



Srinagar

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India's Asia Cup squad to  
be announced on  
August 21

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All India Radio To Host  
Level Pahadi Poetic  
Symposium At LoC In  
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# Education Awakens Ones Mind and Soul: LG Manoj Sinha

## Lays foundation stones of infrastructural projects worth Rs 70 Cr

■ HT News Network

**KATRA, AUG 19:** Lieutenant Governor Shri Manoj Sinha addressed the 20th Foundation Day celebration of Shri Mata Vaishno Devi University (SMVDU), at Matrika Auditorium today.

At the event, the Lt Governor laid foundation stones for the infrastructural projects worth Rs 70 Crore.

In his address, the Lt Governor congratulated the students, faculty and the staff members of the Shri Mata Vaishno Devi University and commended the significant contribution of the university in the education sector.

"In the last two decades, SMVDU has nurtured students, served the knowl-



edge economy of the country with great distinction and aspires to empower young generation," the Lt Governor said.

Education awakens the mind. It offers the ability to question the status quo and the questions sow the seeds of growth. It is the responsibility of our Universities and teaching community to prepare enlightened citizens through research, inquiry, creativity, innovation and contribute to realize the vision of 'Viksit Bharat', he said.

Addressing the gathering, the Lt Governor talked about the emergence of new technologies and its impact on the society.

"Cutting-Edge tools of Artificial  
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## LG chairs the 71st Board meeting of Shri Mata Vaishno Devi Shrine Board

■ HT News Network

**KATRA, AUG 19:** Lieutenant Governor Shri Manoj Sinha today chaired the 71st Board meeting of Shri Mata Vaishno Devi Shrine Board at Kakryal.

The meeting was attended by members of the Board—Mahamandleshwar Swami Vishveshvaranand Giri Maharaj; Dr Ashok Bhan; Sh. Kul Bhushan Ahuja; Dr Neelam Sareen; Sh. K K Sharma; Sh. Suresh Kumar Sharma and Sh. Raghu K. Mehta.

Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor and Sh. Anshul Garg, Chief Executive Officer, SMVDSB were also present.

The Board under the chairmanship of Lt Governor accorded in-principle approval accorded for the establishment of a 50-seat new Medical College at Kakryal at an approximate cost of Rs. 350-450 crore.

The Board concurred with the projected need for expansion of the operational base of SMVDNSH (Hospital of the Board) to cater to a larger number of  
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### NEWS BRIEF

#### JKSSB to conduct driving test from 21st August at Jammu, Srinagar

**SRINAGAR, AUG 19:** Jammu and Kashmir Services Selection Board (JKSSB) will conduct driving test of candidates who have applied for the posts of Drivers, Driver Grade-II and Tractor Driver from 21st August, 2023.

A notification issued by JKSSB in this regard reads that the driving test of the candidates who have applied for the posts of Drivers, Driver Grade-II and Tractor Driver shall be conducted from 21st August, 2023 in Kashmir and Jammu.

The notification also reads that for Jammu based candidates, the test  
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#### Weatherman predicts light rains tonight

**SRINAGAR, AUG 19:** As the hot and humid weather conditions continued during the ongoing month, the weatherman here has predicted light rainfall tonight, saying that there is no forecast of any major wet spell for the next one week.

Talking to the news agency—Kashmir News Observer (KNO), Director Meteorological department (MeT), Sonum Lotus said that the ongoing dry spell would likely continue for the next one week.

However, he said that there is a possibility of light rainfall at isolated places in Jammu & Kashmir tonight.

Lotus added that there is no forecast of any major wet spell during the  
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#### Nine soldiers die in a road accident in Ladakh

**SRINAGAR, AUG 19:** Nine soldiers died in an accident on Saturday after their vehicle plunged into a deep gorge in Ladakh, defence officials said.

The accident took place nearly 7 km away from Kyari town in Leh district, when a small convoy of three Army vehicles were moving in the area..

"There were 10 Army personnel inside the vehicle when it fell into a deep gorge," defence officials said. Soon after the accident, a rescue operation was launched.

Officials said nine soldiers died in the accident.

The identity of the slain soldiers could not be established immediately.

#### JK Bank terminates service of senior officer

■ HT News Network

**SRINAGAR, AUG 19:** J&K Bank on Saturday terminated service of a senior officer in the "interest of the security of state."

Chief Manager, Sajad Bazaz was



terminated under Rule/Provision 12.29 in Officers Service Manual (OSM), an order issued by Managing Director and Chief Executive Officer J&K Bank read.

The order said the action followed after a report was recieved from credible agencies which warrant his dismissal from service.

"Whereas the undersigned is satisfied after considering the facts and circumstances of the case contained  
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## Srinagar's Tulip Garden enters World Book of Records as Asia's Largest

Comm Secy Floriculture honoured with certification by World Book of Records (London)

■ HT News Network

**SRINAGAR, AUG 19:** The exquisite Indira Gandhi Memorial Tulip Garden, nestled in the foothills of the Zabarwan mountain range, today earned a prestigious spot in the World Book of Records (London).

This coveted recognition hails the garden as Asia's largest tulip paradise, adorned with breathtaking array of 1.5 million tulip bulbs, representing a stunning



ensemble of 68 distinctive tulip varieties.

In a formal ceremony held today at the Tulip Garden, Commissioner Secretary Floriculture, Gardens & Parks, Sheikh Fayaz Ahmad was honoured with the certification by President and CEO of World Book of Records (London), Santosh Shukla.

Editor of World Book of Records (London), Dilip N Pandit, Director Floriculture Kashmir, other  
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## Record number of 36.85 lakh people participates in Independence Day Celebrations

Highest ever 42879 events held across the UT

■ HT News Network

**SRINAGAR, AUG 19:** In what could be termed as a historic milestone in J&K, a record number of 36,85,106 persons participated in the celebrations held across the districts of the UT  
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## Criminals using Artificial Intelligence based apps to mint money from people

■ HT News Network

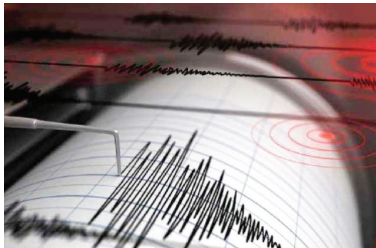
**SRINAGAR, AUG 19:** Criminals have found an innovative method to loot money from naïve people by using computer-generated voice sounds of victims' friends and relatives. All this they are doing with the help of Artificial Intelligence  
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## Distressed Family Waits For PMAY To Rebuild Earthquake-Damaged Mud House In Doda

■ HT News Network

**JAMMU, AUG 19:** With winter just round the corner, the family of Vijay Kumar in Jammu and Kashmir's Doda district is eyeing the centrally-sponsored Pradhan Mantri Awas Yojana (PMAY) scheme to rebuild their earthquake-damaged mud house. The house in remote Lamote village under Kursari Panchayat collapsed on August 8 due to the earthquake in Bhaderwah valley, virtually leaving Kumar's seven-month pregnant wife Nishu Devi (29) and her physically handicapped brother-in-law and sister-in-law under the open sky.

"We had applied for the PMAY scheme to build a concrete house two years back. Despite submitting all the required formalities to get financial assistance, our pleas went unanswered till date," Devi, who  
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"We had applied for the PMAY scheme to build a concrete house two years back. Despite submitting all the required formalities to get financial assistance, our pleas went unanswered till date,"

## Renovation Of Ghats Along Jhelum River In Srinagar Undertaken

■ HT News Network

**SRINAGAR, AUG 19:** Authorities in Jammu and Kashmir's Srinagar have taken up an ambitious project to renovate about 40 'ghats' as part of the Jhelum riverfront development project to restore them to their old glory.

As part of the project, under the aegis of the Srinagar Smart City Project, 20 ghats on the Jhelum River here have been restored so far.

The initiative aims to preserve these heritage sites and revive these important public spaces, reconnect the city with the river and develop infrastructure to support water transport.

Apart from being places to socialise, the ghats



were important for business as well, which was done through the water transport system.

"As per the riverfront development project beyond Amira Khadal to Chattabal we  
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## CONTINUE FROM FRONT PAGE.....

### Education....

Intelligence and the explosion of new technologies have brought social equality. It is changing the way we collect, process and utilize the knowledge for a better world. This change also presents vast opportunities to every individual to grow and prosper," the Lt Governor said.

He advised the Universities to recalibrate, reform and readjust themselves to adapt to the changes. It is high time we realize that the traditional learning process and education that we have known for many decades will no longer exist in the future, he said.

In the technology driven world, the recalibration in education will liberate students from conventional academic content, disciplines and train them with skills and ability to succeed in the uncharted future, the Lt Governor added.

Today, scientists, academicians and thinkers both from Global North and Global South are redefining education and its objectives, the Lt Governor said. He asked the higher educational institutions and universities to aim for global excellence and competitive advantage.

We are living in the world of surprises where the only constant in life is change. But, the biggest challenge is to prepare students for the jobs that don't yet exist. We need to provide them with skills that will remain relevant and complement the growing pace of change, he added.

He said there has been a tectonic shift from what we were producing as an agriculture society to now as a knowledge society.

Journey from raw materials to knowledge products has been phenomenal. Innovation and research will now become the soul and integral pillar of the Universities, he added.

Highlighting the significant features of the National Education Policy 2020, the Lt Governor said , under the guidance of Hon'ble Prime Minister, the progressive education policy offers the key to unlock the vast potential of basic knowledge, applied skills, critical thinking, collaboration, leadership, creativity, innovation, lifelong learning and career skills like flexibility, adaptability as well as social and cross cultural skill.

The Lt Governor also emphasized on the stronger industry-academic relationship. He said, in the next 5 years the manufacturing will shift towards automation which means innovation and digital transformation will play a significant role.

India has already formulated action plan for 12 identified champion sectors that include IT, ITeS, Tourism, Legal Services, Communication Services, Environment and the Education Sector. I am confident by 2030 India will become unique emerging Services market and a global manufacturing hub, he added.

The Lt Governor also shared the unique endeavour of the Jammu University to prepare students for future jobs through Design your Degree program. Such reforms will empower the students to take ownership of their own career paths and make the changes they want in their careers rather than waiting to react to changes imposed on them, he added.

On the occasion, the Lt Governor felicitated the students who excelled in various competitions.

Prof. (Dr.) Pragati Kumar, Vice Chancellor, SMVDU presented the achievements of the University and gave an overview of the key initiatives taken by the university for the holistic development of the students.

Mahamandleshwar Shri Swami Vishveshvaranand Giri Maharaaj and other board members of the Shri Mata Vaishno Devi Shrine Board; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Sh Anshul Garg, Chief Executive Officer, SMVDSB; Ms. Babila Rakwal, Deputy Commissioner, Reasi; senior officials, faculty members of the university and students were present on the occasion.

### LG chairs the.....

patients requiring specialized treatment. After extensive deliberations, the Board accorded in-principle approval to addition of 200 to 220 beds to the existing capacity of Hospital at an approximate cost of Rs. 120 crore.

The Board took note of reported position, held extensive deliberations, ratified and gave in-principle approvals to as many as 36 agenda items having varied implications for the functioning of Board and augmenting of pilgrim services.

The Board asked the CEO SMVDSB to strive for creating best of facilities in sync with the emerging requirements, for making pilgrimage a memorable experience. In line with the same, the Board granted in-principle approval to construction of a new Yatri-cum-Staff accommodation at Bhawan at an approximate cost of Rs. 31.51 crore.

The meeting also reviewed the progress of various pilgrim-centric mega infrastructure projects such as Skywalk, retrofitting and remodeling of Parvati Bhawan, expansion of Atka area etc.

The CEO, SMVDSB informed the Board that the prestigious projects underway at Bhawan are being expedited and are likely to be completed prior to the Shardiya Navratras. He also apprised the Board about various steps initiated for averting crisscross movement of pilgrims for a hassle free Darshan experience.

The CEO Shrine Board was directed to expedite construction / redevelopment of Shankaracharya Temple along with the creation of track and allied facilities and emphasized the

need to engage all stakeholders for satisfactory resolution of all pending issues in this regard.

The CEO apprised the chair about the action taken on several fronts such as employees' welfare (including re-structuring of various cadres, institution of Award Scheme to recognize outstanding performers etc), the amendment in Administrative, Financial and other powers to be exercised by various officers, the disaster management initiatives undertaken in the recent past and as to how these have helped in improving the employee's level of preparedness to face any disaster like situation.

The Board also approved the required Grant-in-Aid for the FY 2023-24 in favour of SMVD Charitable Society for strengthening the functioning of Board's peripheral institutions like Gurukul, Hospital, Sports Complex and College of Nursing (being managed under the SMVD Society).

The Lt Governor reiterated that the facilities for pilgrims are topmost priority of the Board and all steps must be taken for their hassle-free pilgrimage.

He directed the CEO Shrine Board to ensure online bookings for passenger ropeway for easy access and comfort of devotees. The safety of passengers must be ensured, he added.

On the sidelines of the meeting, the Lt Governor, who is the Chairman of Shri Mata Vaishno Devi Shrine Board, laid e-foundation stones for Cottages and a mess Block near SMVD Sports Complex Katra for the devotees and Staff accommodation at Banganga to be developed at a cost of Rs. 14 crore.

He also launched the revamped website of Shrine Board and released the Dogri translation of Panchtantra by Dr Neelam Sareen.

### JK Bank.....

in the report recieved from credible agencies, that the activities of Mr. Sajad Ahmad Bazaz, Chief Manager, Code na 4484 posted at Internal Communication and Marketing Department are such as to warrant his dismissal from service under Rule/Provision 12:29 in OSM," the order read.

"AND WHEREAS, the undersigned is satisfied under Rule/Provision 12.29 in OSM that in the interest of the security of the State, it is not expedient to hold an enquiry in the case of Mr. Sajad Ahmad Bazaz, Chief Manager, Code no 4484.

Accordingly, I hereby dismiss Mr. Sajad Ahmad Bazaz, Chief Manager, Code no. 4484 from service, with immediate effect," the order read. (UNI)

### Srinagar's Tulip.....

officers and gardening staff were also present on the occasion.

Speaking about this remarkable accolade, the Commissioner Secretary, expressed his profound gratitude to the World Book of Records (London) team for acknowledging the magnificence of Indira Gandhi Memorial Tulip Garden.

He deemed this recognition as a monumental achievement, one that would not only elevate the stature of Srinagar's floral treasure but also contribute to the growth of the local economy in the serene valleys of Kashmir.

He said the inclusion in the World Book of Records is not only a recognition of Srinagar's blossoming gem but also a celebration of the enchanting bond between humanity and nature.

President and CEO of World Book of Records, Santosh Shukla, extended his heartfelt congratulations to the Central Working Committee of the organization for the feat. He added that this recognition underscores the unparalleled beauty and magnificence of Indira Gandhi Memorial Tulip Garden, positioning it as a symbol of nature's splendour and human ingenuity.

Indira Gandhi Memorial Tulip Garden, affectionately known for its breathtaking vista, not only boasts a splendid collection of tulips but also serves as a haven for a myriad of flower species. Delicate Daffodils, fragrant Hyacinths, resplendent Roses, charming Ranunculi, vibrant Muscaria, and enchanting Iris blooms flourish alongside the iconic tulips, creating an enchanting tapestry of colors and fragrances.

### Record number....

displaying patriotic fervor.

A total of 42,879 events were conducted right from the Panchayat level with large number of people participating in each such function. Similar events were carried out in the educational institutions, Patwar Khanas, Municipalities, Tehsils and Block offices with enthusiastic participation from large number of students, elected representatives and government employees.

Apart from the usual events which were conducted at the twin capitals and district headquarters of the UT where common people were given free entry, the celebrations were made in scores of villages and towns raising the participation to new levels. Flag hoisting ceremonies were also held at all the Directorates, Divisional and District offices of the UT where thousands of employees participated with national fervor.

Many of the private institutions like industrial units, educational institutions and hospitals also participated in the national celebrations by conducting events at their own level. People from all walks of life including PRI members, civil society, SHGs, Ex-Servicemen, youth and other citizens also took part in great numbers.

Overall in Jammu Division 19,76,255 individuals participated in 23,163 celebrations and in Kashmir Division 17,08,851 persons took part in 19,716 functions held across the districts of the valley. Both the number of participants and the events are itself historic. People of J&K availed the opportunity to showcase their devotion and love towards the nation.

In Kashmir valley Baramulla reported highest level of participation of about 5,05,909 persons in 3353 events followed by Anantnag with 2,45,618 people in 2676 events. Kupwara organized highest number of 4993 events providing opportunity to 2,34,146 persons and Pulwama organized 1140 events participated by 1,81,195 persons in the district.

In Jammu Division the highest participation of people were seen in Rajouri district where 3,95,916 persons took part in 7756 functions followed by Kathua having 3,06,801 people taking part in 1317 events. Similarly in Poonch 2,87,719 persons took part in 4060 celebrations and Udhampur had 2,58,830 persons celebrating the Independence Day at 889 places.

In the capital cities of Srinagar and Jammu, 91,504 persons in 2052 functions and 1,45,663 in 2515 functions participated respectively. At the marquee events held at Bakshi Stadium, Srinagar where Lieutenant Governor, Manoj Sinha hoisted the tricolor around 10,000 people were present and at M.A Stadium, Jammu attendance of about 11,000 persons was recorded.

In addition to these, as part of the 'Meri Maati Mera Desh' campaign dozens of 'Tiranga Rallies' were taken out by thousands of PRI members, government employees, students and civil society members presenting a spectacular views across the districts of the UT. The celebrations under the theme are going to culminate on 31st of August and many more events are lined-up for the days to come.

### NHRC issue.....

Jammu and Kashmir State Human Rights Commission.

The Commission, while taking up the matter on June 2, 2023, inter alia observed and directed that with regard to enforcement of violations of human rights, there cannot be any uncertainty or infirmity.

"....In a constitutional democracy, there may be changes in executive government as well as in policy making, but with regard to the enforcement of violations of human rights, there cannot be any uncertainty or infirmity with regard to the implementation and effectuation of the directives of the Human Rights Commission unless such a recommendation or directive of the Commission is called into question under judicial review before the Constitutional Court," the NHRC said.

"Therefore, as a corollary, since the recommendation of the Human Rights Commission is held to be binding, no officer or employee concerned can resort to any kind of denial of such reliefs granted by the Commission, based on a complaint and after due inquiry by the Commission, unless appropriate legal recourse has been initiated by the authority, under the law, by assailing the recommendation of the Human Rights Commission, before the competent Court of Law under judicial review; otherwise, there cannot be any ground for denial to any citizen in so far as the relief granted by the Human Rights Commission is concerned."

However, it is well within the framework of the PHR Act, 1993, that officers and employees of the state who have been found responsible for causing violations of rights by the Commission are entitled to assail such an order passed by the Commission having regard to the remedy for judicial review provided under the Constitution of India and not otherwise. But in the instant case, it is nobody's case that any public servant of the UT of Jammu & Kashmir got affected due to a recommendation made by the erstwhile State Human Rights Commission of Jammu & Kashmir in favour of the victim or petitioner," it added.

The NHRC said the Commission observed that despite these directions and reminders, the state authorities are not responding without any basis.

The Commission observed that despite direction, the Chief Secretary, UT of Jammu and Kashmir, has failed to submit an additional report in light of proceedings dated June 2 of the Commission till date.

Taking a serious view of the same, the Commission directed its Registry to issue summons to the Chief Secretary, UT of Jammu and Kashmir, under Section 13 of the Protection of Human Rights Act, 1993, for appearance before the Commission on September 22, at 11 a.m. in its office at New Delhi, along with the requisite additional report in light of proceedings dated June 2 of the Commission in the matter.

"Should however the requisite reports be received on or before September 15, the personal appearance of the aforesaid authority shall be dispensed with," the notice issued read. UNI

### Criminals.....

based applications.

Jammu Kashmir Police in this regard have issued an advisory asking people to stay alert.

"The Artificial Intelligence-based voice cloning is the new cyber crime in news. Apple Ios7 and various apps and sites like Heyge, Murf and Resemble AI etc. are being used for voice cloning," police in advisory has noted.

The advisory reads that the criminals are using computer generated voice sound to act as friends and relatives and in the process, money can be lost.

Sharing the modus operandi, police said that the Ai-ml (artificial intelligence/machine learning) model learns the patterns and characteristics from the person's voice recordings. (speech patterns, accents, voice inflection and even breathing).

Police stated that learning includes pronunciation of words, tone of the voice and emotions. Now criminals use this AI-ml model to convert text to speech as it generates a waveform to represent the sound of any person."

"The computer-generated call is then used by the criminal to call his/her relatives or friends and based upon the familiarity of the voice, the victim ends up paying the money," he said.

Police however, spreading awareness on the concern said that the receiver must listen carefully to unnatural pause or robotic speech styles, look for errors in pronunciation or speaking tone.

"The voice can be compared with the original person and notice if the voice lacks emotional expression or difference."

"The receiver must always try to call the original person with the saved number to recheck, adding, "the voice sample or recordings shall not be shared to an unknown person while limiting access to sensitive voice recordings or audio files."

### Distressed Family.....

is putting up in a damaged portion of the house, said.

Holding the district administration responsible for their plight by not sanctioning a house under PMAY in time, she said they are highly concerned about their safety in view of the approaching winter. "How am I going to manage the situation with two handicapped members and my first child in the coming months, especially during harsh winter conditions is troubling me a lot. I want to appeal to the government to help me overcome this situation," she said.

She said all her efforts to provide a pucca roof for the family went in vain as despite knocking all the doors from Panchayati Raj Institution (PRI) members to political representatives and government officers fell to deaf ears.

"If something untoward happens to any of my family members, the concerned authorities are to be blamed," Devi said.

Additional Deputy Commissioner (ADC), Baderwah Dilmir Chowdhary said against a target of 1,523 beneficiaries spread over 30 panchayats of Baderwah block for the financial year 2022-23, as many as 1,118 cases were taken up under the PMAY but 209 among these were found bogus and were subsequently the cases were rejected.

Many beneficiaries also claimed that while they have received the first instalment of the money under PMAY, the second instalment is pending.

Located some 11 km from Baderwah town, one has to walk three kilometres uphill to reach Lamote village from the motorable road. Sushma Devi (43) and her younger brother Naresh Kumar (35), both physically handicapped, had a narrow escape when their house collapsed. "When the earth started shaking, I was sleeping and suddenly mud from the wall and roof fell on me. I could not run and thought that we would get buried under the debris but Nishu Devi dragged me out of the house. We had a narrow escape as within a few minutes, our house came down crumbling," Kumar said, expressing hope that the authorities will have some pity on the family and sanction the scheme in their favour.

Devi's neighbours also vouched for the poor family and questioned the delay in providing financial help under the PMAY scheme to them.

"The family with two handicapped members is living in complete distress. Didi (Nishu), despite being pregnant, is managing the family in trying circumstances. But it is scary to imagine what will happen to them when harsh winter sets in," Ranu Devi, who resides nearby in the village, said.

Devi maintained that after completing all the required formalities, she handed over the file to the local sarpanch but failed to find her name in the list of beneficiaries.

However, Sarpanch Kursari Panchayat, Sajid Mir said there is no denying that Devi's family is most deserving in the entire Panchayat but "unfortunately, none of the family members were present in the home during the survey of PMAY scheme.

"This was the main reason for the poor family remaining left out. We have prepared her file again and requested the concerned authorities to treat the case on priority for urgent assistance on humanitarian grounds," Mir said.

ADC Chowdhary admitted that the family is living in a miserable condition and their case is genuine. "To rectify the mistake, we are trying to provide financial assistance to the family under PMAY from the savings of the centrally sponsored

scheme as some sanctioned houses have been cancelled because the beneficiaries do not fall in the required category of the scheme," he said.

He said they will also try to find out why the family was left out of the PMAY scheme in the first place. "The verification of certain cases is on to ensure that only genuine people are benefited by the centrally sponsored scheme," the official said, admitting that there has been a delay in transferring the money to some of the beneficiaries, including that of Thubba panchayat due to the pending verifications.

However, Chowdhary assured that the pending instalments would be released to the concerned families within a week's time. (Agencies)

### Renovation Of.....

have around 40 ghats. Those used to be important public places and also for water transportation. Twenty of them have been restored and we will inaugurate them in a few days," chief executive officer (CEO), Srinagar Smart City Project, Athar Amir Khan said here.

He said the ghats helped people to connect and socialise.

"They were also used for water transportation. We are working and many of these ghats are also getting converted into boarding and debarking points for water transportation," Khan added.

Bilal Ahmad Dar, a washerman, who works at one of such ghats, said their renovation was essential.

"Ghats have significant importance as it generates employment for those who work at ghats. Renovation of ghats is essential as they are quite damaged. This step was much needed as it will help people like us to earn a livelihood. If the government will work more on ghats, it will bring in more benefits," he said.

Another washerman, Showkat Ahmad Dar, who washes shawls at one of the ghats over the river, said Kashmiri Pandits used to perform rituals at such places.

"Repairing ghats is very important and they should be cleaned properly," he said.

The ghats were once the backbone of the people of Kashmir as they used to live and do trade at ghats.

"In Srinagar, the artwork of Kashmir is dependent on these ghats. Significant mosques, shrines and temples are on the bank of the Jhelum River. A number of ghats have been renovated as it was an important step because it added up beauty," he said.

Mushtaq Ahmad Beig, senior supervisor at Srinagar Municipal Corporation (SMC), said for 40 years river ghats were non-functional, but now due to the Srinagar Smart City Project, they have been renovated.

"Heritage is preserved through these ghats and authorities are planning to run cruises in Jhelum river for which ghats will serve more purpose. In order to promote tourism, renovation of ghats is a good step," he said.

The renovation is also operated in the traditional way to showcase heritage. Some more work like benches are to be installed as well. When river transport will get started, their importance and use will be amplified," Beig added.

Rashid Rahil, a historian, said the renovation of ghats is a huge step in revitalising Kashmir's heritage.

"In the current governor rule, many ghats have been renovated under the Srinagar Smart City Project. But, water transport has not been brought to life yet. If authorities get successful in reviving water transport and the traditional heritage of ghats, then it will be a remarkable thing. It will be a huge step in revitalising Kashmir's heritage. It is a welcome step," Rahil said. (Agencies)

### JKSSB to.....

shall be conducted at State Motor Garages, New Plot, Jammu and for Kashmir based candidates the venue of the test shall be State Motor Garages Bemina, Srinagar.

The reporting time for the Driving Test shall be 09:00 AM in both venues. The candidates are advised to visit Board website [www.jkssb.nic.in](#) for further information in this regard.

### Weatherman.....

next week.

The ongoing dry spell has brought down the percentage of precipitation level as the Union Territory in the ongoing season from June 01 2023 to August 16 2023 has recorded minus 2 percent departure from normal rainfall, the data prepared by the MeT here reads.

Poonch and Shopian districts of J&K have recorded deficient rainfall of 28 per cent and 43 per cent respectively during the ongoing season.

In Kishtwar, large deficient rainfall of 69 per cent was recorded till August 16, 2023, the MeT data reveals.

Nonetheless, Srinagar and Doda district of the Union Territory have recorded a large excess rainfall of 65 and 66 per cent respectively, it added.



# All India Radio To Host Level Pahadi Poetic Symposium At LoC In Karnah

**SRINAGAR, AUG 19:** In a bid to celebrate India's prominent role in the current G20 Presidency and to provide a platform for cultural exchange and artistic expression, All India Radio Srinagar is set to organize a Union Territory level Pahadi poetic symposium at the Line of Control (LoC) Tangdhar Karnah on August 24. Pahadi poets hailing from various districts within the Union Territory will gather at Tangdhar to showcase their poetic prowess and present their verses, reflecting the rich and vibrant Pahari literary tradition. The event is poised to strengthen the connection between art and the region's picturesque landscapes, enhancing the cultural

tapestry of the area. In addition to the poetic symposium, a captivating musical show is slated to grace the event, featuring performances by prominent local Pahari artists. This celebration of art and culture aims to not only elevate Pahari poetry and music but also to foster cross-border tourism and bolster the local economy. Maqsood Ahmad, Senior Pex and Producer of the renowned programme "Shaherbeen and Pahari," expressed his enthusiasm for the event, stating, "We want to provide a platform to writers for interaction near the LoC. This will help to boost Pahari poetry and music, while also contributing to the promotion of border tourism."



Reflecting the success of past initiatives, Ahmad elaborated, "Earlier, by conducting a cultural show at LoC Keran on July 27, we witnessed a significant influx of tourists, attracting widespread

attention. The event contributed to the publicity of Keran and the surrounding region." The forthcoming event at LoC Tangdhar Karnah marks yet another stride in All India Radio's

ongoing endeavors to foster and amplify cultural and artistic pursuits in the region. Maqsood Ahmad unveiled, "We are also in the process of devising akin programs for the upcoming Rustom festival at Uri and within the Machil sector. Furthermore, to invigorate the Sheena language and its cultural nuances, we are charting a course to replicate the same program in Tulel and the Gurez Valley in the days ahead. Our unwavering objective remains to incessantly celebrate the region's heritage and abundant talent, all the while nurturing enhanced connectivity and comprehension through the medium of cultural exchange." (AGENCIES)

## Bandipora: Woman found hanging in room, family alleges murder by husband

**BANDIPORA, AUG 19:** A 25-year-old woman was on Saturday morning found hanging in her rented accommodation at Quilmuqam village of north Kashmir's Bandipora district, with her family accusing her husband of murder.

An official told the news agency—Kashmir News Observer (KNO) that Ishrat Begum, wife of Ajaz Ahmad Shegojri of Quilmuqam village was found hanging in her rented accommodation.

Soon after receiving information, police rushed to the spot and shifted the deceased to hospital for postmortem examination, he said, adding that after conducting the medical and legal formalities, the body was handed over to her family members for last rites. The official said the investigation in this regard has been started.

Meanwhile, the family members of the deceased woman have accused her husband of murder. "She was married a few months ago. Her husband disallowed her from communicating with any of her relatives, subjected her to daily harassment, and now he has taken her life," the family alleged. "We were shocked to learn this morning that she is no more," they added.

As per the deceased's family, the couple had altercations earlier regarding finances. "So, there is every possibility that he resorted to ending her life due to monetary issues," they said. The family has urged the authorities to carry out a thorough investigation and "unravel the truth"

## J&K's vision document 2047

'Non-lethal strategies, strict enforcement of law for trouble-makers, review of laws proposed in roadmap for safety & security of common masses'

**SRINAGAR, AUG 19:** In its vision document 2047, the Jammu & Kashmir government has proposed adoption of best non-lethal strategies from across the globe to ensure safety and security of common masses in the Union Territory.

The vision document, a copy of which is in possession of news agency—Kashmir News Observer (KNO) states that in the coming years, the best practices regarding non-lethal strategies is envisioned to be adopted from across the globe to create an environment in which the common citizens would feel more secure/reassured of the safety of lives and properties. "The UT of J&K for the past few decades has been facing terrorism/insurgency in its various forms. This, at times, creates internal law and order disturbances requiring adop-

tion of the non-lethal strategies. These include non-lethal weapons, counter radicalization approaches and effective counselling measures. The strategies, so far, adopted, have resulted in almost negligible loss of civilian lives," reads the document.

The vision document 2047, which was released in May 2023, is the declaration of mid-term and long-term goals of Jammu & Kashmir. It contains a detailed roadmap of all departments to be followed till 2047 for development and all other aspects.

It also talks about strict enforcement of law to deal with elements inimical to the peace of society.

The J&K government has also proposed review of existing laws to bring them in line with present day requirements. "The Home department administers various central laws as

well as the existing laws of the UT of Jammu & Kashmir. The review of the laws is an ongoing process guiding by requirement of the day. However, the Home Department is in the process of reviewing various laws administered by it, which includes the Police Act of 1927, J&K Home Guards Act-1949 and Fire Force Act," reads the documents.

As per the vision document, the expectations of the people would be taken into account while reviewing the laws.

The other measures proposed in the roadmap include people-friendly policing, efficient cadre management, progressive introduction of new technologies, maintenance of database of criminals and effective measures for welfare of police personnel.

## From picturesque places to food, Arabian tourists get pleasant experience in Kashmir

■ Rehan Qayoom Mir

**SRINAGAR, AUG 19:** With the footfall of tourists increasing in Jammu & Kashmir, the visitors from different foreign countries are now visiting Jammu & Kashmir, getting a lifetime pleasant and mesmerizing experience here.

The news agency—Kashmir News Observer (KNO) spoke to many foreign tourists so far,

who praised the beauty of Kashmir as well as the people living here.

Similarly, a group of tourists from Saudi Arabia have also praised Kashmir's beauty, terming the piece of land as real heaven on earth.

Kashmir is one of the most beautiful places I have ever visited in my lifetime. I had a really nice experience here, and the people here are loving and

caring. It's the best place for trekking, says Ahmad Alqudaihi, a tourist from Saudi Arabia.

Known for its famous Mughal garden, it's now a trekking spot for locals as well as for foreign tourists.

"Kashmir is a unique and different from the other places I have visited so far. I have visited many places worldwide, including the USA, Europe, Turkey, Caucasus, South East

Asia, North Africa, and most countries in the Middle East, but the beauty I saw in Kashmir, I have never seen anywhere else," said Ahmad Alqudaihi while sharing his experience with KNO.

"I like the food that I ate here in Kashmir, but I don't remember the names, but one thing is for sure, it was super tasty," he said.

"I stayed in Kashmir for

eight days, and during that time I visited Gangbal Lake, Nundkol Lake, Vishansar, Kris-hansar Lake, Gadsar Lake, and Satsar Lakes, as well as Kashmir Great Lakes (KGL). My experience in these places was fantastic. I really love the local Kashmiri people. Kashmir is a land of unimaginable beauty and a true heaven on earth," said Ahmad Alqudaihi.

## SED asks NGOs, other agencies to seek permission before conducting any activity in Educational Institutions

**SRINAGAR, AUG 19:** School Education Department has asked the NGOs and other agencies to seek permission before conducting any programme or activity in educational institutes and subsequently has ordered all the concerned officials not to allow them without its approval. In this regard, the department has said that many such incidents have come to be adversely affecting the smooth functioning of classroom work.

According to the news agency—Kashmir News Observer (KNO), Director of School Education Kashmir has said, "It has been observed that some NGOs are directly approaching CEOs and ZEOs as well as Hols for the conduct of programmes in Educational Institutions of Kashmir Division without seeking any prior permission from Directorate of School Education Kashmir."

The director has said that some of the NGOs are not even having proper registration and do not fulfil the criteria laid down for granting permission to conduct training programmes and other activities in the educational institutions

"Allowing these unregistered NGOs without permission adversely affects the smooth functioning of classroom work in these Educational Institutions," reads the communication issued by the director.

DSEK said that it becomes imperative for the department to keep a proper check on such activities. "It is as such impressed upon all CEOs, ZEOs and Hols not to allow any NGO to conduct any activity or programme without seeking proper permission from this directorate," it reads.

## Bewora road, connecting dozens of villages in Anantnag, in pathetic condition

**ANANTNAG, AUG 19:** One of the vital roads in this south Kashmir's Anantnag is in dilapidated condition, with the residents urging authorities to repair the stretch coming along the famous tourist destination of Pahalgam.

The locals told the news agency—Kashmir News Observer (KNO) that the road from Pahalgam-Bijbehara to Nowpora via Bewora is one of the important stretches in the district that connects dozens of villages with Bijbehara and other towns.

They said the road macadamised around eight years ago is now full of potholes and requires immediate repairing.

It has developed cracks at several spots and is currently in a pathetic condition at most of the places, giving tough time to the locals as well as visitors to many tourist spots in the district, said Muzaffar Ahmad, a resident of Bewora.

He said the road connects dozens of villages with each other. How come authorities ignore the road of such vital importance, he asked.

Ahmad said the road witnesses a good rush and must be given priority.

The locals said that despite bringing the issue to the notice of concerned authorities several times, nothing was done.

They appealed to Deputy Commissioner Anantnag to look into the matter.

## Tral girl in Indian Book of Records for promoting Kashmiri traditional items

**Pulwama, Aug 19:** A young girl from south Kashmir's Pulwama district has entered the Indian Book of Records after creating three traditional Kashmiri items and an apple in the mandala art.

Aqsa Mohi Uddin Ahanger, 19, a resident of Kuchmulla Tral, has made pieces of different items to promote Kashmiri culture and tradition.

Currently pursuing B.Sc from Government Degree College (GDC) Tral, Aqsa while talking to the news agency—Kashmir News Observer (KNO) said she learned mandala art from her father.

I was interested in this art since childhood but started making art pieces only a year ago, she said, adding, "I used to make paintings for a long time, but started making mandala art pieces last year."

Aqsa said she had a passion to promote Kashmir and its culture across the world, and this "small step" has given her "utmost satisfaction".

Thanking her parents for unconditional support, Aqsa said, "They encourage me in this art as well as education."



Her message is: "Be consistent in any field you are trying to conquer and never lose hope. Follow your passion with hard work and dedication; you will definitely achieve the goal."



## Ensure Allotment & Execution of all works within 10 days: DDC Pulwama

■ HT News Network

PULWAMA, AUGUST 19: The District Development Commissioner (DDC) Pulwama, Dr. Basharat Qayoom today chaired a meeting, here to review the physical and financial status of the works taken up under District Capex Plan 2022-23 by Department of RDD and KPDC. It was informed in the meeting that so far 2471 works have been approved in respect of RDD and KPDC in the district under district capex 2023-24 and all the approved works have been put to tenders.

The DDC however observed that out of approved works only 950 works have been allotted as on date and also the percentage of works started



physically on ground is very disappointing. While observing the performance with regard to execution of works on ground, DDC directed ACD, SE PDD & Ex. Engineer REW to speed up the process of allotment and set a time line of three days for taking up the allotted works on ground and 10 days for completion of the tendering process.

The DDC directed officers that any laxity on part of

any officers will be dealt seriously henceforth.

ACD and SE KPDC were directed to submit daily progress reports to DDC regarding the progress of tendering allotment and physical execution on ground. The Block Development Officers and Executive Engineer KPDC were directed to have daily based review of each work in their respective jurisdictions for early completion of works

so that the desired targets of benefiting the general public are achieved.

The ACD and SE KPDC assured the chair that all the allotted works will be physically started on ground within one week positively. He further directed the officers to work in coordination with line departments to achieve 100 percent results on ground in a set timeline keeping in view the limited working season. The DDC asked all the officers to ensure timely submission of works bills to concerned Treasuries.

Among others, the meeting was attended by Chief Planning Officer, Assistant Commissioner Dev, SE PDD, Ex. Engineer REW, Ex. Engineer of PDD and all Block Development Officers of the district.

## DEO Kulgam inaugurates Training programme for ROs/ AROs

■ Farooq Rather

KULGAM, AUGUST 19: The District Election Office Kulgam Saturday conducted a one-day training program for Returning Officers and Assistant Returning Officers for 4 Municipal Committees viz. Municipal Council Kulgam, Municipal Committee Yaripora, Municipal Committee Devsar and Municipal Committee Frisal at mini-secretariat, here.

The training program was inaugurated by the



District Election Officer Kulgam, Dr. Bilal Mohi-Ud-Din Bhat.

The DEO emphasized the

importance of Municipal Elections and stressed the Returning Officers/Assistant Returning Officers to

prepare themselves fully for the conduct of free, fair and transparent Municipal elections.

During this training programme, the Deputy District Election Officer Kulgam, Bilal Ahmad Kamgar and District level Master Trainers imparted training to these ROs/AROs to make them aware about the process involved in conducting elections smoothly and to ensure that no corner shall be skipped during the conduct of upcoming elections of Municipal Councils and Committees.

## DC Kupwara reviews progress of cases under Mumkin, Tejaswani schemes

■ HT News Network

KUPWARA, AUGUST 19: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today chaired a meeting of District Level Task Force Committee (DLTFC) for Mission Youth to review

the progress achieved under Mumkin and Tejaswani schemes. The meeting held a threadbare discussion and reviewed the detailed guidelines to discuss implementation of different schemes under Mission Youth including Mumkin scheme and Tejaswani. Meanwhile, 141 cases under the Mum-

kin Scheme and 24 cases under the Tejaswani scheme were approved by the Committee. On the occasion, the DC stressed upon the concerned officers to redouble their efforts for timely disposal of the cases under different schemes so that the beneficiaries are facilitated with the livelihood

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

I have passed/appeared in SSE/HSE-I/HSE-II (Class 10th/11th/12th) under Roll No. 133019003 Session: 2023 Year: Annual Regular 2023 through The Jammu & Kashmir Board of School Education.

The error committed by the School/Parent/Board against my MOTHER'S NAME as ZAMROODA BANO instead of NUSRAT BANO.

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: MUZAMIL FAYAZ.**  
**Father's Name: FAYAZ AHMAD BHAT**  
**Mother's Name: NUSRAT BANO**  
**Date of Birth: -16/09/2007**  
**Residence: -CHEDIBUGH, PULWAMA TRAL, JAMMU & KASHMIR**



### PUBLIC NOTICE

I have changed my name from (Old name)... MUDASIR SHAFI. S/o: MOHAMMAD SHAFI. to (New name). MUDASIR SHAFI SHAH. In future I will be known as (New name). MUDA SIR SHAFI. SHAH. S/o: MOHD SHAFI SHAH. Now I want to same changes in my Passport bearing Passport No L1938960

If any body is having any objection he/she may contact Passport Office, Srinagar with in 7 days. After 7 days no objection will be accepted.

**Name MUDA SIR SHAFI. SHAH.**  
**S/o: MOHD SHAFI SHAH.**  
**R/o Pattlepora Bala Chattabal Srinagar**



## Director Agriculture Kashmir visits SMF Tapper Kreeri

■ HT News Network

SRINAGAR, AUGUST 19: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited seed multiplication farm (SMF) Tapper Kreeri to take stock of various agriculture activities there.

During the visit, the Director inspected different blocks, hi-tech poly houses at the farm and discussed various innovative interventions and technologies adopted at the farm.

### PUBLIC NOTICE

I, Arshad Ahmad Makhdoomi hereby intend to correct and update the name of my daughter from Kausain Arshad Makhdoomi to Qousain Arshad Makhdoomi in various official records including School Records, Passport Office, and Date of Birth (DOB) Certificate. This notice is published to inform that individual who might have objections regarding this change are invited to raise their objections in concerned offices within a period of seven days from the date of publication of this notice in the newspaper, after which no objections or queries will be entertained or considered.

**Arshad Ahmad Makhdoomi**  
**S/o Mohammad Amin Makhdoomi**  
**R/o Makhdoom Sahib Srinagar**  
**Ph no : 0194- 2424000**

### PUBLIC NOTICE

The Electricity connection with Consumer ID No 0203010010135 installation No 119375 R2 Registered in the name of Ashiq Ahmad S/o Ghulam Nabi R/o Rampora Veer Qamarwari Srinagar informs general public that this Electric connection should not be transferred in other name .

**Ashiq Ahmad**  
**S/o Ghulam Nabi**  
**R/o Rampora Veer Qamarwari Srinagar**

## Aryans & White Globe organised Scholarship Mela in Anantnag

Chairman Aryans, Dr. Anshu Kataria inaugurated the mela in Kokernag

■ HT News Network

Anantnag/Kokernag August 19th

Chandigarh based Aryans Group of Colleges in association with White Globe & Haba Khatoon organization organised a scholarship mela for tribal students of the valley on 18th Aug at Kokernag Garden, Anantnag. Around 50 students shortlisted for various programs including Engineering, Pharma, Paramedical, Pharmacy, Nursing, MBA, BBA, BCA on scholarship basis. Dr. Anshu Kataria, Chairman Aryans Group was Chief Guest while Chairperson White Globe, Adv. Sheikh Saba & Adv. Syed Junaid sadaat & Mr Suhail Manzoor, Director Habba Khatoon Organisation were Guests of Honour. Sheikh Prince, Chairperson Municipal Community Kokernag; G M Tantara,



Deputy Chairperson MC Kokernag & Shahid Ahmad, Social Activist were also present as Special Guests. Dr Kataria said that we highly appreciate the efforts of JK tribal department especially Dr. Shahid Iqbal Choudhary, Secretary, Tribal Affair Dept., Dr. Haroun Malik, KAS, Special Secretary & Dr. Abdul Khabir, KAS, Deputy Director, Tribal Affairs Department, Jammu and Kashmir or their efforts in enhancing the scholarship upto 200%

for tribal students of JK on the request & report submitted by Aryans. Kataria further added that earlier to this many colleges in the valley were not willing to take JK students because the scholarship amount of tribal students was less as compared to academic fee. After the revolutionary step taken by tribal dept. Aryans is offering JK students not only simple courses but the job oriented programs including Nursing, Pharmacy, Law, Paramedical etc.

The aspiring students must attend this fest to get more inform as well as to secure their seat in most demanding courses, Kataria.

Adv. Sheikh Saba & Adv. Syed Junaid sadaat & Mr Suhail Manzoor while giving more information said that for the event the scholarship helpline 84938-33965 & 6005877780 have been launched from where the students can take more information about various scholarships program being offered by the group.

It is to be mentioned that over 2000 kashmiri students are studying in Aryans in various colleges including Aryans College of Engineering, Aryans Business School, Aryans Institute of Management & Technology, Aryans College of Education, Aryans Institute of Nursing, Aryans Degree College, Aryans College of Law & Aryans College of Pharmacy.

## Screening Committee approves 10 cases for Relief Measures at Bandipora

■ HT News Network

BANDIPORA, AUGUST 19: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan today chaired a meeting of the Screening Committee to address pressing relief cases in the district.

During the meeting, the dedicated team reviewed numerous relief cases that were brought to their attention. After thorough deliberation and assessment, the team reached a consensus and approved relief for a total of 10 cases. The relief measures approved during the meeting are

expected to provide much-needed assistance to individuals and families facing various challenges in the Bandipora district. The ADC and the attending officers reaffirmed their commitment to ensuring that these relief measures are promptly and effectively disbursed to those in need.

### GOVERNMENT OF JAMMU AND KASHMIR Office of the District Sheep Husbandry Officer Kulgam

Subject: Invitation for short term quotations for insurance of livestock under NLM.

Reference: DSHK Order No.82/DSHK/Plan of 2023, dated 17-08-2023.

#### SHORT TERM QUOTATIONS

For and on behalf of Lt. Governor of Union Territory of Jammu and Kashmir, short term quotations are invited from the registered Insurance Companies for insurance of Sheep & Goat of District Kulgam, under national Livestock Mission during the current financial year. The interested companies shall submit the quotations mentioning the annual premium in terms of percentage of the cost of animals to this office by or before 28-08-2023 4pm. The quotations will be opened on the next day (29-08-2023), by the constituted committee.

1. The quotations must be submitted in properly sealed envelope.

2. The rates should be written legible without any cutting, overwriting.

The insurance companies shall indicate that the company shall provide hassle free settlement of the insurance claims to the breeders giving all assistance to them.

The department reserves the right to reject the quotations of any company without assigning the reason thereof.

hm

DIPK-7487/23

Dated: 18/08/2023

**District Sheep Husbandry  
Officer Kulgam**

### GOVERNMENT OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENGINEER REWDIVISION BANDIPORA NOTICE INVITING TENDERS

E- NIT No. 87 /2023-24

Dated: 18/08/2023

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

S. No	Name of Work	Adv. Cost(In Lacs)	Tender Fee (In Rs.)	Time of completion	Class of Contractor	EMD(In Rs. )	Major Head	Panchayat/Gram sabha	TYPE OF TENDER
1	2	3	4	6	8	9	10	11	12
1	C/OP-WALL AT DIFFERENT SPOTS NAIDIKHAI	8.00	500/-	30 Days	DEE/CEE	3% of Adv Cost	DDC	Block:- Naidikhai	OPEN
2	Fencing & Tile path at Khurshipora Middle School	4.86	300/-	30 Days	DEE/	3% of Adv Cost	PRI	Block:- Naidikhai Halqa: Shahgund A	OPEN
3	Fencing OF MIDDLE SCHOOL KARNAI MOHALLA	9.95	700/-	90Days	DEE/CEE	3% of Adv Cost	PRI	Block:- Naidikhai Halqa: Shahgund B	OPEN
4	IMPROVEMENT OF ROAD FROM MAIN ROAD TO H/O AB RASHID LONE & OTHERS W.NO. 04	3.10	300/-	30 Days	DEE/	3% of Adv Cost	DDC	Block:- Naidikhai Halqa: Naidikhai C	OPEN
5	REPAIR RENOVATION OF HIGH SCHOOL ASHAM	8.00	500/-	30 Days	DEE/CEE	3% of Adv Cost	DDC	Block:- Sumbal Halqa: Asham A	OPEN
6	C/O Road from main road to Naribal at Guzer Mohalla Rakhi Shilvat	4.00	300/-	30 Days	DEE/	3% of Adv Cost	DDC	Block:- Sumbal Halqa Rakhi Shilvat	OPEN

Position of A/A: Accorded

Position of T/S: Accorded

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](http://www.jktenders.gov.in) as per schedule of dates.

1.	Date of Issue of Tender Notice	19-08-2023
2.	Online Bid submission Start Date	19-08-2023 from 09:00 AM
3.	Online Bid Submission End Date	25-08-2023 up to 04:00 PM
4.	Date & time of opening of Online Bids	26-08-2023 at 11:00 AM or any convenient day in the office of the Executive Engineer REW Bandipora
5.	Note: Hard copy of original Tender Document, Fee Receipt and EMD shall be deposited after the financial bid is opened. In case the original Tender Document Fee Receipt and EMD is not Deposited within 5 days after the Financial Bid is Opened for all responsive bidders who have participated online, the Department shall serve the Notice as per Rules.	

DIPK-7425/23

Date: Aug 19 2023

sd  
**Executive Engineer**  
Rew Bandipora



# Annual Day function of Divine Light St Mary's School, Domana Jammu emerging hub of academics in north India: Rana

■ HT News Network

JAMMU AUGUST 19: Senior BJP leader Mr Devender Singh Rana today expressed pride in Jammu touching one after another milestone in every sphere of activity, saying the City of Temple is now also known as the hub of education and research in north India.

Speaking at the concluding Annual Day function of Divine Light St Mary's School, Domana, Mr Devender Rana said the day is not far when Jammu will leave an indelible mark in the field of education in the wake of coming up of IIT, IIM and AIIMS, which are going to be game changers, not only for meeting the expectations of the people but also in producing ace professionals and technocrats.

Mr Devender Rana, however, referred to numerous challenges for harmonious growth of youngsters in

this era of stress and strain and said these can be met by providing congenial academic environments. In this regard much onus lies on the basic level schools, which serve as launching pads for young minds to get ornamented with education. In this regard, he called for frequent teacher-parent interactions to youngsters towards positive pursuits.

Mr Rana hoped that the academia will realize its responsibilities and strive hard to motivate and prepare their students to achieve academic excellence and to excel in other fields like sports, debates and other extra-curricular activities.

"This is the area where the school managements have to focus and create a wherewithal that helps in overall development of students", he said and expressed satisfaction that the Divine Light St Mary's School, Domana has risen to the occasion in recent years to meet the requirements of



students. He exhorted the faculty to emphasise on the crucial aspect with a sense of devotion, saying that the teachers have to be role model for their taught. "Their role is not significant only in making children academically sound but in influencing their moral and social behaviour besides instilling discipline as well",

he said adding that the students need lessons of life alongside guidance on the subject matter for becoming useful citizens of tomorrow. Mr Devender Rana complimented the management for organising important events like annual day in a befitting manner and hoped that the school will maintain pace with modern trends in the field

of education so that students find themselves in good stead to face the most competitive age with much more confidence and vigour. He also lauded the parents in discharging their parental responsibilities with a sense of commitment. Giving an overview of the academic environment created in the school, the Chairman Divine Light St Mary's School, Domana Mr Parmod Kapahi said that focused attention is being taken towards overall growth of the students, not only by giving them best possible education but also engaging their energies productively in sports and extra-curricular activities. Managing Director of the School, Mr Danish Kapahi also spoke on the occasion and expressed confidence that this temple of education is well poised to shape the destiny of students in the best possible manner, making them useful for the society and the nation. Besides students and parents, prominent among those present on

the occasion included Mrs Diksha Kapahi, Mrs Vaishali Gupta Principal, Inderjeet Sahni, KK Khosa and others.

The students presented a variety programme to celebrate the annual day. Mr Devender Rana complimented the management for organising important events like annual day in a befitting manner and hoped that the school will maintain pace with modern trends in the field of education so that students find themselves in good stead to face the most competitive age with much more confidence and vigour. He also lauded the parents in discharging their parental responsibilities with a sense of commitment.

Giving an overview of the academic environment created in the school, the Chairman Divine Light St Mary's School, Domana Mr Parmod Kapahi said that focused attention is being taken towards overall growth.

## JKPCC conducts Interactive meet cum plantation drive at Industrial area Gangyal

■ HT News Network

JAMMU, AUGUST 19: Jammu and Kashmir Pollution Control Committee today held an interactive meet with the Entrepreneurs of Industrial Area Gangyal. The meeting was chaired by Vasu Yadav, Chairman, JKPCC, K. Ramesh Kumar, Member Secretary and Sat Paul, Regional Director JKPCC Jammu were also present. On the occasion, plantation drive was carried out in the premises of Association of Industries Gangyal by the JKPCC Divisional Office, Jammu South.

The meeting was arranged by the Industrial Association Gangyal in association with JKPCC Divisional Office Jammu South, for conducting JK Green Drive Event, where under plantation drive was carried out by the industrial units in their respective premises.

The authorities of PCC were informed by the Association Members that the majority of the industrial units have participated in this plantation drive and have vowed to protect the environment. A LIFE Pledge in this regard was also taken by all the members present there. During the meeting, cloth bags were also distributed amongst the members of the industries to promote alternatives to the polythene bags.

Chairman emphasized that environmental compliances need to be followed in letter and spirit by the industries and also advised that banned carry bags and single use plastic shall not be used as the same are detrimental for the human health and environment.

## President MC Kulgam wins floor test by 8 votes

■ FAROOQ RATHER



Kulgam, 19 Augst, :- President Municipal Council Kulgam on Saturday won the floor test by a margin of eight votes after a no-confidence motion was moved against him. An official said that 5 councilors had moved a no-confidence motion against the incumbent president, following which a floor test was mandated. He said that the incumbent president, however, won the floor test by a margin of eight votes. Muneeb Zargar said he is thankful to those who choose him again and kept faith on me. He said that due to development in the Kulgam town people voted for him. "Some people don't want any development in Kulgam and no confidence motion was also their work," he said.

## Zonal Leprosy Office launches awareness campaign aiming at Leprosy free J&K

■ HT News Network

JAMMU, AUGUST 19: Zonal Leprosy Office Jammu, in Collaboration with NGO SUPPORT, has launched a sustained campaign aimed to make Jammu Province 100% leprosy free & eradicate social stigma about the disease in the society.

The Awareness Campaign was launched by Dr Sushma Matto, Zonal Leprosy Officer Jammu Province along with Dr Monika Kotwal BMO RS Pura & Chairperson NGO SUPPORT Dr Navneet Kour by organizing a workshop.

The Zonal Leprosy Office is working under the Directorate of Health Services Jammu, which supports the National Leprosy Eradication Programme (NLEP) focusing on Zero Leprosy in the UT of Jammu & Kashmir.

In furtherance of the initiative, an Awareness Workshop was organised today at Kusth Ashram Society. During the workshop ZLO, Dr Sushma Matto, BMO RS Pura, Dr Monika Suri and Dr Navneet Kour others addressed the grievances of the inmates. Medicines & First Aid kits were also distributed among the Leprosy patients. Later, an Awareness Campaign cum Workshop was inaugurated at Sub District Hospital RS Pura by the ZLO Dr Sushma Matto.

A large number of Medics including all ZMOs, CHOs, H.Edu, BAC, BHWS, Afs along with two each Asha workers from SUCHETGARH, RS PURA & MIRAN SAHIB blocks under RS Pura Zone attended the Workshop cum Awareness Campaign. The campaign aims at 100%.

## DC Budgam reviews monthly Physical/ Financial achievements under District Capex

■ HT News Network

BUDGAM, AUGUST 19: The Deputy Commissioner (DC) Budgam, Akshay Labroo today chaired monthly review meeting of District Capex budget to take stock of physical and financial achievements made during the month.

During the meeting, the DC reviewed status of a total of 2545 approved works under District Capex which include 2431 new works and 114 ongoing works. He



instructed all the executing agencies to ensure that implementation of all the works on ground is expedited so that all the works are completed at the earliest. While reviewing progress of ongoing works, the

DC instructed concerned officers to ensure quality work under each category is ensured so that the desired outcome is realised. He stressed to utilize the working season properly to complete works well in time. He also urged the concerned to work with vigorously and to induce extra efforts to achieve the desired results. The meeting was attended by JDP Rafiq Ahmad; CEO, CMO, ACD, ACP, Executive Engineers from R&B, REW, PDD and other officers

## Mega Awareness rally against Drug abuse held at Tullamulla

GANDERBAL, AUGUST 19: A mega awareness rally against drug abuse was conducted today at Tullamulla with the aim to raise awareness about ill effects of drugs among the general public. The rally witnessed the participation of PRIs, Students, local youth and Civil society members carrying placards with messages about the disastrous effect of drugs on individual and society's health. Tehsildar Tullamulla expressed concern over the rising drug addiction cases and stressed the need to raise awareness among people against drugs and urged the youth to join hand with the district administration and Police to eradicate drug menace from the district.

## CBC Multi- Media Exhibition Poonch: Huge Footfall of visitors witnessed on Day 2

■ HT News Network

POONCH, AUGUST 19: The Multi-Media Exhibition organized by Central Bureau of Communication, Poonch on 9 Years of Seva, Sushan aur Garib Kalyan, Ek Bharat Shreshtha Bharat, Mission LIFE, G-20 Presidency etc witnessed huge footfall of visitors on Day two.

Sunil Sharma, President Municipality Committee, Poonch was the chief Guest, while Gulam Abbas, Joint Director CBC, J&K, Ladakh and PIB Jammu presided over the function.

A large number of locals, Students & teachers of different schools, Officers & officials of different departments visited the Exhibition, which focuses on the achievements of Government of India in various fields.

Displays are especially designed by ministry of Information and Broadcasting for enlightenment of visitors about various schemes of Government of India. Selfie



corners, displays, film shows, distribution of flyers and booklets on 9 Years of Seva, Sushan aur Garib Kalyan, Open Quiz on centrally sponsored schemes & current affairs, display your talent platform, stall of various departments and Expert Lectures of Resource Persons from various departments on CSS were the main attractions for visitors especially the youth.

## Cultural Fest held at Higher Secondary School Chandilora

■ HT News Network

Tangmarg, August, 19, 2023 Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) organized a 'One-Day Cultural Festival' at Govt. Higher Secondary School, Chandilora here on Saturday.

Director School Education Kashmir, Dr. Tasaduq Hussain, who was the chief guest on the occasion, appreciated the administrative set up of the JKAACL for choosing educational institutions for holding of area specific cultural festivals.

Promising support of his department in such endeavours, Dr. Tasaduq said that the J&K Cultural Academy was doing a fine job and this cultural festival attested it.

"The New Education Policy (NEP) encourages multicultural education, the aim of which is to help develop an understanding and appreciation for different cultures," he said.

The main attractions of the programme were Kashmiri ruff, qawalis, Bacha Nagma



and Damali dance. As part of the day-long festival, a play was also staged.

Students of Govt. Higher Secondary School, Chandilora also presented performances like Kashmiri ruff and skit on national integration, which were highly appreciated by the audiences.

Earlier in his welcome speech, Secretary JKAACL, Bharat Singh Manhas said that a 'cultural festival series' has been started by the JKAACL, the purpose of which is to celebrate the rich cultural diversity and traditions of the Kashmir valley.

# DC Ramban presides over one day conference on "Promoting Ease of Living in schools"

■ HT News Network

RAMBAN, AUGUST 19: District Administration Ramban, in collaboration with the Education Department, today organized a one day conference on the theme "Promoting Ease of Living in Schools with a focus on access to individual beneficiary schemes and Ensure quality of services delivery."

Deputy Commissioner, Mussarat Islam presided over the conference attended by the CPO, Dr. Kasturi

Lal; CEO, Devanand; DYSSO, Dharmveer Singh; the Principals of Government Higher Secondary Schools, ZEOs, Principals of Private Schools, parents of students and various other stakeholders.

Speaking on the occasion, the Deputy Commissioner said that this conference is a prelude exercise for the proposed 3rd Chief Secretary Conference which will be chaired by the Prime Minister of India in October-November, 2023.

The DC said that during the conference administra-



tion would take feedback and suggestions from the participants to further improve the services like ease in Issuance, Re-issuance and Modification of Transfer Certificates, Mark sheets,

Migration Certificates in the Government schools, verification of certificates, improvement in examination system, twinning of schools for ease in admission process, quality infrastruc-

ture in schools, improving learning outcomes, facilitation in registration of students for Aadhaar and universalization of use of Digi locker for all educational certificates.

A consolidated report shall be submitted to the higher authorities, the DC added.

Taking comments from the participants, the DC said that the Government has switched over all government services and schemes of various departments to online mode to provide an

easy and hassle free access to people to avail the benefits of the same.

Responding to the issues highlighted by the various officers and Principals of private schools, the DC directed all the officers to improve online mode working to ensure transparent and error free services through their offices.

The DC also asked the officers to work with zeal and dedication to provide quality education to the students, especially in far flung areas of the district.

## MVD Jammu organises Awareness Camps for Commercial Vehicle Drivers

■ HT News Network

JAMMU, AUGUST 19: Motor Vehicle department Jammu organized two awareness-cum-health check-up Camps for the Commercial Drivers. One health checkup cum awareness camp was organized for commercial vehicle drivers at Ware house Jammu on the other day and another awareness camp regarding HIV was organized at Khanpur Nagrota today. The Camp at Ware house was organized in collaboration with the Social Welfare Department, Health & Medical Education Department and Transport Unions. A team of Doctors from the Health Department conducted on the spot health checkup and screening of the drivers for different diseases including eye check. In all, 250 drivers were screened in the camp for B.P, Sugar, eyesight and other related diseases. Besides, the medical team also imparted counselling to the participant drivers and advised them to adopt an active lifestyle to stay healthy and keep away from bad habits.



EDITORIAL

NEET Results Reaffirm that Reservations Continue to mar the merit...

Just yesterday a girl Aspirant from Kashmir valley accused the selection Authorities of playing with her career by dropping her from final selection list and preferring other students who have scored less marks than her. May be the other students whom she is citing as an example are falling under an reserved category most probably.

The Issue of Reservation continues to be debated with heated arguments, however all the time these movements cool down in one way or the other, amid the heat of Political interests.

Pertinent to start with the Supreme Court's landmark judgement last time which sought to know during the Maratha quota case hearing, that for how many generations would reservations in jobs and education continue. SC also raised concerns over "resultant inequality" in case the overall 50 per cent limit was to be removed.

A five-judge Constitution bench headed by Justice Ashok Bhushan was vehemently told by senior advocate Mukul Rohatgi, appearing for Maharashtra, that the Mandal judgement on capping the quota needed a re-look in changed circumstances.

He said the courts should leave it to states to fix reservation quotas in view of the changed circumstances and the Mandal judgement was premised on census of 1931.

Arguing in favour of the Maharashtra law granting quota to Marathas, Rohatgi referred to various aspects of the Mandal judgement, also known as Indra Sawhney case, and said the Centre's decision to grant 10 per cent quota to people from economically weaker section also breached the 50 per cent cap.

"If there is no 50 per cent or no limit, as you are suggesting, what is the concept of equality then. We will ultimately have to deal with it. What is your reflection on that... What about the resultant inequality. How many generations will you continue," observed the bench, which also comprised Justices L Nageswara Rao, S Abdul Nazeer, Hemant Gupta and S Ravindra Bhat.

Rohatgi said there were many reasons for the re-look of the Mandal judgment which was premised on the census of 1931 and moreover, the population has increased many fold and reached to 135 crore.

The bench said 70 years have passed since independence and the states have been carrying on so many beneficial schemes and "can we accept that no development has taken place, that no backward caste has moved forward".

It also observed that the purpose of reviewing the Mandal judgement was that those who have come out from backwardness must be eliminated.

"Yes, we have moved forward. But it is not that backward classes have gone down from 50 to 20 per cent. We still have starvation deaths in this country... I am not trying to say that Indra Sawhney is completely wrong, throw it in the dustbin. I am raising issues that 30 years have gone by, the law has changed, the population has grown, backward persons may also have increased," Rohatgi said.

He referred to amendments made in the Constitution and said they are the indicators that the country has not reached "anywhere near the emancipation" it required for its backwards classes.

"The fact of the matter is Parliament should know what is going on in the country. If Parliament knows it is more than 50 per cent and has given 10 per cent to a class of economically backward section, no warrant from court should say it cannot go over 50 per cent," he argued.

When a number of states have reservations exceeding 50 per cent and in this situation, it cannot be said that this is not "a burning issue" and does not require a relook after 30 years, he said.

The arguments in the case remained inconclusive and would resume on Monday.

On Thursday, Attorney General K K Venugopal had told the apex court that the 102nd amendment to the Constitution does not deprive state legislatures to enact law determining the Socially and Educationally Backward Classes (SEBC) and conferring benefits on them.

The 102nd Constitution amendment Act of 2018 inserted Articles 338B, which deals with the structure, duties and powers of the National Commission for Backward Class (NCBC), and 342A dealing with power of the President to notify a particular caste as SEBC as also of Parliament to change the list.

On Wednesday, the top court was told that Marathas have been dominant "socially and politically" as almost 40 per cent of MPs and MLAs of Maharashtra are from this community and the entire hypothesis that they have been left behind, faced historical injustice is completely flawed.

The top court has been hearing a clutch of cases challenging the Bombay High Court verdict which upheld the grant of quota to Marathas in admissions and government jobs in the state.

Women empowerment (they are the choice, let them to fly)



Aneeqah Hidayat

Prophet Muhammad PBUH said "the best of you are those who are best to their women."

The saying by Hazrat Imam Ali (RA) "Be respectful to women for they are the mother's of mankind. This can be applied to the fact that women empowerment is a sign of social freedom. Women are the beautiful and gorgeous creations created by Almighty Allah.

Defining her strength and voice, develops identity for whole nation. As women's voice says "I know my worth, I embrace my power. women empowerment means to empowering the women to take their own decisions for personal development. It means rising the status of women through education, respect, awareness and training.

Developing leadership, developing equal opportunities , freedom from violence, education and training, providing leadership skills and supporting are the principles that can empower the women.

They are the woman, they are mothers , daughters and good wives.

They nurture you, they are the building blocks of nation. Being a mother ,women plays an important role. As is said by American Journalist "Gloria Steinem." " A feminist is anyone who recognizes the equality and full humanity of women and men."

Women share responsibilities in society. Her name defines her, her voice



gives her a strength.

Let us give them a smile, Let them to grow and rise.

In Islam , Hazrat Aisha (RA), the zealous and wife of our beloved prophet Muhammad (PBUH).

Hazrat Maryam (As), the icon of modesty, Hazrat Khadijah (RA) , the woman with heart full of honesty .They taught us many valuable lessons about the status of women and about living a happiest life.

Hazrat Fatima -al-Zahra, the daughter of prophet Muhammad PBUH taught the lessons of modesty.

At the time when people of Makkah ,buried their daughters alive, but when the birth of Hazrat Fatima Zahra (RA) took place, prophet Muhammad PBUH firmly established the value of women in Islamic society .Women empowerment is a symbol of females. Women are the obedient wives and mother's. They have perfect right of freedom. They have perfect liberty to choose their husband. They are entitled to achieve the position of mother . Give

them respect ,love and empathy as they are the one who nurture you . They are the person who have patience . They smile with strength through their sorrows .Never estimate women low as they are the one who glow in the golden grace.

They never let anyone to cry. Women are the real architects of society , let them to fly . They are women of today women of strength and love. Women empowerment is their vision ,the vision of confidence and communication. It is their ultimate story and right of inspiration that defines their name as women.

Gender equality is the human right for both male and female . It is necessary for achieving comprehensive and sustainable development.

#. Government policies to promote women empowerment

The government of India has taken various steps to empower women in every field through social, cultural, educational and economic basis such

as "Beti bachao beti padhao scheme , " scheme for adolescent girls (SAG) to support women to be socially secure.

The Government is providing training institutions for women but it should be improved in such a way that women shall be able to identify their potential. They are the proud of nation .

To empower women , following laws should be followed

- Dowry prohibition act.
- Prohibition of child marriage act
- Medical termination of pregnancy act.

Spread fragrance and empower the women. Avoid gender based violence.

Give women peace and security, provide information , education and communication as they stand with you in your shadow. Supporting women's rights is the responsibility of every individual .

Let them to define their potential ,spread the positivity and empower the women.

Whispers of Diligence: Bee's Unity, Scorpion's Strength



Aubaid Ahmad Akhoo

"Ralph Waldo Emerson once said, 'The creation of a thousand forests is in one acorn.' Similarly, in the delicate dance of honeybees and the determined stride of scorpions, we find a profound lesson on unity and diligence that resonates through the tapestry of nature"

In the vast world of insects, honeybees stand out for their remarkable unity and unwavering diligence. These tiny creatures work together in perfect harmony, displaying a level of cooperation that offers valuable lessons for human societies.

Honeybees are known for their complex social structure, with each member of the colony having a specific role to play. The queen bee, as the matriarch, lays eggs and ensures the continuity of the hive. The male drones serve to fertilize the queen's eggs, while the female worker bees are responsible for various tasks, such as foraging for nectar, producing honey, and protecting the hive.

The work ethic of honeybees is truly awe-inspiring. Day after day, they venture out in search of nectar from flowers, tirelessly flying long distances to collect the precious resource. Back at the hive, they convert the nectar into honey, a vital food source for the entire colony, especially during times of scarcity.

What makes honeybees even more remarkable is their cooperative spirit. They communicate through intricate dances, sharing vital information about the location of food sources. The unity of purpose within the hive is evident as they all work towards a common goal – the survival and prosperity of the colony.

As humans, we can learn valuable lessons from the honeybee's way of life. The strength of their colony lies in unity, collaboration, and a deep sense of responsibility towards each other. Similarly, in our societies, when individuals come together, pooling their diverse talents and skills for the greater good, remarkable progress can be achieved.

Just like the honeybees, we should recognize the significance of teamwork and shared responsibilities. When we work in unison, supporting one another through challenges and celebrating collective achievements, we create a harmonious environment that fosters growth and mutual benefit.

In our modern world, parents toil tirelessly, working day and night, regardless of challenges, to provide for their children's needs and dreams. Just like the scorpion

mother, they silently endure the trials of life, expecting nothing in return but their children's happiness. However,

as children grow, some might unknowingly detach themselves, focusing on their own aspirations without considering the sacrifices made on their behalf

Furthermore, the diligent nature of honeybees teaches us the value of hard work and perseverance. Success often comes through consistent effort and dedication to our goals. Just as honeybees diligently gather nectar day after day, we must stay focused on our aspirations, knowing that our efforts will eventually bear sweet fruits of success.

"Cherishing Parents: A Lesson from the Scorpion" In the vast tapestry of nature, there are remarkable lessons to be learned from even the tiniest creatures. The scorpion, a creature often misunderstood, reveals a powerful message about the value of parents and the reciprocity of love and care.

In the scorpion kingdom, a unique phenomenon unfolds. After giving birth, the mother places her offspring on her back, carrying them with utmost devotion. Astonishingly, these young scorpions feed on their mother's flesh, a symbiotic sacrifice she silently endures. This striking tale of selflessness and endurance bears an uncanny resemblance to certain aspects of today's human society.

In our modern world, parents toil tirelessly, working day and night, regardless of challenges, to provide for their children's needs and dreams. Just like the scorpion mother, they silently endure the trials of life, expecting nothing in return but their children's happiness. However, as children grow, some might unknowingly detach themselves, focusing on their own aspirations without considering the sacrifices made on their behalf.

It is essential to realize that filial responsibility is not merely a cultural norm; it holds deep significance in

various religious and ethical traditions. Islam, for instance, places great emphasis on honoring parents, recognizing the profound bond and respect owed to them. In Islamic belief, paradise lies beneath a mother's feet, highlighting the divine importance of caring for parents.

Gratitude and reciprocity towards parents are key tenets not only in Islam but in various other belief systems too. The tale of the scorpion teaches us that by valuing and caring for our parents, we can earn blessings from a higher power, fostering a sense of contentment and harmony in both this life and the hereafter.

It is crucial to remember that the scorpion's tale is not a call for parents to demand obedience or repayments from their children. Instead, it urges children to recognize the love and sacrifices of their parents and repay them with love, respect, and appreciation. By sharing our goals and achievements with our parents, we invite them into our lives, and in return, they offer guidance, support, and blessings for our endeavors.

Bottom line: The remarkable behavior of honeybees offers profound insights into unity, diligence, and cooperation. By emulating their sense of community and dedicated work ethic, we can create more harmonious societies and achieve extraordinary outcomes together. Let us be inspired by the humble honeybee and strive to build a world where unity and diligence become the pillars of progress and prosperity and similarly the scorpion's unique story carries a profound lesson for all of us. Let us emulate the mother scorpion's resilience and selflessness in our relationships with our parents. By cherishing and caring for them, we not only gain the favor of a higher power but also create a nurturing and loving environment for ourselves and future generations. May we all strive to be like the scorpion in the best possible way - selfless, caring, and grateful to those who brought us into this world.

"As we reflect upon the intricate collaboration of honeybees and the steadfast resolve of scorpions, let us remember that unity and diligence are not mere chance occurrences in nature, but deliberate choices that shape the world around us. Their story urges us to embrace the strength of togetherness and the unwavering commitment to our goals, for it is in these virtues that we too can find our place in the grand symphony of existence."

About the Author: Aubaid Ahmad Akhoo is a renowned Columnist & Motivational Speaker and an Associate Editor of the Weekly Publication 'Education Quill.' He currently serves as the Senior EDP Head at DD Target PMT Kashmir, a reputable institute renowned for its coaching classes in the medical/JEE/Foundation Classes. Akhoo.aubaid@gmail.com



# Technology With Impacts

■ Farheen Wani

All of the biggest technological inventions created by man – the airplane, the automobile, the computer – says little about his intelligence but speaks volumes about his laziness. –( Mark Kennedy)

Society gives purpose to technology, for technology is made to help man—for better or for worse. From the moment man picked up the first tool in his hand to aid him in his task, to where he is today with all the advancement he has accomplished, technology has always been there at man's disposal.

The symbiotic union of society and technology has led the world to improvements beyond expectation, and yet, the future still holds an untapped growth potential, especially in the area of digital technology.

Digital technology gives birth to making our world reachable with its augmenting information highways like the Internet and the net. Across it, we have reinvented the way we interact and communicate with emails, conference calls, and social media apps, among others. It has improved the lives of students and teachers with digitization in the education sector. It has saved thousands upon thousands of lives with advanced machinery and innovations that have been introduced to the health industry.

We could go on and on, but the baseline is that digital technology and society are in this synergistic relationship that will get stronger further into the future as we dive deeper into the 21st century.

Technology is around us everywhere, from simple devices like our smartphones, laptop, and TV to background tech that we don't notice. It isn't taking off anywhere anytime shortly, we hold to get familiarized with it. Once we get the hang of manipulating technology in a privileged manner, it can enhance our vitalities.

On the other hand, tech can also make our lives harder. Whether tech has a positive or negative effect on our lives, it all depends on how we use it.

#### Positives Impacts of Technology on Our Lives

Technology has, without a doubt, made all our lives easier over the past two decades. From connecting with people across the globe from the comfort of your home to running a full-fledged business without a physical space, technology has impacted our lives positively in several ways.

#### 1. New technology continues to come out



**faster than we can keep up with. The purpose is to boost business and make the daily management of enterprises more systematic, structured, and successful.**

Tech has boosted businesses by improving the hiring process, error-free collection and analysis of business data, and better communication with clients and partners.

Additionally, tech has also changed the way we work remotely for the better. It is now commonplace for people to work from home. However, certain tech, like the cloud, has made it easier than ever to work whether you're at the office or not.

**2. Advancements in tech have made it easier for more people to access the internet, resulting in online shopping being more popular now than ever.**

Currently, most people prefer to shop online without leaving the house because of its sheer convenience. Instead of wasting hours in the shopping mall, tech makes shopping simple. A few of the benefits of

online shopping include cheaper products, saved time, fuel, and energy, easier-to-find items, a wider variety online, and no added pressure.

**3. One of the most downplayed areas of technology that has dramatically improved over the past few years is education. Technology has been beneficial for those in the business world, but it has impacted education in a big way.**

A few examples include the availability of online courses, accessibility of web seminars, and unlimited online resources for research. Before tech, you'd have to physically go to class, attend a meeting or go to the library to do research. Now, education is easier for everyone, no matter where you live. Online classes have made it possible for all students to enroll without leaving their homes.

Today, you can find several great sites for free college courses online, such as Udemy—a fantastic website that offers thousands of free and paid-for courses to

choose from. Whether you want to create virtual reality games or become a yoga instructor, Udemy has a course that's perfect for you.

In terms of technology, Udemy also offers a wide variety of great tech-related online courses. The categories available range from IT hardware and software to operating systems and network and security. So tech can help you master your chosen path and possibly broaden your career opportunities.

**4. Most technology these days is created to improve businesses and generate profit. However, tech can also make our daily lives so much better.**

Tech has made an immensely positive impact on the daily lives of everyday people. Some positive examples include improvements in the transportation system.

#### Negative Impacts of Technology on Our Lives

As much as we appreciate technology

for the convenience it brought to our lives, several aspects of it have impacted our society negatively in more ways than one.

**1. As technology advances, we are connected now more than ever, and it has become a huge part of our lives. That's why technology negatively impacts physical health.**

These physical health problems can be severe. Nevertheless, you can avoid most of them by creating healthy tech habits instead of bad ones.

Apart from creating unhealthy sleeping patterns, electronic devices can cause digital eye strain, poor posture, and increased inactivity, leading to health problems like obesity.

Taking regular breaks from these devices can help you avoid these health problems. You can find a range of apps that remind you to take frequent breaks.

**2. Job loss and downsizing are two significant adverse effects of technology. Because of advances in the tech field such as AI integration, automating and accomplishing tasks have become easy. In this day and age, most companies need to stay up to date with the latest technology, but in the process, low-skilled employees, like factory workers and cashiers, will be replaced.**

Machines can now carry out tasks that only humans could do so far, which creates a massive shortage of jobs. The bottom line is that people aren't necessarily needed for work tasks anymore because of how efficient tech has become.

**3. Technology grows incredibly quickly, so the digital devices and gadgets that we use have a short lifespan and become outdated in a matter of months.**

Since these devices are so important in our daily lives, we need to maintain and upgrade them regularly. Besides maintenance and upgrades, these pieces of tech may just become outdated and pushed aside by newer, more advanced versions.

#### Technology Is a Boon and Bane to Society

Overall, tech is amazing, and it has changed the world for the better, from improving our daily lives to building better businesses. The majority of the adverse effects of technology stem from its misuse.

The way we choose to utilize tech can help or harm ourselves and others. Instead of blaming the tool, we need to use technology in a healthy, more disciplined way. By doing this, technology can continue to benefit our lives.

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## Empowering Kashmiri Youth: Channelizing Potential towards Positive Change



■ Abid Hussain Rather

The former president of India, Indian aerospace scientist and statesman, famously known as missile man of India, Dr. APJ Abdul Kalam has aptly said that children and youth are the pictures of a nation's future. They are our hope for tomorrow. In other words we can say that for a brighter tomorrow, a nation needs to empower its youth. Youth empowerment is a process, to encourage youth by all means. It is an effort towards making a course for them to sustain and adapt as per situations. It is the process of involving the youth and the young population in the decision-making of a community. In the picturesque valleys of Kashmir, a region often synonymous with political turbulence, there lies a wellspring of untapped potential – its youth. The population size of young people in J&K is about 2.50 million, so focusing on youth and channelizing their potential towards positive change is of paramount significance. While the challenges faced by Kashmiri youth are undeniable, there is an urgent need to shift the narrative from conflict to empowerment, from despair to hope. By channelizing their energies towards positive avenues, we can create a brighter future for both the region and its young inhabitants. Youth empowerment in Kashmir is vital for fostering stability, development, and positive change. By engaging and empowering young people through education, skill-building, and meaningful opportunities, the region can

tap into its youth's potential to drive social progress, economic growth, and a more inclusive society. Empowered youth are more likely to contribute positively to their communities, participate in decision-making processes, and create a sense of hope and optimism for the future. This can help address various challenges and contribute to a peaceful and prosperous Kashmir.

#### Education: The Beacon of Hope

Education is the cornerstone of progress. By prioritizing quality education, we can equip Kashmiri youth with the skills and knowledge necessary to participate in a globalized world. Investments in modern infrastructure, vocational training centres, and scholarships can create an environment where young minds can flourish, paving the way for innovative contributions to various fields. Empowerment through education can also help counter negative influences and ideologies, providing a path towards economic independence, improved livelihoods, and social cohesion. By investing in education and offering opportunities for skill development, Kashmiri youth can become agents of positive change, driving progress, and stability in the region.

#### Entrepreneurship: Fostering Innovation

Encouraging an entrepreneurial spirit among Kashmiri youth can lead to self-sufficiency and economic growth. Government incentives, incubation centers, and mentorship programs can help transform creative ideas into viable businesses, generating employment opportunities and redefining the region's economic landscape. Entrepreneurship offers avenues for economic self-reliance, job creation, and community development. It empowers Kashmiri youth to take charge of their futures, contribute to the local economy,

and address challenges with innovative solutions.

#### Cultural Preservation: A Source of Identity and Unity

Kashmir has a rich cultural heritage that spans centuries. By promoting art, music, literature, and traditional crafts, young Kashmiris can connect with their roots and find a sense of identity and purpose. Cultural festivals and events can serve as platforms for showcasing their talents and fostering unity within the community. Cultural preservation also offers opportunities for skill development, such as traditional crafts, music, and performing arts, which can be turned into entrepreneurial ventures.

#### Sports and Recreation: Healthy Bodies, Healthy Minds

Engaging in sports not only promotes physical well-being but also cultivates discipline, teamwork, and leadership skills. Investing in sports facilities, organizing tournaments, and supporting local athletes can create a positive outlet for the energy and enthusiasm of Kashmiri youth. Furthermore, investing in sports infrastructure and training programs can create opportunities for local athletes, coaches, and support staff, contributing to economic development. The success of Kashmiri athletes and sportsmen like Pervez Rasool and Umran Malik on a national and international stage can inspire and motivate other youth to pursue their dreams.

#### Community Engagement: Building a Stronger Society

Involving young people in community service and volunteerism instills a sense of responsibility and empathy. By participating in initiatives such as environmental

conservation, healthcare outreach, and disaster relief, Kashmiri youth can contribute to the betterment of their society and gain a deeper understanding of their role as change-makers. This engagement not only allows them to contribute their unique perspectives and ideas but also fosters a stronger connection to their community and its well-being. Through community-based programs, youth can develop leadership skills, collaborate with diverse groups, and gain practical experience that prepares them for active participation in shaping the region's future.

#### Mental Health Support: Nurturing Resilience

The psychological toll of conflict and uncertainty cannot be underestimated. Establishing accessible mental health services and awareness campaigns can help Kashmiri youth cope with stress and trauma, enabling them to harness their potential and pursue their aspirations with renewed vigor. By prioritizing mental health, we empower Kashmiri youth to overcome adversities, unlock their potential, and become agents of positive. Mental health support not only enhances their overall well-being but also enables them to focus on personal and academic growth.

#### Communication and Connectivity: Bridging Divides

Modern technology offers unprecedented opportunities for connectivity and communication. By providing access to the internet, online education, and platforms for expression, Kashmiri youth can transcend geographical boundaries and engage with the global community. Furthermore, enhanced communication platforms facilitate the exchange of ideas, cultural exchange, and collaboration, fostering a sense of unity and shared

purpose among Kashmiri youth. By harnessing the power of communication and connectivity, young individuals can be provided with the means to express themselves and explore new horizons.

In conclusion, channelizing the energy and potential of Kashmiri youth towards positive avenues requires a multi-faceted approach. Through education, entrepreneurship, cultural preservation, sports, community engagement, mental health support, and enhanced connectivity, we can empower these young individuals to shape a prosperous and harmonious future for themselves and their region. It is pertinent to mention here that the government of Jammu & Kashmir has rolled out a pioneering initiative - Mission Youth to provide a platform for holistic implementation of all youth engagement and outreach initiatives, and to bring the interests and empowerment of youth to the centre of policy making. It has established around 4,290 youth clubs since its inception in 2021 where volunteer youth are trained to work through real challenges and make meaningful change. This mission has been very successful in empowering the Kashmiri youth and has turned out to be a game changer. Further such initiatives are need of the hour that hold the potential to alleviate the persistent trauma and tension of Kashmiri youth that has affected their lives for far too long. By investing in the empowerment of Kashmiri youth, we not only contribute to their personal growth but also lay the foundation for a more stable and harmonious region, fostering a sense of hope, unity, and progress that can lead to lasting positive change.

**The author is a member of Kashmir Writers' Association and can be reached at rather1294@gmail.com**







# US salutes ‘new era’ of united Tokyo, Seoul in face of China

■ HT News Network

CAMP DAVID: US President Joe Biden and the leaders of Japan and South Korea said they saw a “new chapter” with greater three-way security cooperation as they met for a first-of-a-kind summit.

Going tieless in the Camp David presidential retreat, Biden praised the “political courage” of South Korean President Yoon Suk Yeol and Japanese Prime Minister Fumio Kishida in turning the page on historical animosity.

“Our countries are stronger — and the world will be safer — as we stand together. I know that’s a belief that we all three share,” he told them as he opened the talks.

Biden said the three would pursue “this new era of cooperation and renew our resolve to serve as a force of good across the Indo-Pacific and, quite frankly, around the world.”

Joint statement

In a joint statement, the three leaders said they opposed the “dangerous and aggressive behaviour” by China as it exerts itself in maritime disputes in the East and South China Sea. “We strongly oppose any unilateral attempts to change the status quo in the waters of the Indo-Pacific,” it said.

The two treaty-bound US allies largely see eye to eye on the world — and togeth-



er are the base for some 84,500 US troops — but such a summit would have been unthinkable until recently due to the legacy of Japan’s harsh 1910-1945 occupation of the Korean peninsula.

Biden, Yoon and Fumio Kishida will agree to a multiyear plan of regular exercises in all domains, going beyond one-off drills in response to North Korea, and will announce a “commitment to consult” during crises, said Jake Sullivan, Biden’s national security adviser.

The summit aims to institutionalise

three-way cooperation to make it difficult for any reversal by a future leader — a South Korean president who again seizes on hostility with Japan or, potentially, a return of Donald Trump, who has disparaged US troop commitments overseas as wasteful.

Yoon’s embrace of Japan has drawn relatively muted protests at home. US President Joe Biden and the leaders of Japan and South Korea said they saw a “new chapter” with greater three-way security cooperation as they met for a first-of-a-kind summit. Going tieless in the Camp David

presidential retreat, Biden praised the “political courage” of South Korean President Yoon Suk Yeol and Japanese Prime Minister Fumio Kishida in turning the page on historical animosity.

“Our countries are stronger — and the world will be safer — as we stand together. I know that’s a belief that we all three share,” he told them as he opened the talks.

Biden said the three would pursue “this new era of cooperation and renew our resolve to serve as a force of good across the Indo-Pacific and, quite frankly, around the world.” In a joint statement, the three leaders said they opposed the “dangerous and aggressive behaviour” by China as it exerts itself in maritime disputes in the East and South China Sea. “We strongly oppose any unilateral attempts to change the status quo in the waters of the Indo-Pacific,” it said. The two treaty-bound US allies largely see eye to eye on the world — and together are the base for some 84,500 US troops — but such a summit would have been unthinkable until recently due to the legacy of Japan’s harsh 1910-1945 occupation of the Korean peninsula.

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## ‘D-Day’ set for Niger intervention, says Ecowas

■ HT News Network

ACCRA: West Africa’s main regional bloc ECOWAS has agreed a “D-day” for a possible military intervention to restore democracy in Niger if diplomatic efforts fail, a senior official said on Friday, without disclosing when that is.

The official made the comments at the end of a two-day meeting of West African army chiefs in Ghana’s capital Accra, where they have been hashing out the logistics and strategy for a possible use of force in Niger that ECOWAS has said would be a last resort.

“We are ready to go anytime the order is given,” ECOWAS Commissioner for Political Affairs, Peace and Security Abdel-Fatau Musah said during the closing ceremony. “The D-Day is also decided.” “We’ve already agreed and fine-tuned what will be required for the intervention,” he said, emphasising that it was still seeking to engage with the junta peacefully.

“As we speak we are still readying (a) mediation mission into the country, so we have not shut any door.”

Military officers deposed Nigerien President Mohamed Bazoum on July 26 and have defied calls from the United Nations, ECOWAS and others to reinstate him, prompting the bloc to order a standby force to be assembled.

Most of its 15 member states are prepared to contribute to the joint force excepting those also under military rule — Mali, Burkina Faso and Guinea — and tiny Cape



Verde, an ECOWAS official said on Thursday. Defence chiefs have declined to say how many troops will be deployed or other strategic details. Bazoum, whose 2021 election was a landmark in Niger’s troubled history, has been held with his family at the president’s official residence since the coup, with growing international concern over his conditions in detention. ECOWAS chair and Nigerian President Bola Tinubu threatened Niamey with “grave consequences” if the new regime allows Bazoum’s health to worsen under house arrest, an EU official said on Friday.

During a call to EU chief Charles Michel, Tinabu noted: “President Bazoum’s detention conditions are deteriorating.” “Any further deterioration to his well-being status will have grave consequences.” Michel had renewed the European Union’s “full support and backing of ECOWAS’ decisions, as well as firm condemnation of the unacceptable coup de force in Niger”.

Details of the Niger operation have not been released and analysts say any intervention would be politically and militarily risky, especially for regional player Nigeria.

## Death toll from Hawaii wildfires up to 114 as search for victims continues

■ HT News Network

Los Angeles, Aug 19 (UNI) The death toll from the Maui wildfires in the U.S. state of Hawaii reached 114 on Friday while more than 60 percent of the disaster area has been searched, authorities said.

The Maui Police Department confirmed in an update that the total number of fatalities in the deadly wildfires has increased

to 114, up from Thursday’s 111.

In a televised speech, Hawaii Governor Josh Green said that the number of lives lost in the disaster is “expected to increase each day” as the search for victims continues. “The scope of devastation on Maui is difficult to express in words,” said the governor, noting that more than 2,200 buildings have been destroyed and another 500 have been damaged at an estimated cost of nearly 6 billion U.S. dollars.

## BRICS summit expected to promote S Africa’s tourism sector

■ HT News Network

Johannesburg, Aug 19 (UNI) The Tourism Business Council of South Africa (TBCSA) expects that the upcoming BRICS summit can boost tourism revenue of the country.

TBCSA CEO Tshifhiwa Tshivhengwa told Xinhua in an interview that they are looking to the summit to bring in more tourists.

“It’s a major event. We’re expecting it to boost our tourism. The booking of conference space, restaurants, and hotels will bring in a lot of revenue,” Tshivhengwa said.

“We need to look beyond the traditional areas that bring in tourists; we need to focus on countries like China to bring more tourists to the country,” he said, adding that South Africa ought to make it simple for Chinese tourists to travel to the country.

The 15th BRICS Summit will be held in Johannesburg, South Africa from Aug. 22 to 24. According to Tshivhengwa, around



93,000 Chinese visitors visited South Africa in 2019. The pandemic interrupted tourism, despite South Africa’s efforts to draw tourists from China. In the first quarter of 2023, foreign direct spending skyrocketed to 25.3 billion rand (1.3 billion U.S. dollars), up by 143.9 percent from a year earlier, according to the Tourism Department’s report on International Spending and Tourism Impact. Thandiwe Mathibela, a spokesperson for South Africa tourism, told Xinhua that the country had started to welcome visitors from China in March this year.

## Japanese turn to wearable tech to beat the heat

■ HT News Network

TOKYO: Selling jackets with built-in fans, neck coolers and T-shirts that feel cold, Japanese firms are tapping into a growing market for products to help people handle the summer heat. Japan — like other countries — is seeing ever-hotter summers. This July was the warmest in 100 years, with at least 53 people dying of heatstroke and almost 50,000 needing emergency medical attention. Workman, which makes clothes for construction workers, launched a version of their fan-fitted jackets adapted for the high street in 2020 as demand grew. The mechanism is



simple — two electric, palm-sized fans powered by a rechargeable battery are fitted into the back of the jacket. They draw in air to then deliver a breeze — at variable speeds — onto the wearer’s body. The jackets retail for 12,000 to 24,000 yen (\$82-164). “As the weather gets hotter, people who have never worn fan-

equipped clothing before want to find ways to cool down... so more people are interested in buying it,” Workman spokesman Yuya Suzuki said. “Just like you feel cool when you are at home with a fan, you feel cool just by wearing (the jacket) because the wind is blowing through your body all the time,” he said. Aging

population at risk Japanese summers are known to be hot and humid, but this July Tokyo really sweated. The average temperature was 28.7 Celsius, the highest on record since 1875. Heatstroke is particularly deadly in Japan, which has the second-oldest population in the world after Monaco. More than 80 per cent of heat-related deaths in the past five years have been among senior citizens.

“Some people die from heatstroke,” said Nozomi Takai of MI Creations, a company selling neck-cooling tubes mainly to factory and warehouse workers. “Individuals as well as companies are putting more and more effort into measures against it every year,” Takai said.

## Fighting spreads to Sudan’s south, stirs fears of catastrophe

■ HT News Network

WAD MADANI: Fighting between two rival generals spread to cities in war-ravaged Sudan’s south on Friday, raising concerns for hundreds of thousands who have fled violence in the Darfur region. The vast western region has seen some of the worst bloodshed since the conflict erupted on April 15 between the army under General Abdel Fattah el-Burhan and the paramilitary Rapid Support Forces (RSF) commanded by Mohamed Hamdan Daglo. Battles resumed in the North Darfur state capital of El Fasher, witnesses said, disrupting nearly two months of calm in the densely populated city that has become a shelter from the shelling, looting, rapes and summary executions reported in other parts of Darfur.

“This is the biggest gathering of civilians displaced in Darfur, with 600,000 people in El Fasher,” said Nathaniel Raymond of the Humanitarian Research Lab at the Yale School of Public Health. One resident said: “As night fell, we heard battles with heavy weapons from the city’s east.”

Witnesses also reported fighting in Al Fulah, the capital of West Kordofan state which borders Darfur.

The conflict had already expanded to North Kordofan state, a commercial and transport hub between Khartoum and parts of southern and western Sudan.

## Cameroon army kills 4 Boko Haram militants in repelled attack

■ HT News Network

Yaounde, Aug 19 (UNI) At least four militants of Boko Haram were killed when they launched a coordinated attack on a military outpost in Cameroon’s Far North region, military sources said on Friday.

Some of the weapons used by the terror group were also seized during the attack that took place overnight into Friday in Hile Alifa, a locality in Logone and Chari division of the region.

“There were more than 50 of the terrorists. They ambushed and attacked the outpost. Our brave soldiers repelled the attack killing four on the spot and several others escaped with bullet wounds,” a senior military officer who asked not to be named told Xinhua by phone.

There have been no reports on casualties on the side of government forces.

More than 2,000 people have been killed since Boko Haram launched attacks in the Far North since 2014, according to security reports.

## Over 2,500 Ukrainians freed in prisoner exchanges with Russia

■ HT News Network

Kiev, Aug 19 (UNI) A total of 2,598 Ukrainians taken captive in the Russia-Ukraine conflict have been released as a result of prisoner exchanges, the Interfax-Ukraine news agency reported on Friday.

So far, Ukraine has carried out 48 prisoner exchanges with Russia since the beginning of the conflict, Andriy Yusov, a spokesman for Ukraine’s military intelligence, was quoted as saying.

Yusov described the process of prisoner swaps between Ukraine and Russia as an “unprecedented situation” as it is being carried out during an active phase of the conflict.

According to Yosov, the Geneva Conventions do not directly provide for exchanges during the active phase of hostilities, and they provide for the return of prisoners of war after the end of hostilities.

The preparations for a new prisoner swap between the two countries are underway, he added.

## PLA launches joint patrols and military exercises around Taiwan

■ HT News Network

Nanjing, Aug 19 (UNI) The Eastern Theater Command of the Chinese People’s Liberation Army on Saturday launched joint air and sea patrols and military exercises of the navy and air force around the island of Taiwan.

The patrols and exercises are meant to train the coordination of military vessels and airplanes and their ability to seize control of air and sea spaces, said Shi Yi, a spokesperson for the command.

The armed forces’ ability to fight in real combat conditions will be tested, Shi said, adding that the patrols and exercises serve as a stern warning to the collusion of “Taiwan independence” separatists with foreign elements and their provocations.

## Two human traffickers detained as one killed in Myanmar: RAB

■ HT News Network

Dhaka, Aug 19 (UNI) The Rapid Action Battalion (RAB) has detained two people on charges of collecting ransom and killing one of the 19 youths of Narayanganj, who were taken to Myanmar in the name of going to Malaysia and were held hostage there.

They were arrested in an operation in Narayanganj on Friday. RAB disclosed this in a text message on Saturday morning.

The elite force said the trafficking gang took some 19 youths to Myanmar, promising that they would be taken to Malaysia for a better life. The traffickers held them hostage there and collected ransom from them.

A youth named Zahirul Islam of Narayanganj was tortured to death by organised human traffickers.

RAB has detained two, including the kingpin of the human trafficking gang, in connection with the killing and kidnapping. RAB said the youths were taken to Myanmar and were detained somewhere there. They were told that they would be taken to Malaysia.

The elite force also said the details of the incident will be disclosed in a press conference on Saturday.

## 5.3-magnitude quake hits Easter Island Region - GFZ

■ HT News Network

Beijing, Aug 19 (UNI) An earthquake with a magnitude of 5.3 jolted Easter Island Region at 20:39:16 GMT on Friday, the GFZ German Research Centre for Geosciences said. The epicenter, with a depth of 10.0 km, was initially determined to be at 29.36 degrees south latitude and 112.26 degrees west longitude. An earthquake with a magnitude of 5.3 jolted Easter Island Region at 20:39:16 GMT on Friday, the GFZ German Research Centre for Geosciences said. The epicenter, with a depth of 10.0 km.



# DC reviews progress achieved under RDD Sector Schemes in District Rajouri

■ HT News Network

RAJOURI, AUGUST 19: Deputy Commissioner Rajouri, Vikas Kundal, today conducted a comprehensive review of the achievements under the Rural Development Department (RDD) schemes here at a meeting.

The review highlighted significant achievements and progress made under different schemes, including the Pradhan Mantri Awas Yojana-Gramin (PMAY-G), Awas Plus, Aadhaar seeding under MGNREGA, tendering status of works under District

Capex Budget, ABDP, APDP, SSY and construction of bunkers etc.

The meeting was informed that under the PMAY-G and Awas Plus programs, the department has completed work on 29,674 houses out of the targeted 62,628 houses. Similarly the department has generated 4,34,694 person-days by providing wage employment opportunities to individuals under different developmental schemes.

During the review, the DC emphasized the importance of Aadhaar seeding under MGNREGA to ensure transparency and efficient delivery



of benefits. Under the District Capex Budget, out of 3,834 works, tenders

for 295 works have been allotted, indicating progress in infrastructure

development projects across the district.

Furthermore, the review also assessed the progress in tendering of works under the ABDP, APDP and SSY. Under ABDP, 22 works have been tendered out of the total 23, while all works have been put to tendering under APDP and SSY.

In terms of infrastructure development and safety, the Assistant Commissioner Development highlighted that out of the targeted 1,892 bunkers, work on 1,591 bunkers has been completed. These bunkers provide essential protection to the residents against

any unforeseen events and ensure their safety.

The DC Rajouri, Vikas Kundal, expressed his satisfaction over the progress made in various developmental projects and commended the efforts of all stakeholders involved. He reiterated the commitment of the administration to ensure the efficient implementation of government schemes and initiatives for the betterment of the residents of the district.

Officers who attended the meeting were Chief Planning Officer, Mohammad Khurshid; Assistant Commissioner Development, Vijay Kumar;

## Awareness program on IPR organized by JKEDI

■ HT News Network

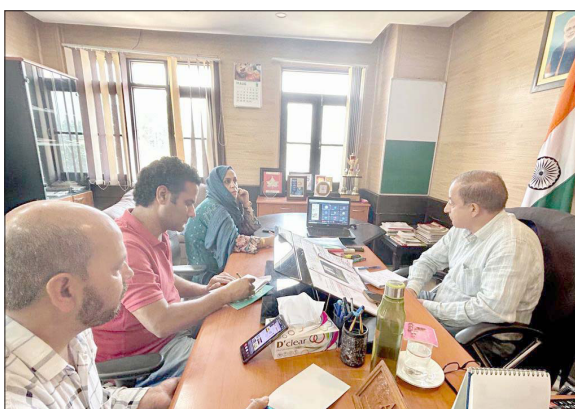
PULWAMA, AUGUST 19: To nurture understanding and awareness about Intellectual Property Rights (IPR), the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), in collaboration with 'Innove Intellects', today organized a comprehensive online awareness program.

The event was conducted under the aegis of the National IP Awareness Mission (NIPAM), aiming to foster knowledge and expertise in this crucial

domain.

Director JKEDI, Ajaz Ahmad Bhat in his address, underscored the significance of Intellectual Property Rights (IPR) in enabling individuals to make well-informed choices regarding the protection of their intellectual creations.

He highlighted the importance of hosting such informative initiatives, as they can serve as a transformative measure in cultivating an environment of innovation and a culture where intellectual property assumes a foundational role within the entrepreneurial landscape of J&K.



The awareness program saw enthusiastic participation from a large number of innovators, aspiring entrepreneurs and startups of J&K eager to

delve into the intricate world of Intellectual Property Rights.

The keynote speaker for the event was Pooja Kumar, Founder and Direc-

tor of Innove Intellects LLP. Kumar's illustrious career in this field spans over 15 years, during which she has acquired invaluable expertise as a Registered Patent Consultant and a Start-up facilitator under the aegis of the Government of India.

She remarked that Intellectual Property Rights are not just legal constructs; they are the bedrock of innovation and creativity. Addressing the participants, she discussed in detail the different facets of IPR, Design, GI registration, patents, trademarks, trade secrets, the process of filing for IPR, the need to file IPR as well as the measures to report for IPR violation.

as well as the measures to report for IPR violation.

During the interactive session, participants enthusiastically participated and asked relevant questions. She remarked that Intellectual Property Rights are not just legal constructs; they are the bedrock of innovation and creativity. Addressing the participants, she discussed in detail the different facets of IPR, Design, GI registration, patents, trademarks, trade secrets, the process of filing for IPR, the need to file IPR as well as the measures to report for IPR violation.

## National Lok Adalat to be held on September, 09 at Budgam

■ HT News Network

SRINAGAR, AUGUST 19: The District Legal Services Authority (DLSA) Budgam is going to organize National Lok Adalat on 09 September, 2023 in the premises of District Court Complex Budgam and Taluka Courts at Magam, Beerwah, Chadoora and Charisharief.

Parties or their Advocates whose cases are pending before any Court at District Court Complex Budgam and before Taluka Courts and are desirous to settle their cases/claims/matters through the Lok Adalat scheduled herein above shall approach the concerned Courts by or before 05-09-2023.

Besides, parties whose cases are not pending (i.e. Pre Litigation matters) in any court but desires to settle their disputes can also approach Secretary DLSA Budgam on cell no's 7006884946, 6005861030 and 9906921210 email id: dlsabudgam2020@gmail.com by or before 05-09-2023, So that their cases, claims or matters can be settled amicably in the National Lok Adalat.

Pre Litigation cases, and cases pending in Courts, shall be taken up for settlement.

## DLSA Kupwara to organize Pre-National Lok Adalat on 2nd September

■ HT News Network

KUPWARA, AUGUST 19: According to Secretary, District Legal Services Authority (DLSA) Kupwara, Pre-National Lok Adalat will be organized on 02 September, 2023 in the premises of District Court Complex Kupwara in connection with the 3rd National Lok Adalat scheduled on 9th September.

In this regard, Parties or their Advocates, whose cases are pending before any court at District Court Complex Kupwara and are desirous to settle their cases/claims/matters through the said scheduled Lok Adalat, shall approach the concerned courts by or before 29 August, 2023. Besides this, parties whose cases are pending as well as Pre-Litigation matters in any court and are desirous to settle their disputes can also approach their concerned courts on any working day by or before 29 August 2023, so that their cases, claims or matters are processed and referred to the Pre-National Lok Adalat for settlement. igund and further investigation has been taken up.

## D&FCO Kashmir conducts special sampling drive of Milk Vendors in Srinagar

■ HT News Network

SRINAGAR, AUGUST 19: on the directions of Deputy Commissioner, Food Safety Kashmir Division, the Drugs & Food Control Organization (D&FCO) Kashmir today carried out a special sampling drive of Milk Vendors for detection of adulteration and compliance to the notified standards at 90 Feet Area, Zone-III Srinagar.

During the drive 20 Milk Vendors were checked and 12 samples of loose/raw cow's milk were lifted and sent to analysis for checking of quality and safety parameters.

## Smile Train India supports nearly 3,000 cleft surgeries in J&K

■ HT News Network

Srinagar, Aug 19, KNT: Smile Train, the world's largest cleft-focused NGO, has supported two thousand and nine hundred surgeries for children with cleft lip and palate in Jammu and Kashmir, in partnership with hospitals across the erstwhile state. Announcing this landmark achievement, Smile Train acknowledged the crucial support received from National Health Mission's Rashtriya Bal Swasthya Karyakram (RBSK) in identifying children with clefts across J&K and referring them to Smile Train partner hospitals for free treatment. The partnership with RBSK has enabled Smile Train to extend free cleft treatment to children in need, even in remote regions of the state. Speaking about the achieved milestone, Mamta Carroll, Senior Vice President & Regional Director for Asia, Smile Train said, "Our success in reaching this remarkable milestone is a result of the collective efforts and support from our partner hospitals and the RBSK team in the state. Each cleft surgery represents a life transformation.

## CUKashmir inks MoU with Lincoln University College, Malaysia for Student, Scholars and Faculty Exchange Prog

■ HT News Network



New Delhi, Aug 19: In a first, the Central University of Kashmir (CUKashmir) inked a Memorandum of Understanding (MoU), with Lincoln University College, Malaysia, in New Delhi on Saturday, on Academic Cooperation and Research Collaborations for mutual benefit as a part of Internationalisation of Higher Education under NEP-2020 and also imparting Quality Education under United Nations - Sustainable Development Goals. This is for the first time the University signed MoU at international level. The MoU was signed by CUKashmir Vice-Chancellor, Prof. A Ravinder Nath and Dr. Amiya Bhaumik, Executive Founder President of Lincoln University College, Malaysia at a simple ceremony, held at India International Centre New Delhi. The function, presided over by the Hon'ble Chancellor CUKashmir, Lt. Gen (Retd.) Syed Atta Hasnain, Member, National Disaster Management Board.

## School Education department Kupwara organizes Stakeholder Workshop

■ HT News Network

KUPWARA, AUGUST 19: School Education department Kupwara today organized a Stakeholder Workshop on "Promoting Ease of Living in Schools" at the meeting hall of D.C Office Kupwara.

The Workshop was chaired by Deputy Commissioner (DC) Kupwara, Ayushi Sudan.

The workshop was aimed at collecting feedback from the participants regarding improvement of the School Education system in the district vis-à-vis using online services, improving learning outcomes, quality infrastructure etc. Addressing the participants, the DC said that Education is the important sector which needs attention of all stakeholders for making it vibrant and qualitative. She asked the participants to give their valuable feedback for overall improvement in the sector. On the occasion, CEO



Kupwara deliberated with the participants regarding the aim and objectives of holding the workshop. He briefed the participants about various areas and parameters in schools on which they can share their valuable feedback for the improvement.

Meanwhile, Feedback Forms were distributed among the participants for writing their suggestions on different matters including Ease in Issuance/Reissuance/Mod-

ification of transfer certificate/Marks Sheets, verification of certificate/marks sheet, Introduction of Revaluation/Improvement in examination, Twinning of schools, facilitation in registration of students for Aadhaar, use of Digi Locker, quality infrastructure in school and improving learning outcomes.

During the workshop, the students also interacted with the DC and shared their feedback regarding various things

which need attention for improvement in the school education system in the district.

Chief Education Officer Kupwara, Dy. CEO, ZEOs, Principals of some Higher Secondary Schools, Heads of some Private Schools, Students, besides, DDC Member Karnah, BDC Chairpersons of Trehgam and Langate, President Traders Federation Kupwara and other stakeholders participated in the workshop.

## NSE Foundation dedicates state-of-the-art CT scan wing to Badamibagh Base Hospital Srinagar

■ HT News Network

Leh, August 19: NSE Foundation, the implementation arm of CSR activities of the National Stock Exchange of India Limited (NSEIL), has created a state-of-the-art CT scan wing in the Indian Army's prestigious 92 Base Hospital in Srinagar (J&K). The CT scan wing was inaugurated today by Hon'ble Lieutenant Governor Manoj Sinha, in the presence of Lieutenant General Rajiv Ghai (15 Corps Commander) and Ashishkumar Chauhan, MD & CEO, NSEIL. The 92 Base Hospital in Srinagar (J&K) is a 598 bedded multispecialty hospital where many trauma patients are admitted for the treatment of gunshot wounds, splinter and shrapnel injuries as well as other critical injuries which require prompt diagnosis. It is imperative for such a medical facility to be equipped with an efficient and reliable CT scan machine to ensure proper treatment. The equipment supplied is the latest model by GE (Revolution Maxima) which is a powerful, high-performing, and reliable CT scanner. It features a number of innova-



tive technologies, including AI-based technology that automatically centres the patient in the bore of the scanner. As a result, patients can be scanned more quickly and accurately, leading to a shorter wait time and effective diagnosis. Ashishkumar Chauhan, MD & CEO, NSE said: "NSE is committed to serve the cause of armed forces who play a pivotal role in selflessly protecting our country. We are honored to have this opportunity to contribute to the well-being of our soldiers, who risk their lives every day to secure our national borders. We hope that this initiative will support the healthcare requirements of both the army personnel as well as the civilians in Jammu and Kashmir."

## Director Horticulture visits Budgam; tours multiple High-Density orchards Participates in Awareness camp at Town Hall Charari Sharief

■ HT News Network

SRINAGAR, AUGUST 19: The Director Horticulture Kashmir, G. R. Mir visited district Budgam to encourage the horticultural practices in the region and facilitate a productive exchange of knowledge.

During the tour, the Director explored diverse areas within the district, making insightful visits to multiple High-Density orchards. Engaging directly with orchardists, he had meaningful interactions to understand their challenges and aspirations.

These conversations besides facilitating the



exchange of ideas also provided practical insights into the issues faced by the local horticulture community.

The Director also participated in an awareness camp held at the Town Hall Charari Sharief. This event was attended by prominent local representatives, including BDC Charari Sharief, DDC Pakharpora, Chairman, and President of

the Fruit Growers Association in Charari Sharief, alongside members of PRIs.

The camp served as a vital platform for disseminating valuable information. It attracted a significant turnout of farmers, all eager to learn about the latest developments in horticulture.

Later, the Director also visited the Fruit Plant Nursery in Futlipopra and thoroughly reviewed ongoing developments. Underlining the significance of producing high-quality planting material, he emphasized the importance of maintaining impeccable standards to achieve the desired results.



# Too Much or Too Little Sleep May Raise Your Risk of Diabetes

**Poor quality sleep also increases the risk of developing diabetes. People who slept longer than 10 hours were at greatest risk. This link may be related to impaired insulin production or utilization due to sleepiness. Sleep experts advise practicing good sleep hygiene to reduce your risk.**

According to new research presented at ENDO 2023 in Chicago, Illinois, the duration of sleep, as well as its quality, are linked with the risk of developing diabetes.

Getting fewer than six hours or more than 10 hours of sleep appears to put people at increased risk for developing the condition.

Longer duration of sleep presented the highest degree of risk.

Having poor quality sleep may also increase people's risk.

**Studying the link between sleep and diabetes risk**

To conduct their research, the study's lead author, Dr. Wonjin Kim, an associate professor at CHA University School of Medicine in Seoul, South Korea, and his team of researchers examined data from 8,816 healthy people participating in the Korean Genome and Epidemiology Study (KoGES)-Ansung and Ansan Cohort Study.

This large, ongoing consortium project, which is being carried out by the Korea National Institute of Health, includes six prospective cohort studies.

Its goal is to create healthcare guidelines for non-communicable diseases, including:

**diabetes  
obesity  
high blood pressure  
metabolic syndrome  
cancer  
cardiovascular disease**

Its data has been used in several studies.

For the current study, people's sleep duration was divided into four groups: <6,

6-7, 8-9, and 9 hours per day. Sleep quality



was also measured among those who slept more than 9 hours each day.

The study participants were followed up for 14 years and during this time, 18% of people received a diabetes diagnosis.

**How sleep duration and quality of sleep might influence diabetes risk**

According to Kim, they observed a U-shaped relationship between the hours slept and the risk of developing diabetes, which he said indicates that both short and sleep duration might affect people's risk.

"Specifically, we found that subjects who slept for more than 10 hours/day showed the greatest risk," said Kim.

"Additionally," he added, "we discovered that the longer sleep duration group showed a decreased insulin glycoemic index, which is a marker of insulin secretory function."

Kim told Healthline that, in his opinion, the association between sleep and diabetes risk might exist because of both insulin resistance and decreased insulin secretory function.

"Considering that the main pathogenesis of type 2 [diabetes] is insulin resistance and impaired insulin secretion, we hypothesize that the increased risk of DM during long sleep duration may be due to the deterioration of pancreatic beta cell function caused by excessive sleepiness.

"Therefore, both short and/or long sleep duration, as well as poor sleep quality, might be a risk for diabetes," he explained.

**How to get better sleep to reduce your diabetes risk**

Susan Miller, who is a Registered Polysomnographic Technologist (RPSGT) and

lead researcher at SleepMattressHQ, said that, based on this study, there are several steps you can take to improve your sleep.

**Aim for optimal sleep duration**

"The study suggests that both short sleep duration ( $\leq 5$  hours) and long sleep duration ( $\geq 10$  hours) are associated with an increased risk of diabetes," said Miller. "Therefore, it's important to aim for a sleep duration of around 7-9 hours per night for most adults."

She noted that this range is what's generally recommended for optimal health.

**Keep a consistent sleep schedule**

Maintaining a regular schedule helps to regulate your body's circadian rhythm, which will, in turn, help you get good rest. "Try to get to bed and wake up at the same time every day to maintain a consistent sleep routine," she advised.

**Create a sleep-friendly environment**

Miller suggests keeping your bedroom cool, dark, and quiet. You'll also want to make sure your bedding and pillows are comfortable and that you have a mattress that provides adequate support.

**Practice relaxation techniques**

"Engage in relaxation techniques such as deep breathing exercises, meditation, gentle stretching, or taking a warm bath before bedtime," said Miller. "These relaxation techniques can reduce stress and prepare your body for sleep."

Limit stimulants and electronic devices Miller suggests avoiding substances like alcohol, caffeine, and nicotine near bedtime since they can interfere with your sleep.

"Additionally, limit the use of electronic devices such as smartphones, tablets.

## FOOD

### 3 Common Diet Misakes That Are Negatively Affecting Your Overall Health



In our quest to look good and stay fit, we often come across numerous sayings, trends and tips that we blindly follow. However, it is important to remember that not everything we hear and read is actually beneficial for our health. It's easy to get caught up in fad diets, quick-fix solutions, or unverified advice that promises instant results. Achieving and maintaining good health requires a balanced approach that has proper nutrition at its centre. Nutritionist Rashi Chowdhary recently posted an Instagram reel to raise awareness about the same. In the video, she talked about three different health misconceptions.

In the caption of her video, Rashi Chowdhary shared a detailed list of do's and don'ts. Here is what the nutritionist said:

#### 1. Too much fruit is not okay

Consuming more than 100 grams of fruit at once can lead to a rapid increase in sugar levels. While fruits are nutritious, it's essential to be mindful of the amount you consume. Excess of fruits is bad for hormonal imbalances, stubborn weight, high insulin levels, or issues like PCOS. Unless you engage in regular intense workouts or lead a highly active lifestyle, more than necessary fruit consumption may provide an excess of sugar. It's crucial to find the right balance between fruit intake and your daily energy expenditure.

#### 2. Dairy is not good for acne-prone skin

For many individuals, dairy and acne don't mix well. Growth hormones present in dairy products can lead to inflammation, clogged pores and acne breakouts. Lowering dairy consumption, especially products with synthetic hormones and antibiotics, can help alleviate gut issues that contribute to acne.

#### 3. Zero-fat or low-fat packaged foods are not healthy

Ready-to-eat foods often contain unhealthy additives. Including good fats in the diet promotes healthy skin, stable blood sugar levels and robust brain health. Check nutritional labels for the quantity and quality of fats to make informed choices.

In our quest to look good and stay fit, we often come across numerous sayings, trends and tips that we blindly follow. However, it is important to remember that not everything we hear and read is actually beneficial for our health. It's easy to get caught up in fad diets, quick-fix solutions, or unverified advice that promises instant results.

## Light to Moderate Drinking May Help Relieve Stress, Help Your Heart

Light to moderate alcohol consumption may lower the risk of cardiovascular events such as heart attack and stroke by reducing activity in parts of the brain that respond to stress, new research claims.

But researchers caution that alcohol also carries health risks.

"We are not advocating the use of alcohol to reduce the risk of heart attacks or strokes, because of other concerning effects of alcohol on health," study author Dr. Ahmed Tawakol, a cardiologist



and co-director of the Cardiovascular Imaging Research Center at Massachusetts General Hospital in Boston, said in a news release.

Instead, researchers wanted to understand how light to moderate alcohol consumption (one to two drinks a day for men and one drink a day for women) reduces cardiovascular disease, as seen in other research Trusted Source.

"If we could find the mechanism, the goal would be to find other approaches that could replicate or induce alcohol's protective cardiac effects without the

adverse impacts of alcohol," said Tawakol.

Reduced stress signals in brain In this observational study, researchers examined data on more than 50,000 people enrolled in the Mass General Brigham Biobank. People filled out a survey at the time of enrollment, which included a question about their alcohol consumption during the prior year. Researchers obtained information from participants' medical records about any major cardiovascular events they experienced during the study period.

# How Obesity Can Change Your Brain and Make it Harder to Lose Weight

Obesity and its impact on the brain have been studied for years, but new research shows how weight gain may impact the brain itself.

In a new study Trusted Source in Nature Metabolism, researchers have discovered the alterations associated with obesity in the brain may have long-term impacts – even after someone loses weight – preventing long-lasting weight loss.

The researchers found that brain changes may result in people no longer getting signals that they're full.

Traditionally when somebody eats a meal, signals are sent to the brain to notify it that the body is full or has a satisfactory content of food. However, scientists have discovered that the impact of obesity on the brain could be irreversible even after weight loss, resulting in regaining weight.

Feeling full after a meal

A link between the brain and obesity has been largely studied, but its long-term implications are still being evaluated.

"It's not necessarily that people haven't eaten enough, it's that they aren't receiving those signals to the parts of the brain that are responsible for the good feelings that comes from food," said Lizzy Davis PhD RDN, Assistant Professor and Dietitian Education Program Director in the Department of Nutrition Sciences at the University of Alabama at Birmingham.

Experts explain that hormone levels help regulate appetite and energy.

"It is understood that key hormonal signals, such as leptin and insulin, which regulate appetite and energy homeostasis, are often dysregulated in obesity," said Dr. Sahar

Takkouche, lead expert in Bariatric and Obesity Medicine and assistant professor in the division of Diabetes, Endocrinology, and Metabolism at the Vanderbilt University Medical Center in Tennessee.

In this study, researchers conducted a controlled trial with 60 individuals, 30 who are medically obese (a BMI of greater than 30) and 30 who are of non-obese weight (a BMI of 25 or less). During testing, participants were fed carbohydrates, fats, or water (control) by using a nasogastric tube, a direct pathway to the stomach that bypasses the mouth, to understand the direct connection between the gut and the brain.

The night before the testing, all participants had the same meal. When the participants received carbohydrates, fats, or water during testing, their brains were evaluated through functional MRI (fMRI) and single photon emission computer tomography (SPECT) to understand the brain's response to these foods.

By using these testing techniques, researchers were able to understand food's effect on the various reward centers of the brain – particularly in an area called the striatum.

When looking at this area, researchers discovered that in lean people, there was slowing in the striatum resulting in the brain understanding that the body was fed, and dopamine levels also increased indicating feeling satisfied.

However, in patients with medical obesity, there was no slowing in the striatum, dopamine levels did not rise, and resultingly, the brain did not recognize the sensation and satisfaction of being full after eating.

Takkouche explains that dopamine is a



critical neurotransmitter responsible for "reward, motivation, and pleasure systems in the brain."

"The reward deficiency hypothesis proposes that diminished responses in the brain's reward system to food stimuli and obesity lead to increased food consumption to achieve the same level of pleasure," she explained.

"We thought there would be different

responses between lean people and people with obesity, but we didn't expect this lack of changes in brain activity in people with obesity," said Dr. Mireille Serlie, lead study author and professor of endocrinology at the Yale School of Medicine, in a press release.

#### ADVERTISEMENT

Weight loss didn't reverse the changes

The medically obese patients were then asked to lose approximately 10% of their body weight within 3 months – an amount that is already scientifically known to improve metabolism, body sugar, and improve overall health.

Interestingly, those participants who did lose the 10% did not have any change in their brain's ability to recognize fullness or feeling satisfied.

Davis explains, "The lean group did see significantly higher release of dopamine, compared to the obese and the 10% weight loss group and this is important because dopamine is the reward transmitter and sends the signal of pleasure."

"This means the lean group got more of a pleasure and satisfactory sense from the infusion of lipids, compared to the obese group, pre and post 10% weight loss," Davis continued.

A new way to fight obesity

According to the World Health Organization Trusted Source, 4 million people die each year due to the effects of overweight or obesity.

As medical experts learn about the biological effects of obesity, they are having more luck and finding long lasting obesity treatments.

This research leads to the idea that those

who lose weight may quickly regain their weight back as there may be an irreversible change within the brain in medically obese individuals.

Obesity is a complex idea that has many ramifications for the brain.

"Obesity engenders a state of chronic low-grade inflammation which is linked to alterations in brain function and may lead to cognitive impairment, mood disorders, and increased risk of neurodegenerative diseases – this complex relationship between obesity and brain signaling is a critical subject of ongoing research," Takkouche told Healthline.

While this data and information are compelling, there's more to be learned about the brain and obesity.

"We do need to be careful about our take-away from this paper as the sample size was small and the study design does not allow for a cause-and-effect takeaway. In other words, we are not able to say that this causes obesity," Davis told Healthline.

Serlie says the next step is to understand when the brain does this. "We need to find where that point is when the brain starts to lose its capacity to regulate food intake and what determines that switch. Because if you know when and how it happens, you might be able to prevent it."

"Losing weight is not just about 'eat less, move more' – and there's a lot going on in our bodies, especially in our brains, that we're just beginning to understand," says Takkouche.

"It's important to be patient with ourselves and others who are trying to lose weight as it can be more complex than it seems," she said.



