwama-Shopian-Kulgam Highway (NH-444). He stressed on completing the bypasses for the towns of Shopian, Kulgam and Pulwama so that the road is complete before the onset of winter. The highway is going to drastically reduce the time taken for traveling to and fro and to reach to Srinagar. City from these districts. He also took stock of the progress made in execution of Srinagar-Baramulla-Uri Highway, Chenani-Sudhmahadev-Goha- Khellani, Akhnoor-Poonch, Singhpora-Vailoo and Chatroo-Khanabal Highways and stressed on their early completion.

Dr Mehta enquired from the executing agencies about the bottlenecks affecting the pace of their work. He passed directions to the concerned government departments for taking measures to address the bottlenecks. He said

that both the executing agencies and different government departments should work in coordination with each other and hold regular deliberations for resolving issues without wasting time.

On the occasion, the Chief Secretary enjoined upon the Divisional Administration Kashmir to ensure that there are no unnecessary halts on the highways in the valley during convoy movement.

Hot, dry weather.....

during the next 9 days as there is no possibility of any precipitation during the period as per the forecast.

Deputy Director, MeT said that the maximum temperature would settle in between 31 and 32 degree Celsius during the period, however, thunder showers at a few places during the period cannot be ruled out.

Pertinently, J&K witnessed hot and dry weather conditions since the inception of August month.

Nonetheless, during the ongoing season from June 01-2023 to August 09, 2023, J&K has recorded a precipitation of 336.6 mm against the average rainfall of 337.3 mm.

Srinagar, the summer capital of J&K has recorded a large excess rainfall of 268.4 mm against an average precipitation of 148.9 mm, which is 80 per cent above normal.

Kishtwar is the only station where large deficient rainfall has been recorded in the ongoing season as against the normal precipitation of 265.5 mm, it has received 90.7 mm rainfall, which is 66 per cent deficient than normal.

Moreover, Shopian in Kashmir and Reasi & Poonch in Jammu division have recorded deficient rainfall of 39 per cent and 22 per cent each respectively in the ongoing season.

Around 15,000.....

under the control of the Directorate.

Spokesperson of the Directorate of Health Services Kashmir Dr Mir Mushtaq said that so far, 5,320 cases of 'Eye Flu' have been reported in the hospitals in the Kashmir division coming under the DHSK's control.

Giving details of the cases, he said 781 were reported from Anantnag, 15 from Bandipora, 999 from Baramulla, 351 from Budgam, 287 from Ganderbal, 164 from Kulgam, 412 from Kupwara, 924 from Pulwama, 601 from Shopian and 786 from Srinagar.

The officials said that cases are more, as the data doesn't include the cases reported in Government Medical Colleges of both divisions. Almost in every hospital, every day around 20 to 30 cases of 'Eye Flu' are being seen in OPDs.

The DHSK recently issued an advisory to control the spread of the condition where they put emphasis on maintaining optimal hygiene and frequent hand washing with soap and water for at least 20 seconds, particularly after touching the face or contaminated surfaces.

In situations where soap and water aren't available, opt for hand sanitiser containing at least 60 percent alcohol, the advisory states.

The advisory mentions, "Avoid touching the eyes to prevent germ transfer. Steer clear of infected individuals as conjunctivitis is highly contagious, refrain from sharing personal items and ensure surfaces prone to virus contact are regularly disinfected, consider wearing eye protection when in close proximity to infected individuals, employ respiratory etiquette by covering the mouth and nose when coughing or sneezing, and dispose of tissues properly."

It called for preventing eye rubbing to curb the spread of the virus. "Stay home if infected and seek guidance from a healthcare professional before resuming activities. Adhere to contact lens guidelines, replace lenses and cases regularly, and maintain cleanliness in shared environments, and avoid swimming pools to prevent further transmission," the advisory stated.

The doctors said it is a "self-limiting infection" and each individual's immunity will have a role to play in the course of the disease.

The monsoon's humid and damp conditions provide an ideal breeding ground for viruses or bacteria responsible for these infections to spread rapidly, they said. "This flu can infect any person of any age group and to stop the spread of the infection; touching of eyes should be avoided, especially unwashed hands," they added. They said that symptoms of this flu are watery discharge in the eyes, redness, congestion, photophobia and hemorrhages in the superficial layer of the eye.

In most cases, eye flu is not dangerous and can be easily treated with proper care, the doctors said, adding that there are over-the-counter available eye drops and anti-bacterial medications that can be taken with appropriate dosage for eye flu treatment.

However, if left untreated, severe cases of bacterial conjunctivitis may lead to complications that can affect vision, they said.

Security Stepped.....

region, with a special focus on the crucial Jammu-Srinagar National Highway. In a proactive measure, round-the-clock security checks and frisking of vehicles are being conducted across the region," Sources said.

The Deputy Inspector General (DIG) of Doda-Kishtwar-Ramban (DKR) Range, Sunil Gupta on Thursday led a comprehensive security assessment and case evaluation during his visit to Kishtwar district.

The primary objective of the visit was to ensure robust security arrangements in anticipation of the upcoming Independence Day celebrations and the "Meri Matti Mera Desh" campaign. (Agencies)



Aspirants urges LG Sinha to intervene

Mega Tiranga rally witnesses overwhelming response & participation at Awantipora, Pulwama

■ HT News Network

PULWAMA, AUGUST 11: As part of 'Azadi Ka Amrit Mohatsav' and under 'Meri Maati, Mera Desh' campaign, a massive Tiranga Rally was today organised at Awantipora, Pulwama.

The rally witnessed massive participation of over 30,000 people including all stakeholders.

The rally was flagged-off by the Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom during a grand ceremony held at DPL Awantipora.

The Sub-Divisional Administration Awantipora and Tral coordinated the event and Officers and staff from Administration



also participated in the event. The rally started from the District Police lines Awantipora and passed through the main town Awantipora and culminated at the Gates of Islamic University of Science & technology (IUST) Awantipora. Participants were carrying the national flag and were enthusiastic about their participation in the grand rally. Speaking on the occasion, the DC said that

the idea behind the campaign of 'Meri Maati, Mera Desh' in general and Tiranga yatra in particular, is to instill the feeling of patriotism in the hearts of people and reminisce the journey of India and those who have contributed towards creating this great nation.

The DC said that in connection with the 'Meri Maati, Mera Desh' campaign, multiple events are being organised in the dis-

trict and many more Tiranga rallies will be held in coming days. He further informed that on 12th August one mega Tiranga rally is scheduled at DPL Pulwama and urged everyone to be part of the grand rally to cherish the ones who made our independence possible. Dr. Basharat congratulated people for their enthusiasm and commitment and urged them to participate wholeheartedly in the upcoming events of 'Meri Maati, Mera Desh' programme. SSP Awantipora, Aijaz Ahmad Zargar; ADC Awantipora, Zaffar Ahmad Shawl; ADC Tral, Sajid Yehaya Naqash and Cmt. CRPF 130 Btl., Rajiv Yadav among others participated in the rally.

DC Kulgam reviews arrangements for I-Day, 2023 celebration

■ Farooq Rather

KULGAM, AUGUST 11: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of Officers to review arrangements to be put in place by different departments for celebration of Independence Day, 2023. During the meeting, DPL Kulgam was finalized as the main venue where the Tricolour will be hoisted by the chief guest followed by the march past to



be presented by contingents from District Police, CRPF, IRPF, Women Contingent, Police band, NCC, students and other contingents. Threadbare

discussion was also held with regard to the security arrangements, traffic regulation, seating arrangements, Full Dress Rehearsal, decoration, PAS, power

and water supply, transport arrangements, sanitation, Medicare facilities, invitation cards, Barricading at venue of the function, etc.

The DC directed all officers to make fool-proof arrangements at all levels in advance for the National event to make it a great success. He instructed the Officers to ensure all related arrangements are made well in advance and work in close coordination for the smooth conduct of Independence Day celebrations across the district.

'Meri Maati, Mera Desh' programme celebrated across Anantnag with Enthusiasm

■ HT News Network

ANANTNAG, AUGUST 11: 'Meri Maati, Mera Desh' programme was today held with great zeal and enthusiasm at various locations across Anantnag with an aim to promote environmental awareness, community engagement and patriotic spirit.

The event witnessed active participation from residents of all age groups.

District Administration Anantnag with joint efforts of Additional District



Development Commissioner (ADDC) Anantnag, Bashir Ahmad Wani; Chairman DLSA Anantnag, Tabasum Qadri; Chairman MC Anantnag, Hilal Ahmad Shah and various officers highlighted

the significance of preserving our natural resources and nurturing a sense of pride in our nation.

Activities included tree plantation drives, cleanliness campaigns, debate, Cultural programmes, Painting Competition and educational sessions on sustainable living.

Volunteers and participants came together to plant a variety of native trees, contributing to the greening of the region. This initiative was aimed at enhancing the local environment and creating a lasting positive impact on the community.

AIG-R Kashmir visits SR Office Kangan

■ HT News Network

GANDERBAL, AUGUST 11: The Additional Inspector General Registrations (AIG-R) Kashmir, Sajad Hussain Ganaie today visited Sub Registrar office Kangan to assess the overall functioning of the SR office.

On the occasion, AIG-R took detailed review about the functioning of the SR office, interacted with staff, examined various records and also enquired about the issues faced, if any. He directed for strict adherence to the timelines so that the general public do not face any inconvenience in the registration of their documents. AIG-R Kashmir emphasized that as the department has already switched over to e-Office mode so that all correspondence/ communications is made through e-Office.

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

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



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

Name:-Kamran Khurshid Malik
Father's Khurshid Ahmad Malik
Mother's Name:- Firdousa
Date of Birth:- 11-09-2006
Residence:- Chanapora Khan-Colony
Srinagar.

PUBLIC NOTICE

I have lost my wallet which contains my aadhar card, pan card and two ATM cards while travelling from dungara to kreeni on 08-08-2023 if anybody found kindly contact below mentioned address otherwise I am applying for duplicate of the same if anybody have any objection in this regard He/She may contact concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

BILAL AHMAD BHAT S/O HABIBULLAH BHAT
R/O DUNGARA KREERI

از عدالت سب جج کپواڑہ

بالجلاس: منظور احمد خان

Nasir Ahmad Dar
S/O Mohammad Yousf Dar
R/O Dub Kupwara
v/s public at Large
دخواست بابت حصول D.O.B

اطلاع آگاہی ہر خاص و عام

معاملہ مندر پر عنوان المصدا میں سال کے ایک درخواست بابت حصول D.O.B پیش کی گئی تھی جس کی تاریخ پیدائش 24/02/2019 ہے۔ اس کی کاپی عدالت میں ایک درخواست بغرض حصول پیش کی اگر درخواست عدالت میں حکم صادر فرمائے تو حق سال/ساند

Nasir Ahmad Dar S/O Mohammad Yousf
R/O Dab

گرمی کو کوئی اعتراض ہو تو دو کاپیاں پانچ پختہ نامہ عدالت میں 21/8/23 کے بعد کوئی بھی 21/8/23 کے بعد کوئی بھی ہو گا اعتراض قابل قبول نہیں ہوگا

تحریر الصدر سب جج کپواڑہ

PUBLIC NOTICE

I have lost of my Stump On dated 10/06/2023 Title NISSARA BEGEM W/O BASHIR AHMAD WANI R/o CHANAD KHESHALPORA. panch of Block WAGOORA... Now I am applying for new if anybody having any objection in this regard he/she may contact BDO wagoora within seven days from the publication of this notice after that no objection will be entertained

Name:..NISSARA BEGEM
W/o..BASHIR AHMAD WANI
R/o ..CHANAD KHASHEALPORA

HT - KASHMIR

'Meri Maati, Mera Desh' Rally organized by SAKHI One Stop Centre at Ganderbal

■ HT News Network

GANDERBAL, AUGUST 11: SAKHI One Stop Centre and District Disability and Rehabilitation Centre in collaboration with District Administration Ganderbal, today jointly organized a rally under the banner of 'Meri Maati Mera Desh' to exhibit patriotism towards the country.

The event aimed to foster a sense of national pride and unity among the participants and the local community.

The rally witnessed active participation from various segments of the society, including members of SAKHI One Stop Centre, District Disability and Rehabilitation Centre, local residents, and notable dignitaries.

DySp Headquarters Ganderbal; SHO Gutli Bagh,



CRPF 49 Bn and the Executive Director of She Hope Society for Women Entrepreneurs also participated in the rally.

During the rally participants held banners, flags, and placards adorned with patriotic messages, showing

casing their love for the nation.

DySp Headquarter emphasized the importance of unity and patriotism, urging the community to come together for the betterment of the country.

SHO Gutli Bagh underscored the significance of 'Meri Maati Mera Desh' as a rallying call to protect and cherish the nation's values and heritage.

The Executive Director of She Hope Society for Women Entrepreneurs highlighted the role of women in nation-building and encouraged women entrepreneurs to contribute actively to the country's progress.

The rally sent a powerful message of unity and patriotism, showcasing the participants' unwavering dedication to the welfare and progress of the nation. The event served as a reminder that individuals from all walks of life can come together to promote a sense of belonging and responsibility towards the country.

'Meri Maati, Mera Desh': LMD organises Awareness programme at Gurez

■ HT News Network

BANDIPORA, AUGUST 11: As part of 'Meri Maati, Mera Desh' campaign, an awareness programme in light of Legal Metrology laws was on Friday conducted in the remote area of Gurez tehsil of Bandipora by the Legal Metrology Department, Bandipora.

The programme was conducted to impart awareness among the students and other residents of the area regarding Legal Metrology Laws.

During the programme, a question answer session was also held in which various queries were answered and various fraudulent practices prevalent in the market were explained to the students and other participants. The

audience was apprised of the mechanism of lodging complaints with the Department. Officials of the Legal Metrology Department said that the department has been involved in organising these camps consistently in every nook and corner of the district. They further informed that such camps shall continue to be held in future as per the already framed calendar.

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION CHADOORA NOTICE INVITING TENDER

Single cover system
E-NIT No. 69 of R&B /5380-89/2023-24 Dated:- 09/08/2023
SINGLE COVER SYSTEM

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

SN	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money (In Rupees)	Time of completion (days)	M.H OF Account	Class Of Contractor
1	2	3	4	5	6	7	8
1	Providing and fixing of furniture to judicial officers residential quarter at Court Complex Chadoora	9.19	600	18380	18	4059 CSS	C/D

Position of AAA:- Accredited
Position of funds:- Available
Position of TS:- Sanctioned
Project Authority: CHIEF Engineer PW (R&B) Deptt. Kashmir

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, 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:-

1	Date of Issue of Tender Notice	09/08/2023
2	Period of downloading of bidding documents	09/08/2023
3	Bid submission Start Date	10/08/2023
4	Bid Submission End Date	16/08/2023 upto 4.00 PM.
5	Date & time of opening of Technical Bids	16/08/2023 at 4.10 PM in the office of Executive Engineer R&B Division Chadoora

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Chadoora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Chadoora (tender receiving authority).

Note:- The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive.

2.1 The 1st lowest bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer R&B Division Chadoora within 07 (Seven) days after the date of receipt of letter of acceptance and shall be released after successful completion of DLP. The Bank Guarantee should be valid for beyond bid validity.

Note: The above Work is of urgent nature and has to be completed within two days from the opening of financial bid/ issuance of LOA. 3. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e., Executive Engineer R&B Division Chadoora. Besides that, the successful bidder will have to provide Performance Security in the shape of CDR/FDR/BG @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

Note:- The Bidders shall mention the name of the advertised work/ reference to NIT & S. No. on the EMD / Bid security (CDR/FDR/BG) while submitting the bidding documents, in order to avoid using the same multiple times for multiple works.

4. The date and time of opening of Financial Bids of a responsive bidder shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address.

5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

6. The earnest money/ performance Security shall be forfeited if:-

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

b) Failure of Successful bidder to furnish the required performance security within the specified time limit.

c) Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

8(A). Instruction to bidders regarding e-tendering process.

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

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

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

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

8.5 Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, original documents related to the bid shall be submitted by L1 before issuance of Allotment in his favour.

8.6 Bidders must ensure to upload scanned copies of all necessary documents including earnest Money Deposit, tender documents fee in terms of soft copies and all other documents required as per NIT with technical bid. No document (s) which has/have not been uploaded shall be entertained for technical evaluation in the form of hard copy. However in case of any clarification the bidders all have to produce original documents in support of soft copies if need arises.

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

8.6(a) Bidders should note that if the documents uploaded/submitted on the basis of which the contract has been awarded are found forged/fake/not genuine at any time, the contract shall be cancelled and the contractor/bidder shall be recommended for blacklisting and debarred from taking part in tendering in PWD/Other Departments for a period of one year in the first instance, besides the performance security deposited for the said work shall be forfeited.

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

8. For item rate method the unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

9. The %age rate method requires the bidder to quote a percentage above / below / at par at the bottom of the BOQ percentage template for the work. The percentage quoted by the bidder shall be deemed to include price escalation and all taxes upto completion of the work. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

10. All other terms conditions are as per PWD Form 25 (Double agreement Form).

No. 5380-89
Dated: 11/08/2023
DIPK-6907/23

Executive Engineer
R&B Division Chadoora

DC Rajouri reviews activity plan for "Meri Maati Mera Desh", Har Ghar Tiranga campaigns

■ HT News Network

RAJOURI, AUGUST 11: The Deputy Commissioner Rajouri, Vikas Kundal convened a crucial meeting to review the activities under the "Meri Maati Mera Desh" and Har Ghar Tiranga initiatives.

The meeting was attended by ADC Rajouri, Rajeev Kumar Khajuria; CPO, Mohammad Khurshid; ACP, Sheraz Chowhan; and ZSWB representative, Colonel Javid; EXEN PWD(R&B) Rajouri, Sardar Khan; EXEN PDD Rajouri, Tasadaq Hussain and EXEN Jal Shakti Rajouri, Ashwini Sharma.

During the meeting, the

officials discussed the significant strides made in the initiatives aiming to strengthen the bond between citizens and their homeland, as well as promote national pride by adorning every household with the national flag.

One of the focal points of the discussion was addressing the issues faced by the retired soldiers. The DC assured that the genuine concerns would be redressed in a time bound manner.

The "Meri Maati Mera Desh" and "Har Ghar Tiranga" initiatives have gained wide-spread support and participation from the local community, reinforcing the unity and pride that define the spirit of the nation. These



initiatives and the collective effort of various stakeholders, continue to foster a sense of patriotism and responsibility among citizens.

The Deputy Commissioner expressed his gratitude to the attending officials, representatives, and all those involved in making these

initiatives successful. He highlighted that these efforts contribute significantly to the larger goal of building a strong and united India.

Meanwhile, the DC also reviewed the arrangements being made for the independence Day Celebrations and asked the concerned officers

to put in place added efforts to make the event a grand success in the district. Deputy Commissioner Rajouri, Vikas Kundal today inspected the progress of work on Circular road being executed by the PWD (R&B).

During the inspection, the DC was informed that the

circular road is set to become an important alternate link within the town connecting New bridge to Tariq bridge, thereby reducing the overall distance by around 4-5 kilometers. The estimated cost of the road is Rs 1.32 crore.

During the visit, the DC also discussed the issues hampering the execution of work and asked the Department and concerned stakeholders to amicably resolve the bottlenecks at the earliest as the road is being constructed for the betterment of the general public.

The Deputy Commissioner was informed that the work on the road is in the macadamization stage. He asked the ExEn PWD (R&B) to expedite the progress and ensure

that the work on the road is completed within the shortest possible time to provide benefits of connectivity to the general public with the completion of the project.

He also asked for regular monitoring of the progress on the project with special focus on the quality of work.

Among the others who were present during the event were ACR, Imran Rashid Kataria; Tehsildar Rajouri Varinder Sharma; DTO, Mohd Bhasir; EXEN PWD(R&B) Rajouri, Sardar Khan; Prominent citizens were Pushpinder Gupta; Varinder Malhotra; Sanjeev Mangru; Amish Malhotra; Khadesh Sharma; Amit Shar-

SSB organises Lecture on Nasha Mukht Bharat at Banihal

■ HT News Network

RAMBAN, AUGUST 11: Parag Chaturvedi, Second-in-Command, 31 Battalion, SSB, Gossaigaon, District, Kokrajhar, Assam, delivered a lecture on Nasha Mukht Bharat here at Banihal.

Sensitizing the participants about ill-effects of drugs addiction, Parag said that he has educated the youth in around 40 universities, colleges, schools, coaching centres, DIETs, SSB formations, ITBP formations, etc. in cities and towns like, Lucknow, Noida, Azamgarh (UP); Bhopal (MP); Bagaha, Narkatiaganj, Bettiah, Motihari (Bihar); Gossaigaon, Kokrajhar, Tezpur (Assam); Ranidanga, Siliguri (WB).

He said that he has a personal spark, a personal mission to make youth aware of ill-effects of Narcotic Drugs on an abuser's personal health, character & career; family; society & the nation.

'I dream of making India a drug-free country where all citizens contribute their significant bit for building the nation to make it an Aatm Nirbhar Bharat, a global superpower in every sense in the very near future', he added.

He also advised the participants to listen to my talk on All India Radio at 101 FM channel portals aired on 1st Aug 2023 on my personal mission to educate youth on "Say 'NO' To Drugs".

Kishtwar admin Hosts 'Sur Azadi Ke'-Patriotic Song Singing Competition

■ HT News Network

KISHTWAR, AUGUST 11: The District Kishtwar is witnessing an upsurge in patriotic fervor as the 'Sur Azadi Ke' amid ongoing patriotic song singing competition being hosted under the guidance of Deputy Commissioner, Dr. Devansh Yadav.

As part of the pre-Independence Day festivities, the District Administration Kishtwar has organised this engaging competition. Collaborating seamlessly, the teams of District Information Department Kishtwar and the Department of Education are orchestrating on-site competitions at different public locales. Enthusiastic participation is flowing from the local populace, fervent patriots and students, spanning all age groups. With resounding renditions of patriotic anthems, they're collectively paying homage to the freedom fighters and mother land, besides kindling the flame of patriotism within the hearts of the masses. The competition is set to run until August 12, featuring ground auditions, with the grand finale scheduled to be held on August 13. The winning voices will be rewarded handsomely, with cash prizes of Rs. 11,000 for first place, Rs. 7,000 for the second, and Rs. 5,000 for the third.

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.

Information Department, Tourism Directorate Jammu, JKAACL host Mega Cultural Event' to celebrate Azaadi Ka Amrit Mahotsav

■ HT News Network

JAMMU, AUGUST 11: Department of Information and Public Relations (DIPR), Jammu, Directorate of Tourism Jammu, in collaboration with Jammu and Kashmir Academy of Art Culture and Languages are going to host a scintillating cultural event on August 13, 2023 as part of nationwide Meri Maati Mere Desh Campaign launched towards the end of Azadi Ka Amrit Mahotsav - the 75 week grand celebration to commemorate 75 years of India's independence and the glorious history of her people.

Addressing a press conference here today, Director Tourism Jammu, Vivekanand Rai, flanked by Joint Director Information Jammu, Atul Gupta and Joint



Director Tourism Jammu, Sunaina Sharma rolled out the plan for the upcoming grand spectacle. The 'Mega Cultural Event' promises to be a captivating celebration of the spirit of patriotism and nationalism, aligning perfectly with the 'Azadi Ka Amrit Mahotsav' and 'Meri Maati Mera Desh' campaign launched by the Government. The event is more than just an entertainment

extravaganza; it's a heartfelt tribute to the nation's sovereignty and heritage. "With pride and celebratory glory, we wish this Independence Day instills patriotic devotion in all citizens," remarked Director Vivekanand Rai during the press conference. As the nation celebrates its 77th year of independence, the 'Mega Cultural Event' will serve as a platform for citizens to

come together and bask in the richness of their cultural diversity. Attendees can expect a range of performances, artistic displays, and interactive exhibits that showcase the essence of the region's cultural tapestry.

The organizers extend a warm invitation to all citizens to join in this momentous occasion. The 'Mega Cultural Event' at Central Park Bahu Plaza on August 13, 2023, promises to be an inspiring and unforgettable experience. In a world where division can sometimes overshadow unity, events like these stand as a beacon of harmony and shared identity. The 'Mega Cultural Event' is anticipated to draw a large and enthusiastic crowd, reflecting the collective pride and enthusiasm of the citizens of Jammu and Kashmir.

In Soibugh, Apni Party holds public rally the first ever political event by a mainstream political party since 1987

■ Reyaz Badana

Apni Party President, Syed Mohammad Altaf Bukhari, on Friday, said that the traditional political leaders have always been deceiving people for their own political gains and electoral benefits in Jammu and Kashmir. He urged people not to continue falling prey to deceptive politics any longer. Mr Bukhari made these comments while addressing a party convention at Soibugh, in central Kashmir's Budgam district, today. The convention was attended by a large number of people. The event was significant because, it marked the first public outreach campaign initiated by a mainstream political party in nearly four decades --- since 1987. Recalling the sufferings and troubles that the people of this area have been facing for the past more than thirty years, Syed Mohammad Altaf Bukhari said, "Back in 1987, an individual from this very locality attempted to place his trust in the power of the ballot box, seeking to bring about positive change for the people. But his



well-deserved victory was denied, compelling them to opt for bullets instead of ballots." He quickly added, "However, the path of the violence brought only miseries and troubles to the people of this place and elsewhere across J&K. Today, we know for sure that the path of violence brought only misery and turmoil to the people of this region and beyond in J&K. Today, we are certain that violence is by no means a solution to our problems." Urging people to contribute their efforts for a peaceful environment in Jammu and Kashmir.

Director Libraries reviews arrangements for Independence Day celebrations by DL&R

■ HT News Network

SRINAGAR, AUGUST 11: A meeting of the officers and officials of the Department of Libraries & Research was convened under the chairmanship of Director, Libraries & Research, Mohammad Rafi here today to finalize the arrangements for celebration of Independence Day - 2023 by the Department. The Deputy Director Libraries & Research Kashmir, Assistant Director Libraries & Research Kashmir, Chief & District Librarians from Jammu and Kashmir divisions attended the meeting.

The meeting was informed that the main events regarding celebration of Independence Day - 2023 by the Department will be organized at SPS Library Srinagar and SRS Library Jammu.

The Director Libraries & Research said that all I/Cs of Public Libraries, including Central and District Libraries, shall ensure hoisting of the National Flag at the respective Public Libraries ensuring strict adherence to the set protocol (Flag Code & Order of Precedence).

He said all officers and officials of the Department shall actively participate in the "Meri Mitti, Mera Desh" campaign as also in other celebrations under "Azadi Ka Amrit Mahotsav" including "Tiranga Yatras".

He asked the I/Cs of District Libraries to coordinate with the respective District Administrations and ensure active participation of the Department in all the events to be organized by the respective District Administrations in connection with the Independence Day - 2023 celebrations. Instructions were issued to all I/Cs of Central and District libraries to arrange illumination of the respective Library buildings on the eve of Independence Day - 2023.

It was also decided that I/Cs of Public Libraries shall organize special book exhibitions at the respective libraries in connection with the Independence Day - 2023 celebrations to highlight the India's freedom struggle.

DDC Doda chairs BOCA meeting

7 building permissions granted; BDA authorized to decide on Renovation cases

■ HT News Network

DODA, AUGUST 11: District Development Commissioner Doda Vishesh Mahajan today chaired a meeting of Building Operation Controlling Authority (BOCA) to discuss the applications seeking permission for construction of residential and commercial buildings, besides repair and renovation of existing structures in the jurisdiction of Bhadarwah Development Authority (BDA), as per the Control of Building Operation Act, 1988.

In all 31 submitted cases were discussed in detail. Seventeen pleas seeking permission for repair and renovation were deliberated, and Chief Executive Officer (CEO), Bhaderwah Development Authority (BDA), was authorised to take final call and proceed further observing all the codal formalities.

Regarding 10 (Ten) residential cases, 7 (Seven) were approved subject to the re-verification by the CEO, BDA and his satisfaction on the observance of all the required formalities by the applicants as per the norms.



Another three (3) Residential and all four (4) commercial

cases were rejected after observing some discrepancies in the NOCs/ other documents and contradiction of existing guidelines, in the submitted claims, required for approval of cases by BOCA. The DC directed CEO Bhadarwah Development Authority to convene regular meetings of BOCA to decide the applications of the citizens in a time bound manner. CEO, BDA was further asked to re-verify the documents and inspect and take geotagged photographs of the locations from where claims have been received and take cognizance of any false communication/wrong information by the applicant. The meeting was attended by the Chief Executive Officer BDA, Navdeep Wazir, ACR Doda Sanjeev Kumar, SE PWD RP Singh, Town Planner, Udampur and other concerned officials. The DC directed CEO Bhadarwah Development Authority to convene regular meetings of BOCA to decide the applications of the citizens in a time bound manner. CEO, BDA was further asked to re-verify the documents and inspect and take geotagged photographs of the locations from where claims have been received.

Integrating Plastic Waste into Bituminous Mix for Enhanced Road Quality; Successful Trial Conducted at Kishtwar:

■ HT News Network

KISHTWAR, AUGUST 11: To reinforce the government's steadfast dedication to advance the Swachh Bharat Abhiyan and promote environmentally friendly methods of plastic waste management, a successful trial for incorporating plastic waste into bituminous mix was conducted today at Chatroo Plant under the National Highways & Infrastructure Development Corporation Limited's (NHIDCL's) Khellani-Chatroo Package 5. The event saw the presence of the Deputy Commissioner, Dr. Devansh Yadav, GM (P) PMU Kishtwar, Gursewak Singh Sangha, and NHIDCL Engineers. The groundbreaking trial shows the potential of utilizing plastic waste in road construction, specifically as a hot mix bituminous wearing coat or top layer on service and slip roads across the National Highway (NH) network nationwide.

EDITORIAL

Tourism and Economic Development: Exploring Opportunities and Navigating Challenges in Kashmir

The breathtaking landscapes, pristine lakes, and snow-capped peaks of Kashmir have long captivated the hearts of travelers, earning it the moniker "Paradise on Earth." Nestled in the mountains, Kashmir possesses immense potential for tourism-driven economic development. However, harnessing this potential while addressing the associated challenges requires a delicate balance between preserving the region's natural beauty and boosting economic growth.

Kashmir's tourism sector has historically been a major contributor to its economy, providing livelihoods to a significant portion of the population. A steady influx of tourists can stimulate economic growth by creating jobs, fostering entrepreneurship, and generating revenue for local businesses. The revenue generated from tourism can be channeled into improving infrastructure, healthcare, education, and other essential services for residents, leading to an overall upliftment of the region.

The opportunities for tourism-based economic development in Kashmir are abundant. The region's diverse culture, rich history, and traditional handicrafts can attract both domestic and international tourists, thereby promoting cultural exchange and boosting local artisans. The vast potential for adventure tourism, including trekking, skiing, and mountaineering, can draw adventure enthusiasts from around the globe, further enhancing the region's appeal.

However, the path to sustainable tourism growth in Kashmir is not without challenges. One of the foremost concerns is striking a balance between tourism and environmental conservation. Unregulated tourism can lead to overdevelopment, pollution, and degradation of natural resources, which would ultimately undermine the very attractions that draw visitors. Therefore, a comprehensive and well-implemented ecotourism plan is essential to ensure that the beauty of Kashmir remains intact for generations to come.

Another challenge lies in ensuring that the economic benefits of tourism are equitably distributed among local communities. It is imperative to create programs that empower local residents to participate in and benefit from the tourism industry. This can be achieved through skill development initiatives, community-based tourism projects, and the promotion of responsible tourism practices that respect local customs and traditions.

Moreover, political instability and security concerns have periodically impacted tourism in Kashmir. Establishing a peaceful and secure environment is crucial to attract travelers and encourage long-term investments in the tourism sector. Collaboration between the government, local authorities, and the community is essential to address these challenges and create an atmosphere conducive to tourism development.

Tourism has the potential to be a powerful driver of economic development in Kashmir, offering opportunities for job creation, cultural exchange, and infrastructure improvement. However, unlocking this potential requires a thoughtful and sustainable approach that prioritizes environmental conservation, community involvement, and security. With a well-executed strategy, Kashmir can achieve a harmonious blend of economic growth and preservation of its natural and cultural heritage, solidifying its place as a coveted global travel destination.

Women's Share In Central Government Jobs Declining Fast

Central Public Sector Employs Only A Little Over 9 Per Cent Women

■ [Dr. Gyan Pathak](#)

Despite big promises to women in BJP's 2019 manifesto, including to formulate a comprehensive 'Women in the Workforce' road map focused on dramatically increasing female workforce participation rate over the next five years, the women's share in Central Government jobs have been declining with the general decline in total job opportunities. Women's participation has substantially gone down in single digit in central government and CPSE jobs.

Centre has not been providing latest data on women employed in central government jobs is therefore understandable. The latest Census of Central Government Employees was brought out in April 2014 for the year ending March 31, 2011. Narendra Modi, as prime ministerial candidate had been promising 'jobs with dignity for all' which meant 2 crore jobs every year, but after he became prime minister of the country, even central government jobs started declining.

About 30.87 lakh employees were there in 2011 in the Central government, as per the Census of Central Government Employees, said the Minister of State in the Ministry of Labour and Employment in the year 2020 in Rajya Sabha, out of that as low as 10.93 per cent were women. It showed how the government was afraid of providing the latest number.

Just before general election 2019, Modi government had tabled interim budget 2019-20 in which it said that the estimated number for central government employees was over 36.15 lakhs as on March 1, 2019, and showed a 12 per cent increase over March, 2017. Then the BJP came with a manifesto to formulate roadmap to increase women employees in government.

However, the total number of employees had declined as of March 1, 2022 to 31.69 lakh as per the budget papers of 2023-24 under heading "Estimated Strength of Establishment and Provisions". It has however estimated that central government employment was expected to rise over 34.45 lakh as of March 1, 2023 and then to 35.55 lakh as of March, 2024. Between the general election of 2019 and 2024, central government employees would be declining by at least 60,000. Share of women in central government would also decline with it even at faster rate.

It would be despite the fact that there were 40.35 lakh sanctioned posts but only 30.55 lakhs persons were in position as on March 1, 2021, according to Expenditure Department's Annual Report on Pay & Allowance of Central Government Civilian Employees. Over 9.79 lakhs posts were vacant, implying one in every 4 posts were vacant. Now when elections are coming to close, PM Modi has been distributing jobs in employment fairs, to appear to be concerned for increasing employment, just contrary to the real employment situation in the central government.

Employment fairs are being held across the coun-



try, and the new appointees are being not only inducted into the central ministries, departments, autonomous bodies, but also in Central Public Sector Undertakings. The target announced is that the government intends to provide 10 lakh jobs over a year. It means that all the new appointments are not being done for the central government where the vacancies were 9.79 lakhs.

Many of the appointees are being sent to CPSEs, but employment in CPSEs have also been declining in the last decade. On March 31, 2013, there were 17.3 lakh employees in CPSEs, but on March 31, 2022, only 14.6 lakhs employees were there. It means, 2.7 lakh employments were just vanished. The quality of employment has also substantially declined in the meantime. The share of casual and contract workers has more than doubled and rose from 19 per cent in 2013 to 42.5 per cent in 2022. In the meantime, the number of casual and daily workers rose from 40,000 to 1 lakh, and contract workers from 2.9 lakh to 5.2 lakhs.

Women's employment position is far worse. In 2021-22, women constituted 9.1 per cent of total employees in CPSEs. The number decreased to 76,678 in 2021-22 from 80,525 in 2020-21.

The Seventh Central Pay Commission report was accepted by the Central government in 2016, and the Centre had said that the recommendation would apply to 33 lakh central government employees. The number of central government employees were estimated to

only 8.5 per cent of the organised workforce of the country providing quality decent jobs with social security provision. It means within six years by 2021, central government shed about 3 lakh jobs.

All these show the huge gender gap in the central government and CPSE jobs, where women's share in employment is less even less than 10 per cent. However, in the entire labour market the Labour Force Participation Rate (LFPR) for women in urban areas in Current Weekly Status (CWS) was 18 per cent in the last quarter of 2022-23 that ended on March 31, 2023. Worker Population Ratio (WPR) for women was just 16.4 per cent. It is against LFPR of 47 per cent globally. LFPR as per PLFS for July 2021 - June 2022 was 27.2 per cent and WPR at 25.6 per cent.

Female labour force participation has been declining since 1999-2000 in India, when it was 34.1 per cent which came down to 27.2 per cent in 2011-12, and worsened to 18 per cent in during January - March 2023.

These show that the promises made by the PM Modi and his party for women empowerment and increasing their share in employment are just hollow. Majority of women workforce are in low quality private jobs. If the Centre can't give women their share in central government and CPSEs jobs, how can it expect the labour market to increase women's LFPR?

(IPA Service)

Smriti Ravindra's First Novel Is A Gripping Account Of Churning In A Nepali Society

The Author Tells A Personal Story Covering Both India And Kathmandu

■ [Harihar Swarup](#)

The woman who climbed trees opens with a wedding. Meena 14, stands on a terrace in Dharbhanga eating roasted peanuts when she is told about 21-year-old Manmohan, her future husband. He is first in his family from Nepal to study in India. Her mother, Keveri, claims he is a "prize" and a "project Manju".

But Manmohan is no Manju: instead, he dreams of finding his place in Kathmandu and leaves his wife with her dour mother-in-law Sawari Devi in Sabaila.

Manmohan had studied at the Banaras Hindu University and dreams of democracy. It is through his eyes that readers see the politics of Nepal and India.

At the beginning of the novel, as the barber's wife applies mehendi on Meena's hands, she talks about marriages, mothers and motherland. "The mother and motherland are not like arms or legs of a body, which once decayed can be amputated", she says. "The mother and motherland are the heart and liver of the body. They cannot be removed. The mother remains, and the motherland too, in daylight and in darkness.... What is mother and motherland to a woman. They are permanent dreams." This loss lies like at the heart of the book, one that is carried through generations and remembered.

The story is personal, fuelled by the memory of her mother's longing for her home in Nepal. It is addictive, evocative and hunting.

The novel, Smriti Ravindra's first, traces Meena's journey to Sabaila from Dharbhanga as he tries to build her life in a country that is not hers. Ravindra brings alive the squelch of Sabaila mud, the mountains of Kathmandu and green of her garden as she writes with longing of the Maddesh experience in Nepal. The politics may be familiar, but Ravindra makes it palpable and real. It is not institutional history that she weaves -- the linking of Nepal with India -- but one that is remembered and felt. She blends folklore and myths to create a world that is dazzling, populated by women and brought alive with their stories.

And these characters—whether it is Sukumariya, the old babysitter of Sabaila who carries the memory of the struggle of the first Indians who came to Nepal: Keveri, Meena's mother who lives fiercely when her husband dies; Kumud, Meena's sister-in-law trying to keep up with the tasks and her twins; Meena, fragile and strong at the same time; or Preeti, who watched her mother unspool—no one is forgettable. The heart beats with these stories, stories that resonate even when you finish reading.

(IPA Service)



CONCEPTS AND TECHNIQUES IN NEUROSCIENCE

■ [Aamir Reyaz Shieikh](#)

Neuroscience is the scientific study of the nervous system. It is a multidisciplinary science that combines physiology, anatomy, molecular biology, developmental biology, cytology, mathematical modeling, and psychology to understand the fundamental and emergent properties of neurons and neural circuit. Neuroscience is the empirical study of the brain and connected nervous system, and contemporary neuroscience seeks to explain how human behaviour arises from brain activity. This is not an easy task. The human brain contains around one hundred billion (1011) nerve cells or neurons and one hundred trillion (1014) synapses or connections between nerve cells. But, over the past thirty years, neuroscientists have made remarkable progress. Neuroscience has shed light on how the brain and certain mental processes can work, and research is showing just how complex the links between brain activity, mental processes and behaviour really are. For example, neuroscience has shown correlations between patterns of activity in the human brain, mental functions (such as thinking, feeling, sensing, attention, memory and consciousness) and particular In the United States, the MacArthur Foundation has funded a major programme of work on neuroscience and the law, and at least one university now runs a graduate seminar course on 'Neurolaw'. The French government has also been funding a programme on 'Neuroscience and Public Policy' since 2009, and the European Science Foundation funds a European Neuroscience and Society Network. types of behaviour. Research has shown that both genes and the environment can affect mental functions, patterns of brain activity and behaviour. It is known that interactions between genes and environment affect changes in the brain and that the brain continues to develop beyond adolescence and into adulthood. But it is also important to recognise that there is no direct mapping of mental function to specific areas of the brain, and that there are huge differences between individuals. The application of findings such as these (and many others) to the law may not be as simple as in other disciplines. The

remit of this report is to discuss the relevance and utility of these findings from neuroscience to the law. In what follows, a relatively broad view of 'neuroscience' is taken, to include some discussion of behavioural genetics and psychology. At present there may be relatively little neuroscience that can be directly applied to the law, but this will surely change over the next ten to twenty years. This report also takes a broad view of 'the law' (although perhaps with more emphasis on criminal than civil law), and has attempted to consider not only what happens in court trials, but also, for instance, what happens in sentencing and probation. It has not been possible within the scope of this report to discuss every possible interaction of neuroscience and law. Instead, some key areas of debate are highlighted, with examples that refer to the legal system of England and Wales, except where stated where stated otherwise. As investigation of the relationship between brain and mind has developed, researchers have been able to describe mental processes that relate nerve cells or neural circuits to the behaviour of individuals. Many of these mental processes such as thinking, feeling, sensing, attention, memory, and consciousness are regularly used in common language. But although mental processes are helpful in explaining the relationship between brain and mind, the mappings from brain activity to mental process and from mental process to behaviour, remain complex and poorly understood. More-over most experiments that investigate the relationship between brain activity and behaviour necessarily use simplified laboratory situations. Generalising findings from these experiments to complex 'real world' situations is difficult and uncertain. An appreciation of the limits of neuroscientific techniques can inform the assessment of how useful these findings can be, and importantly, highlight areas for productive research. The brain is constantly changing. There is variation been individuals in the structure and function of the brain and the mental processes that underpin behaviour. Indeed, everyday experience shows that individuals respond very differently to specific situations. Why is that? Evidence suggests that both genes and the environment, and hence people's

unique, individual, lifelong experiences, play a role in modulating behaviour. However genetic influences on the brain are not yet well understood. Genetic predispositions may have an effect on behaviour, but examples where a simple genetic defect alone can act to affect behaviour are rare. An example from the field of health would be the gene mutation for Huntington's disease. In the majority of cases, multiple genes affect behaviour, and their individual effects would be very small. In addition, the physical and behavioural attributes linked to specific genes are affected by a range of environmental factors, including diet, exposure to toxins and social interactions. One of the most important discoveries about the human brain has been that there is a systematic relationship between particular brain areas and particular functions. For example, the brain areas associated with vision are located in the occipital lobe at the back of the brain. However, it is now clear that such consistent relationships between a brain structure and a mental process are not straightforward 'one-to-one' links. Instead, a particular brain structure may be involved in many (but not all) mental processes; and a particular mental process will often involve several (but not all) brain areas. This 'many-to-many' mapping of mental processes onto brain areas or structures makes it difficult if not impossible to infer particular mental processes from the observation of activity in a particular area. The presence of brain activity in a particular area may result from several different mental processes for example those of pain perception, arousal and affect. The 'fallacy of reverse inference' refers to the misguided and incorrect attempt to conclude from observation of activity in an area that a particular mental process was taking place. This is rarely possible. Neuroscience may also help to provide an understanding of how early adversity alters brain development. Adults who have suffered from adverse early experiences are more likely to demonstrate elevated levels of risk-taking behaviours, akin to the behavioural characteristic of adolescence. Studies have revealed that these adults also show heightened neural response in subcortical limbic brain regions during reward processing tasks.

Lost Legacy

■ [Rayees Ahmad Kumar](#)

*Once titled as the land of saints
Also the paradise on earth
In view of it's enchanting beauty
Due to lofty mountains and hills
Snow clad white conical peaks
And vast green grassy meadows
Murmuring crystal clear water bodies
Dense evergreen treasured woods.*

*Kashmir thy past is full of rich legacy
Kindness, love, respect, unity, brotherhood
Dominated its social fabric and relationships.*

*But alas ! Kindly-acts, benevolence
and altruism
Once endemic to this sacred land
Alien here now, replaced instead by
Hatred, malice, animosity, ill-will
and hostility.*

*A son abandoning his enfeebled old parents
Sometimes killing them for meagre property.
Chastity of eve's daughters too isn't safe
Now at the hands of her own blood and flesh.*

*Now everyone wonders, is it the same
saints land
Or the beasts have made it their
eternal abode.*

Writer hails from Qazigund Kashmir

Villages moving towards digital India



■ [Vijay GarG](#)

Our writers, thinkers and politicians have always spoken about two Indias— one that lives in our cities and the other in our villages. Both are integral to the nation yet are deeply divided in culture, income, technology, and access to resources. The technological gap, however, is gradually fading thanks to a digital revolution bubbling at the heart of our nation. According to a 2022 study by Nielsen, rural India's internet presence is 20 percent higher than urban India. The penetration of smartphones, UPI (Unified Payments Interface), and government schemes such as the Pradhan Mantri Gramin Digital Saksharta Abhiyan, have enabled Internet access in remote parts of our country. As a result, untapped human potential is finding space to realise itself. Numerous corporates, non-profits, and educational startups are reaching rural India with skill training, health and nutrition awareness, self-help group (SHG) empowerment programs, and more, by leveraging video conferencing and other technological platforms. I share a few key sectors that are enabling rural populations with opportunities for a better tomorrow.

1) EDUCATION

The Indian edtech market is gaining a strong foothold. The heartwarming story of Ranjitsinh Disale, a government schoolteacher in Maharashtra and winner of the \$1 million Global Teacher Prize, is particularly poignant. Disale revolutionised the use of QR codes in textbooks by embedding them with audio poems, video lectures, assignments, and more, allowing students to access an interactive school environment, especially for girls, on days they missed school. As a result, the Ministry of Education soon announced that all NCERT textbooks would embed QR codes. Similarly, the Indian government has also introduced free digital e-learning platforms such as Diksha and E-Pathshala. Diksha offers engaging learning material, relevant to the prescribed school curriculum, to teachers, students and parents. Similarly, E-Pathshala, developed by NCERT hosts educational e-resources including textbooks, audio, video, periodicals and a variety of print and non-print materials through website and mobile app. Collectively the available apps offer host explanation videos, e-books, interactive lessons, in 12 to 15 Indian languages. This is a significant step towards better and more inclusive education.

2) HEALTH

The healthcare market will likely be worth \$50 billion by 2033 (RBSA Advisors Report). It is a sector that uses the agency of NGOs, the private



3) AGRICULTURE

sector and government initiatives through a competent network of ASHA workers. The eSanjeevani app (a national browser-based application facilitating doctor-to-doctor and patient-to-doctor tele-consultations) has facilitated over five million tele-consultations and was a boon during the pandemic, especially in rural areas. Through eSanjeevani OPD, one can seek medical advice as well as medication through audio and video. The Since the pandemic, a few NGOs have built effective virtual clinics to cater to antenatal and pediatric care after hospitals were converted to Covid-19 care centers. In addition, startups' digitisation of single medical stores enables patients in remote areas to access medicines outside their village limits.

Around 70 percent of India's rural households depend on agriculture according to the Food and Agriculture Organization (FAO). Therefore, agri-tech is naturally drawing interest from farmers, governments, and private startups. One such is the Karnataka government's e-Sahamathi app. The e-governance department has developed the e-Sahamathi app with the help of National Informatics Centre (NIC). Under this app, farmers must agree to share their crop information with the aggregator which will in turn share details such as a farmer's name, his crop, landholding etc. with the retailer. In essence, allowing the farmers to list their produce and directly sell it to retail

chains—giving them the power to negotiate a fair price for their harvest. Multiple startups have created similar marketplaces. Bain & Company's research shows that the Indian agritech sector got \$1 billion in funding from 2017 to 2020. Many startups are developing AI-enabled technology and apps to provide end-to-end solutions, which include soil testing, microfinance, weather updates, and more.

4) ECONOMIC EMPOWERMENT

The Ministry of Labor and Employment's e-Shram portal, a digital database of unorganised workers, is a fine example of a digital upgrade. For the first time e-Shram allows construction and migrant workers to access job opportunities in an organised fashion. Additionally, as per the ministry, it is to provide social security to workers, offering a pension after the age of 60 Years if you have a Shramik Card along with insurance benefits. The Union Labour Minister has shared that the portal has received registrations for over 400 occupations. Given the unregulated nature of these markets, this is a great way to ease the process of seeking and employing skilled labor. Besides employment creation, the digital revolution has created opportunities for economic activities in rural India by making them an integral part of the market value chain for products and services—both as suppliers and consumers. This was further aided by the Jan Dhan Account-Aadhaar-mobile connectivity or JAM trinity as it is popularly called, which brought crores

of people into the banking system and transparency in transactions.

5) WOMEN EMPOWERMENT

My experience with rural communities has convinced me that our women are a formidable force and can uplift their communities if given an opportunity. For example, Angrekond, a village in Raigad, has raised self-help groups comprising 30 women thanks to digital and financial literacy programs. Once homemakers, they are now self-made entrepreneurs. Many non-profits are partnering with tech companies to empower rural communities, especially women. These networks are introducing communities to online skill training via YouTube and social messaging apps, leading them to become entrepreneurs and manage small businesses. According to a survey by McKinsey, the digital economy could create 60 million jobs by 2025, and many of these would require functional digital skills. Technology is key to making a level playing field for the two Indias and opening a treasure trove of opportunities for rural communities. As we walk from 75 years, towards our next milestone as a nation—100 years of independence, I hope to see a digitally forward, enabled, and inclusive India—where the rural communities retain their distinct identities and are deeply connected with urban centers and the world.

Vijay GarG Retired Principal Educational Columnist Malout

Capital Punishment For Mob Lynching: Big Revamp Of Indian Criminal Laws

■ HT News Network

New Delhi: The government today announced a complete overhaul of colonial-era criminal laws to include maximum punishment for crimes like mob lynching and rape of minors and a new offence of "endangering unity" instead of sedition.

The Indian Penal Code of 1860 will be replaced by the Bharatiya Nyaya Sanhita, said Union Home Minister Amit Shah, introducing three bills. The Bharatiya Nagarik Suraksha Sanhita will replace the Code of Criminal Procedure and the Bharatiya Sakshya will replace Indian Evidence Act.

All three were referred to a Standing Committee for review. A new offence on acts of secession, armed rebellion, subversive activities, separatist activities or endangering sovereignty or unity and integrity of India has been added in the revised laws.

The sedition law has been repealed, said the Home Minister. It has been replaced by Section 150 for acts endangering sovereignty, unity and integrity of India.



"Whoever, purposely or knowingly, by words, either spoken or written, or by signs, or by visible representation, or by electronic communication or by use of financial means, or otherwise, excites or attempts to excite, secession or armed rebellion or subversive activities, or encourages feelings of separatist activities or endangers sovereignty or unity and integrity of India; or indulges in or commits any such act shall be punished with imprisonment for life or with imprisonment which may extend to seven years and shall also be liable to fine," says Section 150.

The explanation states this: "Comments expressing disapprobation of the measures, or administra-

tive or other action of the Government with a view to obtain their alteration by lawful means without exciting or attempting to excite the activities referred to in this section."

The new bill prioritises laws for crimes against women and children, murders and "offences against the state".

For the first time, community service will be one of the punishments for petty offences.

The proposed law also says those evading arrest can be tried in their absence.

The police have to furnish an update on FIRs or First Information Reports within 90 days and an E-FIR can be lodged from anywhere.

The search and challan (prosecution) process has

to be videographed.

The proposed law also suggests one-year jail for bribing voters during elections.

Also, offences have been made gender neutral. In order to deal effectively with the problem of organised crimes and terrorist activities, new offences of terrorist acts and organised crime have been added with deterrent punishments.

The fines and punishment for various offences have also been enhanced.

For gang-rape, the punishment can be 20 years in jail to a life term.

The death sentence has been retained in the new bills. It seeks to revamp British-era laws, Amit Shah told parliament. "The laws that will be repealed... the focus of those law was to protect and strengthen the British administration, the idea was to punish and not to give justice. By replacing them, the new three laws will bring the spirit to protect the rights of the Indian citizen," Mr Shah said in Lok Sabha.

The aim will not be to punish, it will be to provide justice. Punishment will be given to create a sentiment of stopping crime," he added.

"Joking In Parliament When Manipur Is On Fire": Rahul Gandhi Slams PM Modi

■ HT News Network

New Delhi: Stepping up the attack on Prime Minister Narendra Modi over the Manipur violence, Congress leader Rahul Gandhi on Friday said it does not behove the Prime Minister to laugh and crack jokes in Parliament when the state has been "on fire" for the past four months.

The Prime Minister "wants Manipur to burn and allows it to burn," Mr Gandhi alleged at a press conference at the AICC headquarters in Delhi and asserted that if the Modi government wanted to stop the violence, there are tools in the hands of the government that can stop it immediately.

"Women and children are dying over there, women are being molested and raped and the Prime Minister of India is sitting in the middle of Parliament and laughing. This is not about Rahul Gandhi, it is not about the Congress, it is not about opposition, it is about India, it is about our country. A state has been decimated, it does not exist anymore and it has happened because of the politics of the BJP -- divide and rule



and burn," Mr Gandhi said.

Mr Gandhi's strong attack came a day after PM Modi slammed the opposition in his over two-hour reply to the motion of no-confidence against his government in Lok Sabha. Mr Gandhi said his remarks that Prime Minister Modi and Home Minister Amit Shah had "murdered Bharat Mata in Manipur" were not hollow words as he had for the first time in his 19 years in politics been told in a state that if he takes a person from one community in his security detail to the area of another community, they will shoot that security personnel.

"I watched the Prime Minister yesterday, speak-

ing for two hours, laughing, joking, and raising slogans in Parliament. The Prime Minister would say one line and the BJP (leaders) would shout another slogan. The Prime Minister seems to have forgotten that the state of Manipur is on fire and has been on fire for four months," the former Congress leader said.

He said it does not behove the Prime Minister that when there is violence in the country, he indulges in "making fun for two hours".

He said the central security personnel told him in Manipur that they had never seen anything like what was happening in Manipur.

"That is why I said the

idea of India has been murdered by the BJP in Manipur. I was not speaking metaphorically, I was speaking literally," the former Congress chief said.

"That is why in my speech (in Lok Sabha) I said Bharat Mata has been murdered in Manipur. For the first time, the words Bharat Mata have been expunged from Parliament. It is an insult to those words. What is it that I have said is wrong? I have said Bharat Mata, which is the idea of India, where everybody lives peacefully, harmoniously and with affection, has been killed in Manipur, it is a fact," Mr Gandhi said.

Manipur no longer exists as a state because the state requires control and authority which have disappeared from there, he said. It would take the Indian Army two days to put an end to the "nonsense" going on there, Mr Gandhi said. "The Prime Minister refuses to stop the fire, he wants Manipur to burn, he allows Manipur to burn because if he did want it to stop, there are tools in the hands of the government that can stop it immediately," Mr Gandhi alleged.

AAP MP Raghav Chadha suspended from RS, Sanjay Singh's suspension also extended

■ HT News Network

New Delhi, Aug 11 (UNI) Aam Aadmi Party (AAP) MP Raghav Chadha was on Friday suspended from Rajya Sabha until the committee of privileges submits its report in the alleged case of misconduct.

Moving the resolution to suspend Chadha, Leader of the House Piyush Goyal said that the AAP leader had lowered the dignity of the house with his actions.

It has been accused that the AAP member proposed the names of few MPs for a house panel without taking their consent in violation of rules.

"I suspend Raghav Chadha from the services of the Council (of States) till the Council has the benefit of the report by the Committee of Privileges," Rajya Sabha Chairman Jagdeep Dhankhar announced from his Chair.

Shimla: Chamba-Tisa-Pandi road hillock collapse kills seven

■ HT News Network

Shimla, Aug 11 (UNI) Seven people, including five police personnel, were killed when a big hillock fell on the Chamba-Tissa-Pangi road early Friday morning, killing all those passing through there at the spot.

BJP State Vice President and MLA Hansraj on Friday said that a very painful accident has happened in Chamba this morning, and it has completely exposed the negligence of the government and PWD's XEN. Today, around 9 o'clock in the morning, seven people died due to the collapse of a mountain on Chamba Teesa Pangi Road. Out of them, two were local people and the rest were policemen.

Persistent pleading with the government led to a road closure, but the government reopened, causing the incident. Hansraj said that the mountain was continuously falling, the public was watching, but the government did not take any action. He said that the BJP demands that an FIR be lodged immediately against the government officer Joginder Sharma, working in the PWD, because such a big accident has happened in Chamba on Friday due to his negligence.

IndiGo commences direct flights to Abu Dhabi & Jeddah

■ HT News Network

Kolkata, Aug 11 (UNI) IndiGo, India's leading carrier, is set to expand travel connections and fortify ties between India and the Middle East with the commencement of two new daily direct flights from Ahmedabad-Abu Dhabi and Ahmedabad-Jeddah. Starting from Friday, these strategically planned routes mark yet another milestone in IndiGo's journey in enhancing international connectivity and meeting the escalating demand for seamless travel experiences, according to a media release here on Friday. Vinay Malhotra, Head of Global Sales, IndiGo, said, "As part of our commitment to enhancing accessibility and bridging India with international markets, we are thrilled to announce the commencement of flights between Ahmedabad .

"Hate Speech Unacceptable, Need To Stop It": Supreme Court To Centre

■ HT News Network

New Delhi: The Supreme Court today ordered the Centre to work on forming a committee to look into hate speech cases across the country.

A petition by journalist Shaheen Abdullah requested the Supreme Court to give a direction to the Centre to crack down on "blatant hate speeches", which called for killing members of a community and their economic and social boycott in rallies held across the country, including in Haryana, where communal clashes last week killed six. A bench of Justices Sanjiv Khanna and SVN Bhatti said there has to be harmony and comity between communities. There has to be harmony and comity between the communities. All the communities are responsible. The problem of hate speech is not good and nobody can accept it," the Supreme Court said.

The court told Additional Solicitor General KM Nataraj, appearing for the Centre, to seek instructions and reply about the committee by August 18.

The bench also told the petitioner to collate all the material, including videos, and give them to nodal officers.



In the petition, Mr Abdullah said, "We hope and trust that the state governments and police will ensure that no hate speeches irrespective of the identity are made against any community and there is no physical violence or damage to the properties." Justice Khanna said the Supreme Court will tell the police chief to form a committee, which will look into hate speech complaints received by police stations in different areas.

The next hearing in on August 18. A mahapanchayat in Haryana's Gurugram was held on August 7 amid tensions six days after communal violence broke out in Nuh district and spilled over to Gurugram city. The gathering organised by the Hindu Samaj Mahapanchayat did not have the police's permission.

Doctors Can Now Refuse To Treat "Abusive, Violent" Patients: Medical Body

■ HT News Network

New Delhi: Doctors can now refuse to treat "abusive, unruly, and violent patients or relatives", the National Medical Commission Registered Medical Practitioner said, taking a major step toward curbing the ongoing instances of violence against medical practitioners.

"The RMP who attends to the patient will be fully accountable for his actions and entitled to the appropriate fees. In case of abusive, unruly, and violent patients or relatives, the RMP can document and report the behavior and refuse to treat the patient. Such patients should be referred for further treatment elsewhere," the notification mentioned under the duties of RMPs towards their patients said.

These new regulations will replace the Medical Council of India's (MCI) Code of Medical Ethics 2002. This is for the first time that doctors will have the right to refusal of patient treatment to unruly and violent patients. The move is aimed at discouraging violence against doctors.

"RMP is free to choose whom he will serve, except in case of a life-threatening emergency. Having accepted a case, the RMP should neither neglect the patient nor withdraw from the case without giving adequate notice to the patient and his family. If a change of RMP is needed (for



example, the patient needs a procedure done by another RMP), consent should be obtained from the patient himself or the guardian. The RMP who attends to the patient will be fully accountable for his actions and entitled to the appropriate fees," the notification stated.

It's also mentioned in the notification under duties of RMPs towards the public and allied healthcare professionals that doctors can't receive any gifts, travel facilities etc from pharmaceutical companies. "RMPs and their families must not receive

any gifts, travel facilities, hospitality, cash or monetary grants, consultancy fee or honorariums, or access to entertainment or recreation from pharmaceutical companies or their representatives, commercial healthcare establishments, medical device companies, or corporate hospitals under any pretext," it said.

However, this does not include salaries and benefits that RMPs may receive as employees of these organisations, the regulations stated.

Further, the regulations said, RMPs



extradition and recovery of assets, both domestically as well as abroad.

This was stated here today by Union Minister for Personnel, Public Grievances and Pensions, Jitendra Singh, in an interview with public broadcaster Doordarshan News before leaving for Kolkata for the G20 Ministerial meet and the final meeting of G20 Anti-Corruption Working Group (ACWG) to be held tomorrow.

The third and final meeting of the G20 Anti-Corruption Working Group (ACWG) under India's Presidency is being held from August 9-11, 2023 in Kolkata. Over 154 delegates from G20 Members, 10 invitee countries, and various international organizations are attending the meeting.

It will be followed by the G20 Anti-Corruption Ministerial Meeting tomorrow, which will be chaired by the minister.

should not be involved in any third-party educational activity like CPD, seminar, workshop, symposia, conference, etc., which involves direct or indirect sponsorships from pharmaceutical companies or the allied health sector.

Under Right to remuneration of RMP it's mentioned in the notification that the consultation fees should be made known to the patient before examination or treatment of the patient.

"A reasonable estimation of the cost of surgery or treatment should be provided to the patient to enable an informed decision. RMP can refuse to treat or to continue to treat a patient if the fees, as indicated, are not paid," it said. However, this does not include salaries and benefits that RMPs may receive as employees of these organisations, the regulations stated.

Further, the regulations said, RMPs should not be involved in any third-party educational activity like CPD, seminar, workshop, symposia, conference, etc., which involves direct or indirect sponsorships from pharmaceutical companies or the allied health sector.

Under Right to remuneration of RMP it's mentioned in the notification that the consultation fees should be made known to the patient before examination or treatment of the patient.

With No End In Sight, Sudan's Civil War Enters 4th Month

■ HT News Network

Wad Madani: Four months into a battle both believed they would win, Sudan's army has lost its grip on Khartoum to paramilitaries, who are unable to declare victory and instead are accused of waging war on civilians.

When fighting began on April 15, Sudan's army chief Abdel Fattah al-Burhan was certain it would be over "within two weeks".

His former deputy, turned enemy, Mohamed Hamdan Daglo, has sworn his Rapid Support Forces will achieve "victory". Yet neither has been able to gain a decisive advantage, while fighting has killed at least 3,900 people, uprooted more than four million, worsened food shortages and sparked war crimes allegations.

"The army thought it knew the exact military capacity of the RSF," said military expert Mohammed Abdelkarim.

But the RSF realised "they could be in for a long war" and immediately "seized the entry points to Khartoum and secured their supply lines", a former army officer said, requesting anonymity for security reasons.

The army in July announced the closure of the highway linking Khartoum and Darfur -- a paramilitary stronghold -- but that did little to stem their flow of troops and weaponry, residents and analysts said.

Sanctions by the United States and Britain on companies linked to both sides also seem to have done little to slow the fight-



ing. While the armed forces try to hold key Khartoum bases, they dominate the skies, raining regular air strikes on the capital.

But they lack the RSF's infantry power, which is "essential given the urban nature of the war", Abdelkarim told AFP.

Sudan's army has all but ceded the streets to the RSF.

- 'Appalling abuses' -
"The army has for years neglected its infantry," the former officer said, choosing to instead contract out its many wars -- including, ironically, to the RSF which previously fought in the Darfur region and South Kordofan state.

Sudan's army long relied on the Popular

Defence Forces Islamist militia, and in Darfur, where a rebellion began in 2003, then-president Omar al-Bashir unleashed the Janjaweed militia, which later evolved into the RSF. Their campaign led to war crimes charges against Bashir and others by the International Criminal Court.

Bashir's overthrow in 2019 ushered in a transition to civilian rule but that was derailed when Burhan, the country's de facto leader, carried out a coup with Daglo in 2021.

Through its inability to control Khartoum, the army's "claim to represent the government was in question", said Sudan expert Alex de Waal.

But "what it gained on the battlefield, the RSF lost in the political arena", he said, decisively eliminating any sympathies among city dwellers "through the appalling abuses" its fighters committed.

The US-supported Sudan Conflict Observatory said the RSF's positions in civilian-occupied neighbourhoods and buildings are "a potential violation of the Geneva Conventions".

A separate Observatory report issued August 2 found that, in Darfur, RSF and "aligned forces" had destroyed at least 27 towns.

And on August 4, Britain, Norway and the United States condemned "reports of killings based on ethnicity and widespread sexual violence" in Darfur by the RSF and allied militias.

The army has also been accused of abuses, including a July 8 air strike that killed around two dozen civilians.

Burhan retains "the political upper hand" but only "by default", de Waal said.

De Waal said Burhan had "shown neither political profile nor leadership, and it is unclear if he can manage his cabal of quarrelsome lieutenants". What initially appeared as a fight between two generals has since threatened to broaden into "full-scale civil war", the United Nations has warned. On the army side, "it has opened the door to the Islamists, because they're the most prepared, but that would prolong the war and complicate Sudan's diplomatic relations", the former officer said.

Six foreigners arrested in killing of Ecuadorian presidential candidate

■ HT News Network

Quito, Aug 11 (UNI) Six suspects arrested in connection with the assassination of Ecuadorian presidential candidate Fernando Villavicencio and another suspect who was shot dead are all foreigners, said authorities on Thursday.

The six weaponized suspects, all members of organized crime groups, were captured hiding in a house in Quito, the country's capital, said a police report. Describing the killing as "a political crime of a terrorist nature," Ecuadorian Interior Minister Juan Zapata confirmed all suspects are foreigners without revealing their nationalities. The minister noted that the police will continue investigating and seeking a motive for the crime. Fernando Villavicencio, Ecuador's candidate for the presidential election later this month, was killed on Wednesday in an armed attack following a political rally in Quito.

29 killed, 16 missing in heavy rainfall-triggered disasters in China's Hebei

■ HT News Network

Shijiazhuang, Aug 11 (UNI) As of Thursday, 29 people have been killed in the disasters triggered by the recent round of heavy rain in north China's Hebei Province and 16 remained missing, local authorities said on Friday.

Hawaii wildfire death toll rises to 53, expected to grow higher

■ HT News Network

Los Angeles, Aug 11 (UNI) At least 53 people have been confirmed dead in the devastating hurricane-driven wildfires in Hawaii's Maui Island, authorities said on Thursday.

"As firefighting efforts continue, 17 additional fatalities have been confirmed today amid the active Lahaina fire. This brings the death toll to 53 people," Maui County wrote on the county's official website. The death toll was 36 earlier in the day. Strong winds from Hurricane Dora were to blame for the deadly wildfires, destroying parts of Lahaina, a tourist spot on Maui Island. Officials warned the death toll could grow even higher. The wildfire that caused widespread damage in Lahaina town was reported to be 80 percent contained this morning after the fire department reported making progress in fighting the Lahaina fire and fires in Pulehu and Upcountry Maui, said county officials in an earlier press release.

Officials said that the status of all three fires remained unchanged as of Thursday afternoon.

U.S. President Joe Biden on Thursday morning approved a major disaster declaration for Hawaii in the wake of the devastating hurricane-driven wildfires. Hawaii Governor Josh Green is on Maui to survey the damage. In a video speech at the scene in Lahaina, Green said that "over a thousand buildings" have likely been destroyed.

"This is a tragic day for everyone in Hawaii and the nation. Our hearts go out to the families of the victims and the survivors suffering through the deadliest natural disaster the state has seen in generations," he said in an earlier statement.

5.9-magnitude quake jolts Japan's Aomori: JMA

■ HT News Network

Tokyo, Aug 11 (UNI) An earthquake with a preliminary magnitude of 5.9 struck parts of Japan's Aomori prefecture in the northern part of Japan's main island of Honshu, the country's weather agency said on Friday.

According to the Japan Meteorological Agency (JMA), the tremor occurred at 09:14 a.m. local time (0014 GMT) at a depth of 20 km, measuring level 4 on Japan's seismic intensity scale which peaks at 7. The tremor's epicenter was located off Aomori at a latitude of 41.2 degrees north and a longitude of 142.9 degrees east. No tsunami warning has been issued.

Three French police charged over man's death during riots

■ HT News Network

MARSEILLE: Three French police were charged on Thursday over a 27-year-old man's death during nationwide rioting earlier this summer, prosecutors said, an uncommon instance of officers facing a criminal case over on-duty violence.

An autopsy of the man who died in Marseille during the riots showed marks on his chest consistent with the impact of a shot from a blast ball commonly used by police, prosecutors said.

The officers were arrested on Tuesday over the incident -- the only known death at or on the margins of the unrest that gripped France in late June and early July over killing of a teenager by a policeman during a traffic check outside Paris on June 27.

The riots were met by a forceful police response. The man, Mohamed Bendriss -- a married father of one whose widow is expecting a second child -- died after feeling unwell while riding a scooter.

West African bloc activates force for possible Niger intervention

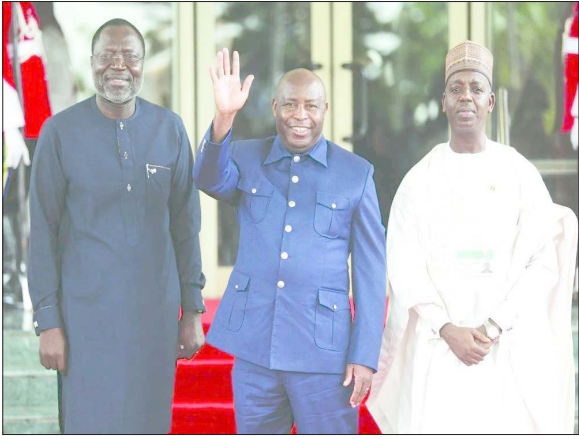
■ HT News Network

ABUJA: The West African bloc ECOWAS on Thursday ordered the activation of a standby force for possible use against the junta that took power in Niger in July, saying it wanted a peaceful restoration of democracy but all options including force were on the table.

After a summit of its heads of state in the Nigerian capital Abuja, the bloc pledged to enforce sanctions, travel bans and asset freezes on those preventing the return to power of democratically elected President Mohamed Bazoum.

"No option is taken off the table, including the use of force as a last resort," said Nigerian President Bola Tinubu, the ECOWAS chair.

"I hope that through our collective effort we can bring about a peaceful resolution as a roadmap to restoring stability and democracy in Niger," he said. "All is not lost yet." After Tinubu spoke, an official communique was read out which included a reso-



lution asking the bloc's defence chiefs to "activate the ECOWAS Standby Force with all its elements immediately". Another resolution spoke of ordering "the deployment of the ECOWAS Standby Force to restore constitutional order in the Republic of Niger", immediately followed by another that spoke of restoring such order "through peaceful means". Security analysts say a regional force could take weeks or longer to assemble, potentially leaving room for negotiations. The ECOWAS statement did not spell out how the force

would be funded, which countries would participate or how many troops and what hardware they could contribute.

The junta in Niamey had defied an Aug 6 deadline to stand down set by ECOWAS, instead closing Niger's airspace and vowing to defend the country against any foreign attack.

ECOWAS accused the generals in charge in Niamey of "defiantly repelling" all the bloc's attempts at diplomatic engagement and sought to project an image of resolution and unity.

Iran, US to free prisoners under swap deal

■ HT News Network

DUBAI: Iran agreed to release four American-Iranian dual nationals from Tehran's Evin prison under a prisoner exchange deal between Tehran and Washington, its mission to the United Nations said on Thursday.

"Under the deal mediated by a third country, five Iranians jailed in the United States will be released and Iran's frozen funds in South Korea will be unblocked and transferred to Qatar," it said, according to state news agency IRNA.

Five Iranian nationals will be released from US prisons as well.

Earlier, Iran moved five Americans from jail to house arrest, officials and family members said on Thursday, in the first step of a delicate deal.

The next step would be transfer of Iran's \$6bn frozen in South Korea to a special account administered in Qatar.

The progress on the prisoners -- one of them detained for nearly eight years -- comes after quiet, exhaustive diplomacy between the longtime adversaries whose separate talks on restoring a nuclear deal broke down.

Sources familiar with the negotiations said that the next step would be the transfer of \$6 billion frozen in South Korea to a special account administered in Qatar which Iran could use for humanitarian purchases such as food and medicine. If all goes as planned, the prisoners could leave Iran sometime in September, one source said.



Four of the prisoners -- Siamak Namazi, Emad Sharqi and Morad Tahbaz, and another who preferred to remain anonymous -- were taken on Thursday out of Tehran's notorious Evin prison, a day after President Joe Biden's administration informed their families of a breakthrough in talks.

The four were escorted to a hotel where they will remain held under guard by Iranian officials, a lawyer for one of the prisoners said. Sources said that a fifth American, a woman, was also part of the discussions and had already been moved in recent weeks to house arrest.

"While this is a positive change, we will not rest until Siamak and others are back home; we continue to count the days until this can happen," Babak Namazi, Siamak's brother, said in a statement.

A spokeswoman for the US National Security Council called the release to house arrest "an encouraging step" but said Iran should never have arrested the five Americans. "Of course, we will not rest until they are all back home in the United States," said the spokeswoman, Adrienne Watson. "Negotiations for their eventual release remain ongoing and are delicate," she said.

Developing countries can follow Bangladesh's development model: WB

■ HT News Network

Dhaka, Aug 11 (UNI) World Bank (WB) Executive Director Parameswaran Iyer on Thursday said developing countries can follow Bangladesh's development model as he paid a courtesy call on Prime Minister Sheikh Hasina at her official Ganabhaban residence in Dhaka.

"Bangladesh underwent a phenomenal transformation in development with specific plans under Prime Minister Sheikh Hasina's prudent leadership. Other developing countries can follow Bangladesh's development model," PM's Press Secretary Ihsanul Karim quoted Iyer as saying in a media briefing after the meeting.



According to Karim, the prime minister apprised the WB official of her government's uplift programmes to ensure Bangladesh's overall development. Bangladesh witnessed huge development as her government and party (Awami League) did everything after formulating specific plans, Sheikh Hasina said.

"Our main target is to alleviate poverty, as we want to ensure a better life

for every person," she said.

The WB executive director assured Bangladesh of extending cooperation in its infrastructure development in the next phase of advancement.

He said his organisation has already provided USD 700 million for the relocation of Rohingyas.

The Prime minister said the Rohingyas will have to return to their homeland, Myanmar.

About climate change,

she said Bangladesh has to suffer badly from the adverse impact of climate change despite the fact that "We are not carbon emitters." Iyer, however, told the premier that the WB will assist Bangladesh in implementing its Delta Plan 2100. Sheikh Hasina said the WB is lending technical assistance for ecological restoration and ensuring the navigability of rivers surrounding Dhaka city with a view to making the city more livable under an umbrella investment programme. The WB official also appreciated the country's sanitation system, saying, "Bangladesh's sanitation system is remarkable." He also highly praised the private sector's role in the development, describing it as thriving.

Bangladesh records highest daily spike of nearly 3,000 dengue cases, death toll rises to 364

■ HT News Network

Dhaka, Aug 11 (UNI) In a grim landmark, a total of 2,959 people were diagnosed with dengue fever in Bangladesh in the past 24 hours on Thursday, the highest number in a single day so far this year, said the Directorate General of Health Services (DGHS) under the Ministry of Health.

Also in the same period, 12 people died due to the mosquito-borne disease. According to figures reported by the DGHS, 1,097 people were diagnosed with dengue in Dhaka alone Thursday. With the fresh infections reported as of 8:00 a.m. local time Thursday, the number of dengue cases has surged to 78,028 in Bangladesh so far this year, the DGHS said.

So far in August, 26,196 dengue cases were recorded after 43,854 people were infected with the disease in July, according to the DGHS, which confirmed 364 dengue deaths so far this year. While 113 deaths were reported so far in August, there were 204 deaths in July and 34 in June, the DGHS said.

In order to fight the rising number of dengue cases, Bangladesh health authorities have strengthened measures to check the breeding of mosquitoes and conduct anti-larval operations.

'Meri Maati, Mera Desh': DC Bandipora flaggs-off Mega Tiranga Rally from Mini Secretariat

■ HT News Network

BANDIPORA, AUGUST 11: In continuation to 'Meri Maati, Mera Desh' campaign under the aegis of 'Azadi Ka Amrit Mahotsav', a Mega Tiranga Rally was today flagged-off by Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad from the premises of Mini Secretariat Bandipora to SK Sports Stadium.

The DC also administered Panch Pran pledge to the participants before flagging off the Rally and laid emphasis

on the vision contained in the pledge.

The rally was organised by Youth Services and Sports Department, Education Department, in collaboration with District Administration Bandipora and was attended by all the district and sectoral officers, including Nodal Officer Coordination Mohammad Ashraf Hakak, ADC Bandipora Umar Shafi, besides a galaxy of students.

More than 3000 students, youth volunteers besides the general public actively participated in the Grand



Tiranga Rally.

Speaking on the occasion, the DC said that 'Tiranga' is a symbol of national pride for every Indian. To further honor our national flag, a very appreciative campaign 'Meri Maati, Mera Desh' under the aegis of 'Azadi Ka Amrit Mahotsav', has been launched.

The DC appreciated the efforts of school children for remaining on the forefront with District Administration in the 'Meri Maati, Mera Desh' campaign and also congratulated all the participants and organisers of the

campaign across the district.

Similar Tiranga Rallies were held across all the three subdivisions of the district, including Gurez and Sumbal Subdivision, besides other areas of the district, including Tulail, Hajin and Naidkhai.

Tiranga Rallies were also held by Municipal Council Bandipora besides Municipal Committee Sumbal and Municipal Committee Hajin, in which respective presidents of the MCs presided over the rallies.

Meri Maati Mera Desh: DDC Chairperson Baramulla presides programme at Kreeri

■ HT News Network

BARAMULLA, AUGUST 11: As part of the ongoing 'Meri Maati, Mera Desh' campaign being celebrated throughout the country with zeal and fervour, the Chairperson, District Development Council (DDC) Baramulla, Safeena Beigh today presided over a grand function at Kreeri village of Wagoora block.

On the occasion, the Chairperson DDC carried out a range of activities envisaged in the campaign. Assistant Commissioner

Development, Shabir Ahmad Hakak; Assistant Commissioner Panchayat Baramulla, Gulzar Ahmad Khan; District Panchayat officer, Tehsildar Wagoora, heads/ representatives of several departments, PRLs, students, volunteers among other prominent stakeholders marked their overwhelming participation.

At the outset, the DDC Chairperson inaugurated the memorable board 'Shilaphalakam' to pay tributes to the freedom fighters of the country.

While paying salutations, Safeena Beigh said that the



bravery and patriotism of the freedom fighters will

remain an inspiration for ages. Meanwhile, Panch Pran pledge was taken at the occasion which aimed to instill a sense of patriotism and responsibilities among the people. On the occasion, the Chairperson DDC carried out a range of activities envisaged in the campaign. Assistant Commissioner Development, Shabir Ahmad Hakak; Assistant Commissioner Panchayat Baramulla, Gulzar Ahmad Khan; District Panchayat officer, Tehsildar Wagoora, heads/ representatives of several departments, PRLs, students, vol-

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Gandhi Memorial College Srinagar, Anwar-ul-Islam foundation organise conference on 'Azmat-i-Imam Hussain' (AS)

■ HT News Network

SRINAGAR, AUGUST 11: Gandhi Memorial College, Srinagar in collaboration with Anwar-ul-Islam foundation today organised a one-day conference on the theme 'Azmat-i-Imam Hussain' (AS). The conference was attended by a galaxy of scholars besides students and faculty members of Gandhi Memorial College, Srinagar.

Khurshid Ahmad Qanungo, Showkat Hussain Keing, Shakeel Qalandar, Syed Humayun Qaisar and Haneef Balkhi were the guests on this occasion.

The conference opened with recitation of the verses of the Quran. This was followed by a welcome address delivered by Chairman Anwar-ul-Islam foundation.

In his presidential speech, the college Principal, Prof (Dr) G M Lone exhorted the audience to embrace the message of patience, steadfastness and courage exhibited by Imam Hussain in the battlefield of Karbala.

Khurshid Ahmad Qanungo, Showkat Hussain Keing and Afaq Chisti were among the speakers who spoke on various dimensions of the personality of Imam Hussain (AS). The book titled "Sargazash" was also released during the proceedings of this conference.

Panch Pran Pledge held at Amar Singh College

■ HT News Network

SRINAGAR, AUGUST 11: In continuation to the series of events being organized under the aegis of 'Meri Maati, Mera Desh' a Panch Pran Pledge ceremony was today held at Amar Singh College.

Teaching and non-teaching members of the college participated with zeal and zest.

At this occasion the pre-designed pledge was readout by all the participants.

It is worth mentioning here that 'Meri Maati, Mera Desh' has a wide range of impactful events to come up during the course of the campaign aimed at creating a deeper sense of responsibility towards the development of our nation.

A number of events have already been organized like Vasudha Vandan, Essay Competition, Panch Pran Pledge. Furthermore Tiranga Rally, Veeron Ka Vandan and Hoisting of National Flag on August 15, 2023, are in the pipe line of the programme.

AIG-R Kashmir visits SR Office Kangan

■ HT News Network

GANDERBAL, AUGUST 11: The Additional Inspector General Registrations (AIG-R) Kashmir, Sajad Hussain Ganaie today visited Sub Registrar office Kangan to assess the overall functioning of the SR office.

On the occasion, AIG-R took detailed review about the functioning of the SR office, interacted with staff, examined various records and also enquired about the issues faced, if any. He directed for strict adherence to the timelines so that the general public do not face any inconvenience in the registration of their documents.

AIG-R Kashmir emphasized that as the department has already switched over to e-Office mode so that all correspondence/ communications is made through e-Office. He reiterated that NGDRS has eased the process of document Registration, brought transparency and facilitated time bound service delivery.

The AIG-R was accompanied by Tehsildar HQ.

Ring Road Project: Progress reviewed at Bandipora

■ HT News Network

BANDIPORA, AUGUST 11: The Additional Deputy Commissioner (ADC) Bandipora Friday convened a meeting of Officers to review the progress of work on the ambitious ring road project.

The meeting discussed in detail progress achieved and other issues of the ring road project. The ADC directed the concerned officials to clear all the bottle necks so that the project is completed in a timely manner.

He assured all possible support from District Administration in construction of the ring road project and asked the concerned to remove bottlenecks without delay.

The meeting was attended by SDM Sumbal, Tehsildar Sumbal and other concerned officers.

Meri Maati Mera Desh: Secretary DDM, R&R visits Bandipora

■ HT News Network

BANDIPORA, AUGUST 11: Following 'Meri Maati Mera Desh' campaign, Secretary, Department of Disaster Management, Relief, Rehabilitation and Reconstruction (DDM, R&R), Nazim Zia Khan who is Prabhari Officer for Surinder Panchayat on Friday visited Bandipora to take stock of development scenario of Surinder Panchayat. Secretary reviewed progress on various development works and programmes launched for welfare and development of the public including distribution of land passbooks, status of PM Kisan and other ongoing development works including JJM works.

Secretary expressed his satisfaction on the work done so far and stressed on timely completion of ongoing projects by further expediting the pace of works with 100% expenditure. Nazim Zia also took stock of progress on directions issued during the fourth phase of 'Back to Village' program. Secretary visited various spots and inspected ongoing works including distribution of water pipelines in the area under JJM.

During his visit, the Secretary also held an interactive session with the general public in which people raised various issues of public importance. Secretary issued on spot directions for redressal of public issues.

District officers of various departments were also present on the occasion. Secretary visited various spots and inspected ongoing works including distribution of water pipelines in the area under JJM.

During his visit, the Secretary also held an interactive session with the general public in which people raised various issues of public importance. Secretary issued on spot directions for redressal of public issues.

Conjunctivitis Outbreak: ADDC Baramulla chairs meeting; discusses Action Plan

More than 960 cases with 'Pink Eye' Disease got treatment in Health Centres across district

■ HT News Network

BARAMULLA, AUGUST 11: In view of a sudden surge in conjunctivitis cases (pink eyes) in Baramulla district, the Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf today convened a meeting of all concerned officers to discuss the action plan for mitigating the outbreak. During the meeting, a threadbare discussion was held on the subject wherein a comprehensive action plan was discussed to mitigate the



conjunctivitis disease in the district. Speaking on the occasion, the ADDC showed his concern over the massive outbreak of pink eye disease in the district and said that the sudden surge of conjunctivitis cases has alarmed the people leaving scores of people grappling with the disease. He called

for adopting coordinated approach besides adopting precautionary measures to combat the disease.

Briefing the chair about the status of the disease, Chief Medical officer informed that a large number of patients with the same disease have approached the hospitals

during which 780 patients were treated during the current month. He also said that the patients are being thoroughly checked by doctors and are advised to follow the precautionary measures in letter and spirit.

Medical Superintendent, Government Medical College Baramulla also appraised the meeting with regard to the flow of the patients with Conjunctivitis and said that 180 cases got treatment in the hospital. Other speakers including Expert Ophthalmologist, SDH Sopore, also spoke on the occasion and said.

Inter-School Sports Finals & Prize Distribution ceremony held at Sopore

■ HT News Network

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.

Meri Maati-Mera Desh CUK organises lecture, debate competition

■ HT News Network

Ganderbal, Aug 11: Department of Politics and Governance in collaboration with Directorate of Students' Welfare (DSW), Friday organised two events on "Meri Maati-Mera Desh" in commemoration of 77th Independence Day. The first event was a lecture on 'Strengthening Indian Democracy' delivered by Dr. Muzaffar Ahmad. He talked about the celebrations of Independence day with the theme of 'Meri Maati-Mera Desh' and its importance for grassroots democracy. He also talked about the importance of celebrating national Independence Day and the role it plays in strengthening



the feelings of patriotism. The second event was a debate competition on the theme 'Meri Maati-Mera Desh'. The student participants included Mr. Zulfikar Ahmad, Mr. Aftab Ahmad, Mr. Prabhash Ranjan and Mr. Abdul Khaliq. Mr. Zulfikar Ahmad talked about the importance of the "Meri Maati Mera Desh" campaign and the activities to be conducted in different parts of the country. Mr. Aftab Ahmad high-

lighted the role of Muslim leaders played in the Indian freedom struggle. Mr. Prabhash Ranjan, talked about the role of Bhagat Singh in the Indian freedom movement. Mr. Abdul Khaliq also talked about the sacrifices made by the Indian leaders for the cause of the nation. Dean, DSW and Finance Officer, Dr. Mehraj-ud-din Shah gave the concluding remarks and informed the students about the Meri Maati Mera

DIPR organises plantation drive under 'Meri Mitti Mera Desh' campaign

■ HT News Network

SRINAGAR, AUGUST 11: Under the ongoing 'Meri Mitti Mera Desh' campaign, the department of Information and Public Relations (DIPR) today organised plantation drive (Vasudha Vandhan) to commemorate the 75 years of Independence being celebrated as Azadi Ka Amrit Mahotsav.

Director Information, Minga Sherpa along with officers and officials of department participated in the drive and planted several plant saplings in the premises of office complex. Speaking on the occasion, Director Information highlighted that the 'Vasudha Vandhan' (Earth's Wealth) initiative is being celebrated under AKAM to foster the sense of pride and responsibility among citizens towards environment besides creating awareness about supreme sacrifices made by freedom fighters and soldiers for the cause of our nation. He called upon the officers to create maximum awareness among the people about 'Meri Mitti Mera Desh' campaign as this department has



vital role in that. The drive saw participation of all the officers and officials of the department who planted saplings around the premises of the department. Speaking on the occasion, Director Information highlighted that the 'Vasudha Vandhan' (Earth's Wealth) initiative is being celebrated under AKAM to foster the sense of pride and responsibility among citizens towards environment besides creating awareness about supreme sacrifices.

Colorism: How Skin Color, Race Create a Toxic Mix for Health

Across the globe, darker skin puts millions of people at a disadvantage. Within communities of color, lighter skin often bestows better access, privilege -- and better mental and physical health.

Nov. 3, 2022 – In Asian, Black, and Latino communities, colorism is the elephant in the room, sitting at the family dinner table, the group photoshoot, meeting strangers for the first time, or even playing in your kindergarten classroom. This phenomenon is so deeply rooted within communities of color that it is almost taboo to talk about. Or maybe it hurts too deeply to call out by name. But, if you're not a person of color, this concept might sound completely foreign; but that's OK, keep reading. To boil colorism down to a simple explanation, it is discrimination, prejudice, and bigotry, based on skin tone and color.

"The similarities in colorism across [Asian, Black, and Latino] communities are specifically related to the adoration and glorification of whiteness and the perception that anything that's European and of lighter skin is better," says Nayeli Y. Chavez-Dueñas, PhD, a licensed clinical psychologist and professor at the Chicago School of Professional Psychology.

This includes thoughts like, "white people – followed by people of color with lighter skin – are smarter and more capable and deserving of societal privileges, like access to better jobs, wealth," she says.

In our new docu-series, "Color by WebMD: WebMD's Exploration of Race and Mental Health," we'll start by addressing colorism and the costly mental health effects of this phenomenon. We'll also look at ways to break these multi-generational thought patterns that prevent some people of color from truly recognizing and appreciating the beauty of varying skin shades.

Colorism vs. Racism

Differentiating colorism from racism can be tricky because one bleeds into the other, according to Radhika Parameswaran, PhD, an associate dean of The Media School at Indiana University in Bloomington.



Racism pertains to attitudes, behaviors, and treatment from one racial group to another. For example, the way a white community treats an Asian community. Colorism, on the other hand, looks at how members of a community of color treat one another.

"So, in some ways, colorism is also about internalized racism," says Parameswaran.

Where Does Colorism Come From?

While colorism is rooted inside certain racial groups, we can trace its origins back to European colonialism, says Vanessa Gonlin, PhD, an assistant sociology professor at the University of Georgia. For African American communities in the U.S., colorism stems from chattel slavery. Colonizers created a skin-tone hierarchy where lighter-skinned slaves were more likely to be "put in the house" and tasked with cooking, cleaning, and other duties often deemed as "easier," Gonlin explains. Darker-skinned slaves often worked in the fields. "This led to literal divisions among enslaved people," she says. "You're less likely to band together for a slave revolt if you have these perceived differences that actually are enacted based on your occupation."

Even after emancipation, some African

Americans kept colorist ideas going within their communities. Gonlin gives the example of the notorious "brown paper bag test," particularly among certain Greek fraternities and sororities throughout the 20th century.

"If your skin was lighter than a brown paper bag, you were allowed entry into certain spaces," Gonlin says.

Colorism in Asian and Latin American Communities

When Spaniards began to colonize Latin America in the late 15th century, they created a ranking system. People with lighter skin were at the top and those with darker skin and non-European facial features (for example, a narrow nose or thin lips) were at the bottom of the ranking order, according to Chavez-Dueñas.

"They used this [ranking order] to dehumanize and exclude people who were indigenous people or of Afro descent," she says. "That system has been at work for centuries throughout Latin America."

And in many Asian cultures, colorism began long before Europeans arrived. Rather, skin tone bias was connected to social class.

"If you were lighter-skinned, that means

that you're not toiling outside in the field," Gonlin says. "It was this idea of having the luxury or the means to be able to stay inside. If you were darker-skinned, then you were a laborer."

It Starts at Home

Perhaps the ugliest reality across cultures is that colorism usually starts at home. Ideas of self-doubt can be introduced very early and can be hard to shake, says Chavez-Dueñas. In fact, colorism often begins before birth. Comments like, "I hope your child turns out white" or "I hope they have good hair" can be commonplace for pregnant women, she says.

In some families, there will often be praise heaped upon siblings who have a lighter skin tones, Parameswaran says.

"They will be sought out for presentation to the public."

This may sound horrendous, but it's important to keep in mind that many families just want the best for their children, Parameswaran says. The idea that lighter skin provides children less social stigma and more career opportunities, romantic partners, and an overall "easier life" fuels colorist narratives.

The Harsh Reality for Darker-Skin Children

Colorist comments are usually uttered during casual conversation and often become normalized. Darker-skin children can develop feelings of exclusion and low self-esteem, even to the point where they believe their parents "don't love them as much as, perhaps, a sibling who's lighter-skinned," says Parameswaran.

"The child ends up carrying a lot of stigma and shame – it's like a heavy backpack," Parameswaran says. "Sometimes they don't have that vocabulary to articulate those feelings. So, they hold it within themselves, and it can be very damaging over the long run."

Some children carry this shame into adulthood, which can make it hard to sustain romantic relationships and simply "be themselves to the fullest extent possible," she says

NEWS

Why You Should Eat Water Apple More Often



Water apple, also known as *Syzygium aqueum*, is a tropical fruit native to Southeast Asia. It is a small fruit with a thin skin that can be red or green in colour. The flesh is typically white or pinkish, juicy, and mildly sweet.

To help us better understand how good water apple is for our health, nutritionist Lovneet Batra shares the many benefits of consuming this fruit. Read on as we share her post and some common benefits of this delicious fruit.

1. Hydration

Water apples have a high water content, which helps in keeping the body hydrated, especially during hot weather or physical activities.

2. Rich in vitamins

This fruit is a good source of vitamins C and A, which are important for overall health, boosting the immune system, and promoting healthy skin.

3. High in antioxidants

Water apples are rich in antioxidants, including flavonoids and phenolic compounds, which help to protect the body against oxidative stress and reduce the risk of chronic diseases.

4. Boosts digestion

The high fibre content in water apples aids in digestion and prevents digestive problems like constipation.

5. Supports heart health

The potassium content in water apples helps regulate blood pressure levels and maintain heart health. Additionally, the antioxidants present in the fruit reduce oxidative stress in the cardiovascular system.

6. Weight management

Due to its high water and fibre content, water apples can help promote weight loss, as they provide a feeling of fullness and curb overeating.

7. Anti-inflammatory properties

Water apples contain anti-inflammatory compounds, such as quercetin and kaempferol, which can help reduce inflammation and ease symptoms of inflammatory conditions.

8. Oral health benefits

Chewing on water apples can increase salivation, which aids in maintaining oral health and reducing the risk of dental issues like tooth decay and gum disease. It is worth noting that these benefits are based on general observations and should not replace professional medical advice.

Boost your health and your baby's nutrition with dry fruits and nuts

Breastfeeding is essential to meet a baby's nutritional requirements. Since mothers are mostly busy taking care of their babies, it leaves them with little time to take care of their dietary requirements.

Adding dry fruits and nuts rich in vitamins, minerals, and essential nutrients can be the easiest way to stay healthy.

Shabana Parveen, Clinical Nutritionist, Artemis Hospitals,

Gurugram, tells IndiaToday, in that dry fruits are rich in essential elements which can improve milk production and quality. "Almonds, for instance, contain calcium and protein that help maintain healthy bones and promote tissue growth. Walnuts are an excellent source of omega-3 fatty acids that aid in baby's brain development," says Shabana Parveen.

"Walnuts are an excellent source of omega-3 fatty acids that aid in baby's brain development.



Cashews, with their beneficial lipids, can boost energy levels, while dates, which are a natural supply of iron and fiber, can help

with postpartum healing," she adds.

Raisins aid in digestion and provide an energy boost. Marisha Baurai, the Food Innovation Technologist at Farnley suggests dry fruits and nuts that you can add to your diet not only to take care of your health but also to provide the right nutrition to your baby.

Cashews for nourishment

These are rich in healthy fats, proteins, zinc, and iron which play a vital role in postpartum recovery.

Adding cashews in your diet can support the overall growth and development of your baby through breastmilk and provide you strength and essential nutrients to keep you fit and active.

Almonds and dates for high energy

Almonds carry fats, proteins, fiber, and essential vitamins, and consuming them can boost your energy levels and promote the overall well-being for the mother and baby.

9 Benefits Of Consuming Yoghurt Daily

Yoghurt is a dairy product made from milk that has been fermented by adding live bacteria cultures. These bacteria, mainly *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, convert lactose (milk sugar) into lactic acid, resulting in the production of yoghurt. Yoghurt provides us with a variety of health benefits that can boost our overall health. Keep reading as we discuss the many benefits of consuming yoghurt daily.

1. Improved digestion

Yoghurt contains probiotics, which are beneficial bacteria that aid in better digestion and prevent gastrointestinal issues like constipation and diarrhoea. Regular consumption of yoghurt may help improve digestion, alleviate symptoms of lactose intolerance, and reduce the risk of certain gastrointestinal issues.

2. Enhanced immune system

The probiotics in yoghurt help boost the immune system by increasing the production of natural antibodies, enhancing the body's ability to fight off

infections and diseases.

3. Stronger bones and muscles

Yoghurt is an excellent source of calcium, which is



essential for maintaining strong bones and preventing osteoporosis. It also contains vitamin D, which aids in calcium absorption. It also provides a decent amount of protein, which is important for muscle development and repair. Yoghurt is a good source of calcium, which is essential for strong bones and teeth.

4. Weight management

Including yoghurt in your diet can help with weight management. It is low in calories, high in protein, and keeps you feeling full for longer, reducing unnecessary snacking and overeating.

5. Heart health

Yoghurt consumption has been linked to a reduced risk of heart disease. The probiotics, calcium, and



potassium in yoghurt contribute to lower blood pressure and unhealthy cholesterol levels.

6. Improved nutrient absorption

Yoghurt contains enzymes that facilitate the absorption of various nutrients like vitamins and minerals, making it easier for the body to benefit from other foods consumed.

7. Better mood and mental health

The probiotics in yoghurt have been found to positively impact mental health by reducing anxiety, depression, and stress levels.

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8. Lowered risk of type 2 diabetes

Regular yoghurt consumption is associated with a decreased risk of type 2 diabetes. The probiotics and high protein content in yoghurt help regulate blood sugar levels and improve insulin sensitivity.

9. Skin health

Yoghurt contains lactic acid, which has exfoliating properties that can enhance skin texture and improve conditions like acne. Applying yoghurt topically can also help soothe sunburns and reduce inflammation.

10. Probiotics

Yogurt contains live bacteria cultures (probiotics) that are beneficial to the digestive system. They help maintain a healthy gut microbiome and aid in digestion. However, it's important to note that not all yoghurts are created equal. Some varieties can be high in added sugars or artificial ingredients, so it's best to choose plain yoghurt or those without excessive added sugars. As for consuming yoghurt daily, it can be a part of a healthy diet.

Yoga And Breathing Techniques May Help Asthmatic People Breathe Better: Study

Yoga and breathing techniques combined with aerobic training are particularly important exercises for asthmatic people looking to improve their lung function, according to a study. The study, which was released today in the *Annals of Medicine* journal, emphasises the significance of including the right type of exercise training in asthma management strategies.

According to lead author Shuangtao Xing, an Associate Professor at the School of Physical Education at Henan Normal University, the results show just how effective particular types of exercise training can be to improve lung function for those adults. "Breathing training combined with aerobic training, and yoga training, appear to be particularly advantageous – offering potential avenues for effective treatment approaches," he stated. "Larger, well-designed randomized controlled trials are now needed to more accurately estimate the benefits of exercise training for individuals with asthma." Asthma, a chronic lung condition that affects around 339 million people worldwide, causes symptoms such as coughing, wheezing, shortness of breath and chest tightness. In the past, exercise was considered a potential risk factor for individuals with asthma, as it was believed to trigger or worsen acute asthma attacks. However, recent studies have revealed



that exercise training can actually enhance respiratory function and exercise capacity in adult patients. However, variations in the specific exercise interventions in existing randomized controlled trials (RCTs) have made it challenging to compare the effectiveness of different rehabilitation programs.

To address this issue, the current study conducts a network meta-analysis, which enables a simultaneous comparison of results from multiple treatments in a single analysis, to compare the effects of multiple types of exercise training on lung function in adults with asthma.

The analysis included a total of 28 RCTs involving 2,155 people with asthma and examined the effects of breathing training, aerobic training, relaxation training, yoga training, and breathing combined with aerobic

training, on lung function.

Furthermore, the researchers applied a statistical technique to rank the effects of different exercise treatments against each other. Relaxation training showed the most significant effect on improving FEV1 levels, and yoga training had the most significant effect on improving PEF levels. "These findings should provide valuable insight for healthcare professionals prescribing exercise training for the management of adult asthma patients. However, it is essential to consider individual factors, such as family history, duration of the condition, and environmental influences, when designing exercise rehabilitation programs."

