



PM To Visit Bengaluru On Aug 26, Interact With Chandrayaan-3 Team

■ HT News Network

NEW DELHI, AUG 25: Prime Minister Narendra Modi will visit ISRO Telemetry Tracking and Command Network (ISTRAC) here on Saturday to meet and interact with ISRO scientists involved in the Chandrayaan-3 mission.

He will also be briefed about the findings and progress in the Chandrayaan-3 Mission.

PM Modi will visit ISTRAC at around 7:15 am and reach Bengaluru immediately after returning from his visit to South Africa and Greece.

"Prime Minister Shri Narendra Modi



will visit ISRO Telemetry Tracking and Command Network (ISTRAC) in Bengaluru on 26th August at around 7:15 AM. He will reach Bengaluru immediately after returning from his visit to South Africa and Greece," PMO said in a press release.

"Prime Minister will meet and interact with ISRO scientists involved in the Chandrayaan-3 mission. He will also be briefed about the findings and progress in the Chandrayaan-3 Mission," it added.

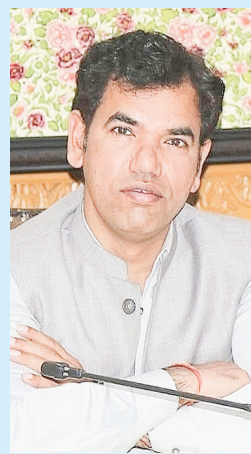
Meanwhile, Karnataka Governor Thawar Chand Gehlot today

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Switch Over To e-Office Completely: Div Com Kashmir

Asks District Administrations to take up Town beautification works

■ HT News Network



SRINAGAR, AUG 25: In the wake of e-governance, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today impressed on Head of Departments (HoDs) of all departments to switch over to e-office in a meeting, here.

e-Office is pivotal in the transformation of administration leveraging ease of doing official work with effectiveness and efficiency.

He maintained that some offices have partially started e-office but reiterated that every

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NEWS BRIEF

54 drug smugglers booked under PITNDPS, PSA in Baramulla

SRINAGAR, AUG 25: Police booked 54 most wanted and notorious drug smugglers under Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances (PITNDPS) Act, and Public Safety Act (PSA) in Jammu Kashmir's Baramulla district during the current year.

Baramulla police in its ongoing operation against drug smuggling and in order to eradicate the menace of drugs from society, has booked 54 drug smugglers under PIT- NDPS Act

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CBK files chargesheet against 8 accused in fake DOB case

SRINAGAR, AUG 25: Economic Offences Wing (EOW) of Crime Branch Kashmir (CBK) has filed a chargesheet against 8 accused persons in the court of city Munsiff Srinagar for allegedly producing fake date of birth certificates (DOB).

According to a statement issued on Friday, the chargesheet was filed in case FIR No. 28/2021 of P/S Crime Branch Kashmir against eight accused individuals before the court of city Munsiff Srinagar for their alleged involvement in commission of

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Budgam people urge govt to support them in reviving traditional brick- making

BUDGAM, AUG 25: With brick prices soaring in the valley, many people in central Kashmir's Budgam district have started building houses using traditional bricks known as Koand Seer. Some of them even want to start making these bricks to earn livelihood and ease other people's "burdens".

Many people in Budgam who made houses using Koan Seer told the news agency—Kashmir News Observer (KNO) that the centuries-old brick-making process is a promising solution in the wake of "exorbitant" brick

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Jammu SIA nabs another key accused in Narco terror case

■ HT News Network

JAMMU, AUG 25: The sleuths of State Investigation Agency on Friday claimed to have arrested another key accused wanted in a Narco terror case in Poonch district of Jammu and Kashmir.

The sources in the SIA here said that on May 30, 2023, an attempt was made by four associates in a narco terror module to smuggle drugs and explosives into India from across the border fence in Poonch district of Jammu and Kashmir.

The accused persons were intercepted by the Army and apprehended with arms, ammunition, IEDs and Heroin, they said.

Sources added that upon investigation it was revealed that the group of four persons (of which one had absconded from the spot) were being supervised by key accused Mohammad Javed who was recently arrested by SIA in Delhi.

"Upon technical surveillance and human intelligence, it was ascertained that Liyaqat had played an important role in planning the entire conspiracy with Mohammad Javed and other accused persons," sources said.

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CS holds deliberations with stakeholders to reduce travel time of HMTs on NH-44

■ HT News Network

SRINAGAR, AUG 25: Chief Secretary, Dr Arun Kumar Mehta today held detailed deliberations with all the stakeholders including the Highway authorities for finding ways and means to further reduce the travel time on Sgr-Jmu National Highway for the Heavy Motor Vehicles (HMTs) ahead of the fruit season this year.

The meeting was attended by Additional Chief Secretary, Home;



Mental health: Tele-MANAS receives over 23,000 calls across J&K in 9 months

■ HT News Network

SRINAGAR, AUG 25: The UT-level Tele Mental Health Assistance and Networking Across States (Tele-MANAS) cell, established at the Institute of Mental Health and Neurosciences (IMHANS) Srinagar, is proving to be a boon for persons requiring assistance in stress, drug

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Five Marlas to landless domiciles testimony to Govt's good intentions: Kavinder

■ HT News Network

JAMMU, AUG 25: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Friday lauded the J&K administration for coming clear on issue of 5 marla land to landless beneficiaries by categorically specifying that only domiciles will get this privilege.

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Govt Keen To Address Public Concerns On Smart Meters, Toll Plaza Issues: Div Com Jammu

■ HT News Network

JAMMU, AUG 25: Divisional Commissioner Ramesh Kumar today reassured the public about the efficiency of Smart Meters, while listing the steps taken by the administration to dispel the doubts of consumers regarding



the accuracy of power Consumption reading.

In a joint press conference held today, Divisional Commissioner Ramesh Kumar and Additional Director General of Police Jammu zone, Mukesh Singh shared positive updates on the twin

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JK Waqf Board to recruit degree holder Imam's, Muazins: Dr. Darkshan Andrabi

■ HT News Network

SRINAGAR, AUG 25: J&K Waqf Board on Friday said it will start recruitment of degree holder Imam's, Mubaligh's, Muazins' in coming days. It also said the Waqf will invite applications and interviews in this regard will be conducted soon.

Chairperson of J&K Waqf Board, Dr. Darkshan Andrabi exclusively

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Need To Find Feasible Ways To Boost Adoption Of Modern Technologies In Construction: Puri

■ HT News Network

NEW DELHI, AUG 25: Housing and Urban Affairs Minister Hardeep Singh Puri on Friday said more than 60 crore people are estimated to reside in cities by 2030 because of rapid urbanisation and stressed the need to increase adoption of new technologies in the construction industry.

The minister was addressing a conference on 'Adoption of New and Emerging Building Materials and Technologies in Construction Industry', being organised by realtors' apex body CREDAI, which represents more than 13,000 developer members.

"It is imperative we find feasible ways to increase the adoption of emerging materials



and technologies in the construction industry," Puri said.

Talking about the government's commitment in this regard, Puri recalled that the Prime Minister had emphasised the need to accelerate the movement from these

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India Has Arrived, Auspicious Times Happening: Dr Jitendra

■ HT News Network

INDORE, AUG 25: "India has arrived," said Union Minister Dr Jitendra Singh today, adding, "This is one of the most auspicious times happening for India."



"India is hosting the G20 Group this year, we will be hosting the G20 summit in New Delhi's Bharat Mandapam after few days; International Year of Millets

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DC B'la reviews progress of works under District Capex Budget, CSS, BADP & other Sectors

Directs Officers to saturate all identified Developmental Deliverables

BARAMULLA, AUG 25: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today chaired a meeting at Dak Bungalow here to review the progress of works under various components including District Capex Budget, CSS, Border Area Development Plan, SSY, and other related sectors of public importance.

At the outset, Dr Sehrish took a detailed and sector wise review of the progress of deliverables of all the pertaining departments.

The DC was apprised about the deliverables of various departments including Revenue, Animal and Sheep Husbandry, Education, Industries and Commerce.

Reviewing the detailed departmental deliverables of all the departments, the DC impressed upon all the officers to accomplish all the deliverables according to a fixed timeline. She further stressed on providing hassle free public services by strengthening accountability and transparency in offices adding that effective public service delivery and robust grievance redressal mechanism



is fundamental to the good governance architecture. The DC also reviewed the progress of works under District Capex Budget 2023-24 including DDC, BDC, PRI components and status of developmental deliverables in the district.

During the meeting, it was informed that 26 works have been accorded under Border Area Development Plan for the current year under which 5 works have been accomplished while as other works have been tendered.

Similarly, the meeting was informed that 38 works have been proposed for the current year under Samridhi Seema Yojana.

On the occasion, DC was also apprised with regard to works allotted, tendered and status of

works completed in other sectors.

After taking the workwise review, the DC stressed the concerned authorities to take all possible measures to accelerate the pace for their time-bound completion.

The DC asked the officers to ensure speedy allotment, execution and completion of each work.

Meanwhile, the DC also had a review of the implementation of developmental works under Language Programme and Aspirational District Programme during which she directed officers to play proactive role and ensure added promptness so that district Baramulla shall gain the pace in execution of development projects, programmes, initiatives and welfare schemes.

The meeting was attended by Additional District Development Commissioner Baramulla, Aijaz Abdullah Saraf; Additional Deputy Commissioner Baramulla, Dr Zahoor Ahmad Raina; Joint Director Planning, Assistant Commissioner Revenue, Superintending Engineer R&B, Chief Education officer besides all officers of concerned departments.

Preparations for Digital Week Celebrations, 2023 reviewed at Bandipora

BANDIPORA, AUG 25: On the directions of Deputy Commissioner Bandipora, Nodal Officer Coordination Mohammad Ashraf Hakak Friday chaired a meeting here to assess the progress for the upcoming Digital Week Celebrations 2023 scheduled from August 31st.

The meeting took stock of the various activities planned to be conducted during the week-long celebration.

The purpose of the celebrations is to celebrate the unprecedented digital transformation, and to showcase J&K's technological prowess, explore collaboration and business opportunities for Tech Startups and inspire the NextGen citizens.

During the meeting, the officials presented detailed plans for a series of activities and events scheduled throughout the Digital Week Celebrations. These include workshops on digital literacy, seminars on emerging technologies, hackathons for aspiring tech enthusiasts, and interactive sessions with industry experts.

It was given out that in addition to the technical aspects, the Digital Week Celebrations will also feature cultural and artistic presentations that demonstrate the fusion of traditional values with modern technology.

The meeting was attended by ADC Bandipora Umair Shafi, JD Planning Intiyaz Ahmad, besides the officials of various departments, including representatives from the IT sector, education and local businesses.

Leaking pipes, lack of smart classroom and hostel facility at Tribal school in Kulgam

KULGAM, AUG 25: The Eklavya Model Residential School at Tangmarg area of Dambal Hanjipora in

Kulgam, which was inaugurated by Lieutenant Governor Manoj Sinha last year is facing multiple issues, leaving the students with a multitude of challenges.

The school set up at an estimated cost of Rs 17 crore was aimed at providing quality education to the tribal students of the area. But the several problems plaguing the school is affecting education and safety of students.

A teacher pleading anonymity told news agency—Kashmir News Observer (KNO) that one of the major problems is leaking water pipes inside the building. "This has caused inconvenience to the students as they have to constantly deal with wet floors and walls," the teacher added.

He said the female students in the school do not have a female warden, undermining their privacy, safety and well-being.

"The school is located in a forested area and there is a risk of wild animal attacks because of absence of a boundary wall for the school. "We are always in fear of some wild animal coming into the school especially at night," the teacher said.

The lack of staff also hampers the educational experience in the school as only four teachers are available for about 100 students, he added.

Bilal Ahmad Chauhan, a student said there is also an absence of a designated playground for the students in the school. "The students have to play on the stones lying in front of the school. This is not only unsafe, but it is also not conducive to physical activity," he said.

He said that there is no smart classroom as well hostel facilities available in the school.

This reporter found the school washrooms in a dilapidated condition, with water leaking from pipes.

The parents of the students have also expressed concern about the situation. "The government has spent crores of rupees on building the school, it has failed to provide the basic facilities that the students need. This is a clear case of discrimination against the tribal communities," said one of the parent.

Students as well as parents requested higher authorities look into the matter.

Repeated attempts to contact Chief Education Officer (CEO) Kulgam Mushtaq Qadri could not materialize.

Meet Sahrose Wani, who is set to become first commercial pilot from Anantnag

ANANTNAG, AUG 25: A 23-year-old youth from Verinag area is set to become the first commercial pilot of south Kashmir's Anantnag district. Sahrose Ahmad Wani, son of Mehranj-Ud-din Wani, completed the commercial pilot training and received a CPL (Commercial Pilot License) a month ago. He is undergoing a two-month course for advanced jet training in Germany known as Type Rating.

In an exclusive chat with the news agency—Kashmir News Observer (KNO) from Berlin, Germany, Sahrose said he started his aviation career in the year 2019 and passed six DGCA and other exams as well. His goal is to join Air India.

"I did my schooling from SSMEI Dooru Shahabad up to 10th and passed my 12th from Higher Secondary School Brakpora Anantnag in 2017," he said.

I started from Carver Aviation Academy,

Pioneer Flying Academy and Redbird Flight Training Pune, Baramati, Wani said, adding that the journey was filled with a lot of flying lessons and tons of skill tests and came to an end by passing IRT (Instrument Rating Test) at Redbird Flight Training Academy earlier this year.

"My parents and my sister always supported me in choosing this completely different path and special thanks to Captain Haroon Amin Lone (Examiner Captain Indigo) who guided me all throughout the journey," Sahrose said. He said Kashmiri youth can do anything provided they work hard consistently. "I want to tell my Kashmiri brothers and sisters that do what you are passionate about and work hard on it, be consistent and things will happen. We have the huge potential to achieve anything but all we need is some guidance and persistence towards our goals."

Shortage of teachers among other issues hit Bandipora's AMT Students urge authorities to address their problems

BANDIPORA, AUG 25: The Ancillary Medical Training (AMT) institute in north Kashmir's Bandipora district is grappling with shortage of teaching faculty and a lack of basic facilities, affecting students.

Data collected by the news agency—Kashmir News Observer (KNO) showed the institute offers four courses—FMPHW with 20 students, Lab Technician with 10 students, Medical Assistant with 10 students, and ISM with 10 students.

The details stated that the ISM course currently lacks a teacher and a similar shortage is observed for the Medical Assistant program. Also, the Lab Technician course, spanning sixteen subjects across the first and second semesters, has only one available teacher to cover all eight

subjects per semester.

A group of students said the school is currently riddled with a state of complete mismanagement, and higher authorities have seemingly turned a blind eye to their issues. "For several months, we have been pleading for additional staff but our pleas have fallen on deaf ears," they said. "Basic facilities are absent within this institution. The building lacks proper fencing and the road leading to it is in a deplorable state"

They alleged that there is no regularity in class work from 10 pm to 4pm and the administration declares 'holiday' on its own.

A senior health official said they will take up the issue with the Principal AMT and the grievances if any will be addressed.

J&K govt imposes penalty on officer after inquiry finds negligence in distribution of national flags

SRINAGAR, AUG 25: The administration of J&K has decided to withhold two increments of an official in Kashmir Valley after a probe found him guilty of negligence in discharge of his official duty concerning the upkeep and distribution of national flags during the last year's "Har Ghar Tiranga" programme.

The Housing & Urban Development Department has ordered withholding of two increments of the then executive

officer municipal committee, Magam, Syed Aijaz Manzoor, who was put under suspension after it was found that national flags were being distributed in garbage hoppers in Magam, Budgam.

In an order, a copy of which is in possession of news agency—Kashmir News Observer (KNO), the Housing & Urban Development Department said after a news regarding alleged insult of national flags at Municipal Com-

mittee Magam, went viral on social media on August 13, 2022, deputy director (admin), urban local bodies, Kashmir visited municipal committee Magam to enquire into the matter. The deputy director, ULB found that two hoppers parked in premises of Municipal Committee Magam were carrying national flags for distribution in connection with "Har Ghar Tiranga" programme. According to the order, the sub-divisional magistrate Beer-

wah Budgam immediately placed the officer under suspension and ordered an enquiry into the matter.

Subsequently, the Housing & Urban Development Department examined the case and served a memorandum, article of charges and statement of imputation to the officer. After the officer submitted the statement of defence, the government appointed vice-chairman, Srinagar Development Authority as inquiry officer in the

matter. In his report submitted to the H&UD, the inquiry officer clearly stated the negligence on the part of Syed Aijaz Manzoor, the then executive officer, municipal committee Magam in discharge of his official duty concerning the upkeep/distribution/hoisting of national flags at municipal committee Magam. The discharge of the duty was held in violation of the provisions of the Flag Code of India, 2002, the order states.

YRS members 'breached peace' in Jammu, to be released after getting guarantee from 'prominent person', says ADGP Jammu

JAMMU, AUG 25: Police said that activists of Yuva Rajput Sabha (YRS) arrested in Jammu for "breach of peace" will be released if any "prominent person" guarantees on their behalf that they would not repeat the offense.

"The YRS members breached the peace. They gave assurance of peaceful protest but ended up blocking the highway, which is not acceptable in any condition. Moreover, the protest turned violent with activists hurling stones at Toll Booth," said Additional Director General of Police Mukesh Singh.

As per the news agency—Kashmir News Observer (KNO), the YRS members were detained on Monday from Sarore toll plaza when they were protesting to press for its removal. At least 27 YRS activists were detained for violating restrictions around the toll plaza. Authorities had imposed Section 144 of the Criminal Procedure Code (CrPC), which forbids the gathering of four or more people at a particular place.

The YRS has demanded the removal of the toll plaza on the Jammu-Pathankot national highway in the Samba district,

claiming that it was illegally set up to collect tolls from people. The Jammu ADGP said that a high-level meeting was conducted over the issue of the toll plaza.

"All grievances which came up with LG were taken with the Centre for resolution. A team of NHAI will come here and a ground visit will be conducted to examine all the issues", he said.

The ADGP said that the protesters would be released once any prominent person comes forward to provide a guarantee on their behalf. "They will be



released the moment someone takes the guarantee," he said.

The Chamber of Commerce and Industries, Jammu (CCIJ) on Thursday gave a call for a bandh on August 26 to protest against the installation of smart meters in the city.

Regarding Saturday's strike, Singh said all issues have been addressed. "We will request them to call off the bandh as all issues have been resolved", he said.

Meanwhile, Jammu Divisional Commissioner Ramesh Kumar Friday said that the installation of over 1.46 lakh smart electricity meters, around

80 percent of the target, has been completed in Jammu.

He said that a grievance cell has been set up to address complaints related to the meters.

A grievance cell has been set up to address complaints of hefty bills from smart meters, if any, within two days, Kumar said.

"Over 200 complaints have been received and 180 complaints have been addressed," he said.

Kumar said the installation of smart electricity meters will provide consumers with "better facilities" and "empower" them.

EDITORIAL

Nurturing Social Harmony Through Interfaith Dialogue: A Path Forward for Kashmir

In the enchanting landscape of Kashmir, where picturesque valleys and diverse cultures converge, the essence of social harmony lies at the heart of a sustainable and peaceful coexistence. The region's rich tapestry of religious diversity has long been a source of strength, but it has also seen its share of conflicts. Interfaith dialogue emerges as a beacon of hope, offering a transformative path towards lasting social harmony.

The history of Kashmir is woven with threads of Hinduism, Islam, Buddhism, and Sikhism. The beauty of its unity in diversity, however, has been overshadowed by political unrest and communal tensions. To rewrite this narrative, the communities of Kashmir must engage in sincere interfaith dialogues, fostering understanding and empathy across religious lines.

Interfaith dialogue acts as a bridge between communities, dismantling misconceptions and fostering mutual respect. By facilitating open conversations, religious leaders, scholars, and the common people can promote the shared values of compassion, peace, and coexistence. Such dialogues create spaces for addressing grievances, thus reducing the scope for miscommunication and hatred.

Education plays a pivotal role in nurturing social harmony. Incorporating interfaith education into school curricula encourages young minds to celebrate diversity and learn about various faiths. This not only dispels stereotypes but also cultivates an atmosphere of tolerance and unity from an early age.

Furthermore, economic and social initiatives that involve people from different backgrounds working together can foster a sense of shared destiny. Cooperative projects that transcend religious identities can create bonds of friendship, reinforcing the idea that unity is essential for the prosperity of all.

Kashmir's journey towards lasting social harmony through interfaith dialogue will not be without challenges. Political complexities, historical grievances, and external influences must be navigated with sensitivity. However, the collective aspiration for peace and coexistence can serve as a powerful catalyst for change.

The path to social harmony in Kashmir lies in nurturing a culture of interfaith dialogue, understanding and acceptance. The region's religious diversity, rather than being a source of division, can be harnessed as a unifying force. Through education, dialogue, and collaborative initiatives, the people of Kashmir can build a future where all faiths thrive in harmony, transforming the valley into a model of coexistence for the world to admire.

Make Your Life Better by Saying Thank You in These 7 Situations

■ [Jaswinder Pal](#)

Gratitude is a powerful and transformative emotion that has the potential to significantly enhance our lives. One simple yet profound way to express gratitude is by saying "thank you." This small phrase holds immense power and can create positive ripples in both our personal and professional relationships. In this article, we will explore seven situations where saying thank you can make a remarkable difference, bringing joy and fulfillment to our lives.

Expressing Appreciation to Loved Ones:

It's easy to take our loved ones for granted, but expressing gratitude can strengthen the bond we share with them. Saying thank you to our family members, friends, and partners for their love, support, and presence can deepen our connections and make us more mindful of the blessings they bring to our lives.

Acknowledging Acts of Kindness:

In a world that often feels hurried and disconnected, small acts of kindness stand out. Whether someone holds the door open for you, offers a helping hand, or provides a kind word, expressing gratitude can have a profound impact. Saying thank you not only acknowledges their thoughtfulness but also encourages more kindness in the world.

Appreciating Service Providers:

From the barista who prepares your morning coffee to the delivery person who brings packages to your doorstep,



countless individuals make our lives easier and more enjoyable. Taking a moment to say thank you to these service providers recognizes their efforts and reminds us of the interconnectedness of our lives.

Gratitude for Professional Opportunities:

In the workplace, expressing gratitude can foster a positive work environment and strengthen professional relationships. Thanking colleagues, subordinates, or superiors for their support, guidance, or collaboration can create a culture of appreciation and

enhance productivity. Recognizing the contributions of others helps build a sense of teamwork and mutual respect.

Thanking Teachers and Mentors:

Throughout our lives, we encounter educators and mentors who shape our knowledge, skills, and character. Saying thank you to these influential figures not only acknowledges their dedication but also serves as a reminder of the impact they have had on our personal growth and success. Expressing gratitude encourages them to continue making a difference in the lives of others.

Gratitude for Health and Well-being:

In our pursuit of personal goals and ambitions, we often overlook the importance of our health and well-being. Taking a moment each day to express gratitude for our physical and mental health can foster a positive mindset and increase our overall happiness. Saying thank you for our bodies, minds, and the ability to experience life can help us lead more fulfilling lives.

Thanking Yourself:

Lastly, we must not forget to express gratitude to ourselves. Acknowledging our accomplishments, efforts, and resilience allows us to cultivate self-compassion and develop a positive self-image. By saying thank you to ourselves, we reinforce our sense of self-worth and encourage continued growth and personal development.

Conclusion:

Incorporating gratitude into our daily lives by saying thank you can have a profound and transformative impact. It enhances our relationships, fosters a positive work environment, and promotes personal well-being. By expressing gratitude in these seven situations and beyond, we can create a ripple effect of positivity, making our lives and the lives of others better. So, let's embrace the power of gratitude and start saying thank you more often.

The Author is a SS Master, GSSS Hakuwala Sri Muktsar Sahib

■ [Vijay GarG](#)

As technology becomes increasingly ubiquitous, many students and parents wonder about the relevance of Liberal Arts, its employment opportunities, and if there is career progression with a Liberal Arts Education. Artificial Intelligence (AI) driven systems can perform most tasks more efficiently and effectively than humans and are rapidly changing how we live, work, and interact with technology and the people around us. While AI-driven models like OpenAi GPT – 3, ChatGPT, Turing-NLG, BRT, and Watson Assistant can automate many tasks and provide us with vast amounts of information, can they replace humans? Definitely not. To develop, design and utilize information optimally, humans must still rely on creativity and critical thinking skills. This is where Liberal Arts Education can make a significant difference in enabling people to navigate the rapidly changing technological landscape. Liberal Arts Education focuses on preparing individuals with the skills needed to make informed decisions, tackle complex problems, and drive innovation in a constantly changing and complex environment.

The National Education Policy (NEP) 2020, recognizes the need for a holistic and multidisciplinary approach to education that prepares students for the challenges of the 21st century and encourages the study of Liberal Arts. Liberal Arts allow students to explore multiple disciplines, such as humanities, social sciences, and natural sciences, and facilitate students to gain an understanding of different cultural influences, methods of thinking, problem-solving, and forms of expression. Students can develop critical thinking, research, communication, collaboration, creativity and independent inquiry skills. Through a transdisciplinary approach, liberal arts equip students with the skills and knowledge necessary to succeed in a wide range of careers, from research and development to entrepreneurship and leadership. Most importantly, it prepares students to become life-long learners.

Liberal Arts Education has evolved over the last few years to address the challenges of the modern world better and is an amalgamation of classical approaches integrated with contemporary practices. Some of the subjects and courses offered are – History, Sociology, Psychology, Language and Literature, Political Science, Economics, Art and Music, Philosophy, Media and Communication Studies, and Natural Sciences. The curriculum is designed to be more interdisciplinary and to emphasize the integration of different knowledge domains. For example, courses like Digital Humanities have emerged to explore the intersection of technology and culture. Data Science and Data Visualization blend technical skills with liberal arts approach to understanding and communicating data. Courses in Language and Literature empower individuals to communicate effectively and collaborate in a digital environment.

The value Liberal Arts Education in digital age



Engineering Psychology, or Human factors engineering, is a subfield of psychology that focuses on designing products and systems, the interaction between humans and technology, studying human perception and cognition, and improving human performance and well-being. Steve Jobs, former CEO of Apple Inc., a strong advocate for liberal arts, states, "It's in Apple's DNA that technology alone is not enough – its technology married with liberal arts, married with the humanities, that yield us the results that make our heart sing."

In today's digital era, the need for well-rounded and culturally literate individuals is more important than ever. Empathy, compassion, respect for others, appreciation of different cultures, perspectives, and experiences are critical in multicultural workplaces and lead to global citizenship. Liberal Arts and Humanities encourage students

to analyze, interpret and think critically about the world around them, which is valued by employers. Andragogical approaches in Liberal Arts Education recognize that students have control over their learning process and seek to empower them to take an active role in their education through evolution and adaptation. Liberal Arts education prepares students not only to make a living but also to make a life.

Modern Liberal Arts Education places greater emphasis on practical skills and hands-on experience to better prepare students for dynamic environments. And there is a definite opportunity for students to opt for Liberal Arts to make the world a better place to live in.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

DC Shopian tours various areas of district; takes stock of developmental works

Instructs for providing better sports infrastructure to the youth

SHOPIAN, AUG 25: In order to provide a better sports ecosystem to the youth, the Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today visited Allowpora Playground and inspected it to oversee facilities being set up for its development.

The DC on the occasion directed Assistant Commissioner Development (ACD) to prepare DPR for upgradation of the playground in order to facilitate the youth of the area with required sports infrastructure.

He also instructed concerned to take necessary measures for strengthening the boundary wall around the playground to prevent any unregulated entry into the premises.

On the occasion, a delegation of local youth also called on the DC and put forth their suggestions with regard to upgradation of sports infrastructure in the play-



ground, besides other developmental works of the area.

While interacting with them, the DC said that the sports have a positive and constructive role in social and psychological development besides engaging youth in positive pursuits.

He said various initiatives are being taken for the development of requisite sports infrastructure in the district.

The DC assured that every possible support for conduct of sports activities shall be provided by the Administration to the youth.

Later, DC visited Kanipora and Gargen and took stock of the road connectivity and other developmental works. He also met people of the area and listened to various developmental requirements.

During the visit, the DC was accompanied by the ACD Shopian, BDOs and other concerned officers and officials.

DC visits Industrial Estate Aglar Shopian; interacts with traders & unit holders

SHOPIAN, AUG 24: The Deputy Commissioner (DC), Shopian, Faz Lul Haseeb today visited Industrial Estate, Aglar, Shopian and inspected the Controlled Atmosphere (CA) Store along with other industrial units.

The DC met the Industrial Association members



and interacted with them, listened to their issues and grievances and assured timely action.

He took appraisal of the functioning of post harvest storage units and discussed the potential of increasing the capacity of the units.

He also took stock of the approach road and directed the concerned officials to prepare a plan for the approach road.

The DC was accompanied by ACR Shopian, Tehsildar Shopian, Manager Industrial Estates Aglar, Members of Industrial Association Aglar and SICOP Officials.

The estate has an area of 334.08 kanals of land which has been earmarked for 17 industrial units providing employment to more than 1500 people.

DC Kupwara felicitates newly Qualifiers of JKAS

KUPWARA, AUG 25: The District Administration Kupwara today organized an Interaction-cum-Felicitations ceremony for newly qualified JKAS candidates from Kupwara district at D.C Office, here.

On the occasion, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan interacted with the qualified candidates who shared their experience with her about qualifying the prestigious Civil Services Examination. She also enquired them about their areas of interest in administration and wished them bright future ahead in the public service.

Additional Deputy Commissioner Kupwara, Ghulam Nabi Bhat who was also present there, enquired the candidates about their background, subjects and their experience in preparing for the Examination.

Meanwhile, the DC felicitated the newly JKAS qualifiers with mementos.

The candidates who met the DC include Adil Manzoor from Khumriyal, Tahir Javid from Handwara, Mohammad Iqbal Lone from Kalaroose and Amir Amin Bhat from Ujroo Handwara.

DDC Kupwara chairs Mining Plan Approval Committee meeting

KUPWARA, AUG 25: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan on Friday chaired a meeting of the Mining Plan Approval Committee.

During the meeting, threadbare discussions were held regarding mining on scientific patterns.

The DDC directed officers of Geology and Mining and other line departments to visit the spot for ground check and authentication before resizing/reducing the area of Minor Mineral Block No. 2 Shedipora-Rukhmachwari (Bakhihakar to Kachwara Talri-Nallah).

The DDC directed the Geology and Mining department to take on board all line departments.

Speaking on the occasion, Ayushi stressed upon all committee members that it shall be ensured that extraction of minerals is done without disturbing the ecology as per the



already laid down guidelines.

While briefing the chair, District Mineral Officer Kupwara said that during the FY, 2022-23 a total revenue of Rs. 2,16,8714 was generated and a compounding offence to the tune of Rs. 91,64,542 was realised and 483 vehicles were also seized.

He further apprised that during FY, 2023-24 total revenue of Rs. 10,

196797 was generated and compounding offence of Rs. 39,02,612 was recovered and 206 vehicles were seized for illegal mining in Kupwara district.

Joint Director, Geology and Mining, Kashmir, Khawaja Nisar, Ex. Engineers of I&FC, Kupwara and I&FC, Handwara besides other concerned officers and employees attended the meeting.

Amar Singh College holds Special Lecture on 'Intellectual Property Rights and Small Scale Innovations'

SRINAGAR, AUG 25: The Research Development Cell of Amar Singh College Srinagar today organised a special lecture on the theme 'Intellectual Property Rights and Small Scale Innovations' which was delivered by Dr Sheikh Fayaz Ahmad, Faculty member at Zhejiang University, Hangzhou, China.

The lecture was attended by a large number of students and faculty members of the college.

In his special lecture via virtual mode, Dr Sheikh Fayaz Ahmad, provided an exhaustive evaluation of Innovation Development and Intellectual Property Rights. He highlighted the role of innovation in the advancement of human civilization historically and its even more significance in an increasingly technology and market driven world today.

He emphasized on the need to create a conducive atmosphere in the colleges and universities of Jammu and Kashmir to provide skill and innovation based knowledge to create a productive human resource pool which is integral to the future development and prosperity of our society on an equitable and inclusive basis.

Dr Fayaz urged the stakeholders in academia to embrace Critical Thinking, Creativity, Collaboration and Communication which are crucial in developing the innovative mindset among the students. Dr Sheikh Fayaz



Ahmad further called upon liquidating all the obstacles which are hampering the development of culture of innovation in our higher education system. Earlier, the introductory

address was delivered by Dr Nahida-Tun-Nissa, Convener of the College Research Development Cell. She outlined the importance of orienting students towards the pathways of innovation and research besides the routine classroom teaching at the college level in order to prepare them for the future.

In his welcome address, Prof. Sheikh Ajaz Bashir, Principal of Amar Singh College, congratulated the College Research Development Cell for organising a lecture having utmost relevance in the contemporary times. He called for developing a vibrant start-up culture through institutional intervention as also envisaged by the ground-breaking governmental policy initiatives like NEP 2020.

Prof Sheikh Ajaz Bashir further laid emphasis on walking the talk and called upon all the stakeholders to undertake active steps for the growth of innovation and skill based teaching in our higher educational institutions.

The lecture was followed by an engaging interactive session. The event was moderated by Dr. Zubair Nazeer, Assistant Professor (Public Administration).

The event officially ended with a formal Vote of Thanks by Dr. Arshad Masoodi, Assistant Professor in Physics, while Mr. Basharat Shameem, Assistant Professor in English, acted as rapporteur for the programme.

DLSA Srinagar organises Special Lok Adalat; 29 Cases settled, with settlement amount of Rs. 54 lacs

SRINAGAR, AUG 25: The District Legal Services Authority (DLSA) Srinagar under the aegis of J&K Legal Services Authority organised a Special Lok Adalat on 24th and 25th August 2023 in the District Court Complex Srinagar.

The said Special Lok Adalat was organized under the Chairmanship of Jawad Ahmad, Chairman DLSA (Pr. District & Sessions Judge) Srinagar and over all supervision of Jahangir Ahmad Bakshi, Secretary, DLSA Srinagar.

A Special bench for MACT cases was constituted, consisting of Jeema Bashir (Presiding Officer, MACT Court) Srinagar and Khurshed ul Islam (1st Additional District Session Judge) Srinagar.

A total number of 52 cases were taken up by this bench for their amicable settlement. Out of which 29 Cases were settled, with a settled amount of Rs. 54, 05,000.

NCORD, COTPA meeting held at Bandipora

BANDIPORA, AUG 25: On the directions of Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed, District Level Committee meeting under Narco-Coordination Center (NCORD) Mechanism & Cigarette and Other Tobacco Products Prohibition Act (COTPA), was held on Friday at Conference Hall, Mini Secretariat, Bandipora. The meeting was co chaired by Nodal Officer Coordination Mohammad Ashraf Hakak and ADC Bandipora Umar Shafi Pandit. The meeting discussed in detail ways and means to curb the drug menace and the role of various stakeholders. It also discussed the alarming issue of drug addiction and abuse and strategies to tackle this issue. The meeting discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling, abuse, besides, cultivation of illicit poppy and cannabis in the district.

Hakak stressed on more intensive awareness campaigns to educate the public on the dangers of drug abuse, improved access to addiction treatment and support services, and stronger regulation of the pharmaceutical shops to prevent the illegal distribution of banned drugs.

ADC urged the participants to spread the message of "Say No to Drugs" in order to save our youth from this menace. He highlighted the role society, especially parents, in preventing drug abuse among children and youth. Hakak on the occasion directed to form teams at tehsil levels headed by the concerned Tehsildars for consistent checking of medical/drug shops for conduct to be followed by them. He also stressed for complete switching over to the computerized billing system in all the medical shops across all three sub divisions.

Commissioner STD holds interactive session on implementation of GST at Kishtwar

KISHTWAR, AUG 25: State Taxes Department (STD), today organized an interactive meet with different stakeholders focusing on implementation of Goods and Services Tax (GST) at conference hall, DC Office here.

The interactive session was presided over by Commissioner STD, Dr. Rashmi Singh.

Deputy Commissioner Kishtwar, Dr. Devansh Yadav; Additional Commissioner State Taxes Jammu, Namrita Dogra; DCHQ State Taxes Ashima Sher; STO Kishtwar Maneet Sharma; members of the Traders Associations, contractors and various stakeholders attended the interactive session.

Speaking on the occasion, Dr.

Rashmi Singh highlighted that this interaction between various stakeholders and authorities was aimed to promote awareness and compliance regarding tax regulations among stakeholders. She urged stakeholders to prioritize tax compliance and timely filing of returns.

She stressed on the importance of regular public outreach programs in collaboration with different stakeholders to promote compliance regarding filing of Income tax returns.

The Commissioner also assured the enforcement of a Special Flying Squad in the district to ensure effective and seamless GST implementation. She also emphasized on the



need for collaborative and responsible behaviour among stakeholders to enhance transparency and accountability in tax collection through the judicious use of technology.

Addressing the participants, Additional Commissioner State Taxes Jammu, Namrita Dogra, encouraged suggestions from trade unions and industrial associations regarding policy matters. She also highlighted the role of Suvidha Kendra and the help desk of STO office Kishtwar circle in resolving technical glitches and promoting proper issuance of E-way bills and invoices.

During the interaction, a detailed PowerPoint presenta-

tion showcasing recent achievements in GST collection and taxpayer registration were highlighted. The stakeholders were informed about the latest updates on GST laws across the country. Additionally, concerns and queries related to GST were addressed, providing clarity to traders, manufacturers, shop owners, and retailers.

The interaction served as a platform for addressing a range of issues and suggestions presented by traders, contractors, and stakeholders. Immediate concerns were promptly resolved by the Commissioner, while those related to policy matters were noted for future consideration.

District Administration, Poonch Development Authority flag off 5-Day Trekking Expedition from Chatta Pani to Tata Kutti

POONCH, AUG 25: The District Administration Poonch and Poonch Development Authority joined hands to flag off a thrilling 5-day trekking expedition from Chatta Pani to Tata Kutti.

The event, which took place in the presence DDC Member Surankote A, Shahnawaz Choudhary, Chief Executive Officer (PDA) Dr. Mohammad Tanvir and Sub Divisional Magistrate of Surankote, Rizwan Asgar, SDPO Surankote, Hamid Ali aimed to highlight the scenic beauty and adventure offerings of Poonch District.

The flag-off ceremony witnessed the participation of members from the Peer Panjal trekkers group, along with the Municipal Committee representatives.

Speaking at the event, Chief Executive Officer (PDA) Dr. Mohammad Tanvir emphasized the significance of organizing such expeditions to promote tourism in the area. He acknowledged the immense potential that Poonch District possesses in terms of attracting tourists seeking unique and enriching experiences.

Dr. Tanvir noted that the trekking expedition from Chatta Pani to Tata Kutti represents a gateway to the pristine beauty of the Peer Panjal range, offering breath-

taking landscapes, challenging terrains, and an opportunity to immerse oneself in the natural wonders of the region.

With its picturesque valleys, cascading waterfalls, and panoramic vistas, Poonch District holds immense potential to emerge as a prime tourist hub. The District Administration is committed to developing and promoting sustainable tourism practices that preserve the natural and cultural heritage of the region.

The trekking expedition from Chatta Pani to Tata Kutti is expected to create awareness about the region's untapped potential as a tourism hotspot. It will provide participants with an opportunity to forge unforgettable memories and immerse themselves in the mystique of Poonch District. As the expedition progresses, trekkers will be able to witness the unspoiled beauty of the Peer Panjal range and experience the warm hospitality of the locals.

The District Administration Poonch and Poonch Development Authority expressed gratitude to all the participants, Peer Panjal trekkers group, and the local Municipal Committee for their support in making this event a grand success.

KISHTWAR, AUG 25:

The pioneering "Doctor Apke Gaon" initiative launched by the Health Department Kishtwar, under the visionary guidance of Deputy Commissioner, Dr. Devansh Yadav and closely supervised by CMO Dr. M Y Mir, has marked remarkable progress in the district. This groundbreaking initiative aims to bridge the healthcare gap for residents residing in remote areas, where the availability of specialists and healthcare infrastructure is limited.

The initiative involves the active participation of specialists from District Hospital and other Hospitals of the district. They conduct special screening camps with the provision of on-the-spot tests and health assessments in underserved regions.

To date, an impressive

total of 7 mega Special Health Camps have been successfully organized across the district, namely at Navapachi Marwah, Inshan Warwan, Atholi Paddar, Suid Dachhan, Nali Bounjwah, Bhandera Kuntwara, and Chingam. During these camps, a total of 7189 patients received screening by specialists, with 1161 lab tests performed, 439 ultrasounds and 23 ECGs conducted besides medicines distributed, all free of cost.

Additionally, 198 UDID (Unique Disability Identity) cards were issued to disabled individuals, ensuring accessibility, affordability and care right at their doorstep.

The "Doctor Apke Gaon" initiative is a beacon of hope for the elderly, disabled, impoverished, and pregnant women residing

in remote areas. Often lacking the means to access premier healthcare centers for screenings, these individuals benefit immensely from the special camps. The initiative plays a crucial role in providing timely detection and intervention for various health concerns, including life-threatening conditions, which might otherwise go unnoticed due to the lack of health education and awareness in these regions.

In addition to the improved Access by bringing specialized medical services to remote regions, mitigating the need for extensive travel besides providing on-site tests and immediate attention enable early detection and effective treatment the initiative can also help in valuable health data gathering for future infrastruc-

ture planning and healthcare provision.

Meanwhile, the Awareness sessions during camps educate individuals about various health issues, early detection of health risks empowering individuals to adopt a healthier lifestyle.

Further the Resource Allocation by addressing medical needs locally eases the load on District Hospitals, focusing on critical cases.

The Community Engagement by tailoring healthcare services foster community involvement and well-being thus bridging the healthcare divide between urban and rural areas, promoting fairness.

The initiative is focused to reduce travel expenses and early interventions curb potential medical expenses by providing healthcare at their doorstep which builds trust between communities and healthcare providers.

Consequently, The initiative gathers essential health data, guiding tar-

geted interventions and In the long run, the "Doctor Apke Gaon" initiative envisions online and telephonic consultations facilitated by specialized nodal officers at each block.

This approach ensures seamless patient care and continuity, using data-backed follow-up mechanisms designed to align with individual patient profiles.

In summary, the "Doctor Apke Gaon" initiative is poised to positively transform the health and well-being of remote residents in Kishtwar.

By rendering healthcare services more accessible, timely, and attuned to local needs, this initiative stands as a testament to progress and inclusivity.

More such health camps are to come up at other blocks of district, and the next in the line is at Singpora area scheduled on 2 September, the people from the area can avail the benefit from the camp on due date.

DC reviews implementation Agriculture, allied sector schemes in district Udhampur

UDHAMPUR, AUG 25: Deputy Commissioner, Udhampur Saloni Rai today reviewed the implementation of various flagship schemes in Agriculture and allied sectors in the district here at a meeting held in Mini Conference Hall DC Office Complex.

While reviewing the sector wise performance, the DC asked officers of agriculture and allied departments to create awareness among the masses about the different income generating schemes by organizing camps in their respective areas. She exhorted the officers to rejuvenate working to achieve optimum results on



the ground so that benefits of development percolate to the

masses at grassroots level.

She added that participation

in the planning process is mandatory for effective implementation

of government schemes so that benefits of schemes reach genuine beneficiaries.

The DC also appreciated the initiatives taken by the Agriculture Department for implementation of various schemes on the ground. She stressed on promotion of organic farming to increase farmers income as organic crops are highly remunerative and health protective.

The meeting was attended by Chief Planning Officer, Mudassir Yaqoob Zargar; Chief Agriculture Officer, Sanjay Anand and other senior officers of various departments attended the meeting.

Public Notice

I have lost my registration certificate (RC) of My vehicle Motor cycle bearing registration no JK05G6049, from Wagoora to Jehangirpora on dated 5/7/2023 Now I am applying for its duplicate if anybody have any objection in this regard He/She contact with (ARTO) SOPORE within seven days from the publication of this notice after that no objection will be entertained
Name....MOHAMMAD MAQBOOL BHAT
S/O...GHULAM NABI BHAT
R/O ... SHARAKWARA JEHangirpora WAGOORA
Distt ...BARAMULLA

Government of Jammu and Kashmir

Office Of The Child Development Project Officer Poshan Project Kakapora

Subject: - Provisional Selection list of Shayikas (Anganwadi Helpers) of Poshan Project Kakapora and inviting of Objections thereof.

Public Notice

In pursuance to the Government Order No:-103 JK (SWD) of 2023 Dated :- 28.04.2023 and approval from Mission Director Poshan J&K Vide No :- MD/Poshan/Estt/20164-20283 dated :-03.07.2023, & No :- MD/Poshan/Estt/21936-55 dated :-24.07.2023 an advertisement Notice was issued vide Notification No:- CDPO/Kak/Adv/2023/222-38 Dated :- 11.07.2023 & No:- CDPO/Kak/Adv/2023/301-12 Dated :- 25.07.2023 with opening date of receipt of application forms as on 12.07.2023 and closing date as on 21.07.2023 and receipt of application forms as on 28.07.2023 and closing date as on 06.08.2023 respectively for selection of 02 Shayikas (Anganwadi Helpers) for 02 Anganwadi Centres of Poshan Project Kakapora. In response to these notification 04 applications were received within cut-off date against (02) vacancies of Shayikas (Anganwadi Helpers). Merit list of the candidates has been prepared as per the criteria laid down vide Govt Order No:- 103-JK (SWD) Dated :- 28.04.2023 and accordingly Provisional selection list has been framed for 02 Shayikas (Anganwadi Helpers) on the basis of merit list by the Selection Committee Provisional Selection list (Annexure-A) are hereby published for information of public in general and Applicants/ Candidates in Particular for filing appeal/Objections if any. The appeal/Objection if any against the selection list shall be filed in the Office of the Child Development Project Officer Kakapora against proper receipt within 10 days (in Office Hours) from the date of publication of this notification. No objection/Appeal shall be entertained after expiry of last date of filing appeal/Objection.

Provisional Selection list of Anganwadi Helpers/Sahayikas Advertised Vide No:-CDPO/Kak/Adv/2023/222-38 Dated:-11.07.2023 of Poshan Project Kakapora (Annexure-A)																
S.No	Name of Applicant	Parentage		Date Of Birth	Residence	Panchayat Halqa Name	Punch Ward No	Name of AWC Applied for	Block	Qualification	Marks Obtained Out of	%age	Widow Yes/No	Diedorced Yes/No	Income Status	Remarks
		D/O	W/O													
1	Sweety Akhter		W/o Parveez Ahmad Mantoo	30.03.1989	Kisrigam	Kisrigam	PC-ii	Kisrigam-A	Kakapora	Matric	184/500	36.80	No	No	BPL	Selected
Provisional Selection list of Anganwadi Helpers/Sahayikas Advertised Vide No:-CDPO/Kak/Adv/2023/301-12 Dated:-25.07.2023 of Poshan Project Kakapora (Annexure-A)																
	Firdousa Akhter		W/o Gowhar Ahmad Bhat	02.02.1992	Lajoora	Lajoora	PC-VII	Lajoora-B	Kakapora	Matric	242/500	48.40	No	No	BPL	Selected

No: CDPO/Poshan/Kak/2023/394-403 | Dated: - 25.08.2023

DIPK: 7778/23

Sd/-
Child Dev, Project Officer
Poshan Project Kakapora

This happens to your body when you eat ginger every day for a month

Ginger

Ginger is a spice with a very strong taste. Ginger is not only very tasty, but also has a lot of good qualities. Ginger contains gingerol, shogaol, zingiberene and a whole range of vitamins and minerals. It is therefore not surprising that ginger has a long medicinal history. Centuries ago, ginger was used to cure all kinds of ailments. In addition, eating ginger regularly also helps to keep your body healthy.

Good qualities

Ginger contains gingerol, a bio-active substance that helps to reduce symptoms such as nausea and vomiting. This substance also helps to reduce swollen joints. Ginger also contains shoagol, a substance with an analgesic effect that also helps against cancer and heart disease. Zingiberene in ginger is particularly good for digestion. But not only this: ginger also has an anti-diabetic effect and improves brain function and the immune system.

Wondering what happens to your body when you eat ginger every day for a month?

Ginger every day

Are you planning to eat ginger every day for a month? Then we will not stop you!



Eating ginger daily has many health benefits. Side note: you do not have to nibble on a piece of ginger every day. Cut a large piece – about 1.5 centimeters – into small pieces and mix it with your smoothie, tea or Asian dish. Wondering what this does to your body? We will explain it to you.

It does this to your body:

Anti-inflammatory: Inflammation in the body is reduced faster. This is due to the anti-inflammatory effect of ginger.

Nausea disappears: are you often nauseous in the morning? We bet that eating ginger every day will help you! By eating ginger

daily, the nausea will soon subside. Tip: Especially pregnant women and people undergoing chemotherapy can benefit from this.

Reduction of muscle pain: Do you have muscle pain or pain in the limbs? Eating ginger can have a good influence on this. Consuming ginger daily will gradually ease the pain.

Promotes bowel movements: Eating ginger on a daily basis does a lot of good for your bowel movements. Do you regularly suffer from constipation? Then this might help you. **Menstrual pain:** Are you in constant pain during this time of the month? Then eating ginger daily may help you. The spice is similar to taking pain medications, which can help relieve acute abdominal pain.

Lowers cholesterol: Eating ginger every day for a month can help lower “bad” cholesterol in the body. The amount of triglycerides in the blood is reduced by the substances in ginger.

Boosts the Immune System: The anti-inflammatory properties in ginger strengthen the immune system. Have you already been affected by a cold or virus? Then ginger can help you recover faster.

Soothe teeth sensitivity in easy ways

Oral health is a window to a person's overall health and well-being and amongst that teeth sensitivity is one of the main problems that can range from slight discomfort to severe pain -- so make sure you are taking care of it properly.

Ajay Kakar, a Periodontist, shares some simple tips to ease teeth sensitivity:

*The quickest and easiest way would be to switch to a specialised toothpaste formulated to take care of sensitive teeth.

*Change your brushing habits. If you're not using a soft toothbrush and if you're scrubbing your teeth vigorously, you might worsen the condition. Hard brushing can wear away the enamel, increasing the sensitivity in your teeth.

*Keep a check on acidic food and drinks as they might wear down the teeth enamel. Limit the consumption of these foods and drinks, and try to brush about 20 minutes after eating them (not earlier, or the brushing may hurt your enamel further)

*Teeth whitening treatments or alcohol-based mouthwash can make things even worse, so steer clear of them.

*In case your problem continues even after these changes then you must visit your dentist.

Tarun Kumar Giroti, BDS, MDS - Conservative Dentist and Endodontist also shares tips to tackle this oral condition.

*Individuals with gastric activity problems or gastric reflux should be treated with appropriate antacids as acid reflux leads to demineralization action resulting in dental enamel erosion.

Scientists identify the root of nicotine addiction, may lead to new treatments

Scientists have identified specific chemical changes deep in the brain that help drive nicotine addiction, an advance that may lead to new treatments for the condition.

In the research published in the journal PNAS, scientists were able to halt these changes in mice and discover potential targets for drugs to treat tobacco dependence.

Nicotine is a stimulant that works by binding to receptors widely distributed throughout the brain, causing neurons to release a variety of neurotransmitters including dopamine, which triggers feelings of pleasure.

In a search for the brain cells that transmit this response, researchers at the Rockefeller University in the US investigated how nicotine affects two midbrain structures, the interpeduncular nucleus (IPN) and the medial habenula (MHb).

While these brain regions are ancient in evolutionary terms and are found in all vertebrates, including humans, they have not received much attention from scientists until recently, researchers said.

Working with mice, Jessica L Ables,



first author of the study, found that chronic nicotine consumption alters the functions of a particular population of neurons inside the IPN.

These altered brain cells, which she dubbed Amigo1, appear to promote nicotine addiction by disrupting the communication between the habenula and the IPN.

Normally, these brain structures have a system in place to curtail nicotine addiction.

The habenula responds to a given dose of nicotine by sending an aversion signal to the IPN that decreases the reward of the drug, an effect that ultimately limits the urge to consume nicotine.

After chronic exposure to nicotine, however - the mice used in the study drank nicotine-laced water for six weeks - the Amigo1 cells compromise this “braking effect” by releasing two chemicals that reduce the response of

the IPN to the aversion signal from the habenula.

In other words, the stop-smoking message does not get delivered.

The result is a “pro-addiction” response to nicotine, which the mice displayed in a behavioural test designed to measure the motivational properties of the drug.

In the test, called conditioned place preference, the mice chose to spend time in a chamber where they had previously received nicotine.

“If you are exposed to nicotine over a long period you produce more of the signal-disrupting chemicals and this desensitises you. That is why smokers keep smoking,” said Ines Ibanez-Tallon, a scientist in the lab of Nathaniel Heintz, a professor at the Rockefeller University.

In other experiments, her group was able to confirm that these mice's response to chronic nicotine was indeed influenced by Amigo1 neurons.

When the researchers silenced these neurons using a genetic engineering technique, this eliminated the “nicotine preference” of the mice, strongly suggesting that those neurons play a role in the addictive behaviour.

New study reveals grape consumption may protect skin against UV damage

WASHINGTON: A recent human study published in the journal of the American Academy of Dermatology found that the consumption of grapes protected against ultraviolet (UV) skin damage.

Study subjects showed increased resistance to sunburn and reduction in markers of UV damage at the cellular level. Natural components found in grapes known as polyphenols are thought to be responsible for these beneficial effects.

The study, conducted at the University of Alabama, Birmingham and led by principal investigator Craig Elmets, M.D., investigated the impact of consuming whole grape powder, equivalent to 2.25 cups of grapes per day, for 14 days against photodamage from UV light.

Subjects' skin response to UV light was measured before and after consuming grapes for two weeks by determining the threshold dose of UV radiation that induced visible reddening after 24 hours, the Minimal Erythema Dose (MED). Grape consumption was protective and more UV exposure was required to cause sunburn following grape consumption, with MED increasing on average by 74.8 per cent.

Analysis of skin biopsies showed that the grape diet was associated with decreased DNA damage, fewer deaths of skin cells, and reduction in inflammatory markers that if left unchecked, together can impair skin function and can potentially lead to skin cancer.

It is estimated that 1 in 5 Americans will develop skin cancer by the age of 70. Most skin cancer cases are associated with exposure to UV radiation from the sun, about 90 percent of non-melanoma skin cancers and 86 percent of melanomas, respectively. Additionally, an estimated 90 percent of skin ageing is caused by the sun.

We saw a significant photoprotective effect with grape consumption and we were able to identify molecular pathways by which that benefit occurs - through the repair of DNA damage and downregulation of proinflammatory pathways,” said Dr. Elmets.

“Grapes may act as an edible sunscreen, offering an additional layer of protection in addition to topical sunscreen products,” added Dr. Elmets.



Adding VITAMIN C in diet can help cure bleeding gums, finds study

A new study explores added advantages of Vitamin C consumption and advocates that adding it to our daily diet could work wonders in healing bleeding gums. If your gums bleed, make sure you are brushing and flossing twice a day because it could be a sign of gingivitis, an early stage of periodontal disease.

However, you should also check your intake of vitamin C, as per the study. The findings of the study led by the University of Washington, were published in the journal ‘Nutrition Reviews’.

“When you see your gums bleed, the first thing you should think about is not, I should brush more. You should try to figure out why your gums are bleeding. And vitamin C deficiency is one possible reason,” said the study's lead author Philippe Hujoei, a practicing dentist and professor of oral health sciences in the UW School of Dentistry.

Hujoei's study analysed published studies of 15 clinical trials in six countries, involving 1,140 predominantly healthy participants, and data from 8,210 U.S. residents surveyed in the Centers for Disease Control and Prevention's Health and Nutrition Examination Survey.

The results showed that bleeding of the gums on gentle probing, or gingival bleeding tendency, and also bleeding in the eye, or retinal hemorrhaging, were associated with

low vitamin C levels in the bloodstream. And, the researchers found that increasing the daily intake of vitamin C in those people with low vitamin C plasma levels helped to reverse these bleeding issues.

Of potential relevance, said Hujoei, who is also an adjunct professor of epidemiology in the UW School of Public Health, both a gum bleeding tendency and retinal bleeding could be a sign of general trouble in one's microvascular system, of a microvascular bleeding tendency in the brain, heart, and kidneys.

The study does not imply that successful reversing of an increased gingival bleeding tendency with vitamin C will prevent strokes or other serious health outcomes, Hujoei stresses. However, the results do suggest that vitamin C recommendations designed primarily to protect against scurvy, a deadly disease caused by extremely low vitamin C levels, are too low and that such a low vitamin C intake can lead to a bleeding tendency, which should not be treated with dental floss.

Consequently, Hujoei does recommend people attempt to keep an eye on their vitamin C intake through the incorporation of non-processed foods such as kale, peppers, or kiwis into your diet, and if you can't find palatable foods rich in vitamin C to consider a supplement of about 100 to 200 milligrams



a day.

If someone is on a specialised diet, such as a paleo diet, it's important that they take a look at their vitamin C intake, Hujoei said. “Vitamin C-rich fruits such as kiwis or oranges are rich in sugar and thus typically eliminated from a low-carb diet.”

This avoidance may lead to a vitamin C intake that is too low and is associated with an increased bleeding tendency. People who exclusively eat lean meats and avoid offal, the vitamin-rich organ meats, may be at particularly high risk for a low vitamin C

intake. The association between gum bleeding and vitamin C levels was recognized more than 30 years ago. In fact, two studies co-authored by the former dean of the UW School of Dentistry Paul Robertson (published in 1986 and 1991) identified gum bleeding as a biological marker for vitamin C levels. However, this connection somehow got lost in dental conversations around bleeding gums.

“There was a time in the past when gingival bleeding was more generally considered to be a potential marker for a lack of vitamin

C. But over time, that's been drowned out or marginalized by this over-attention to treating the symptom of bleeding with brushing or flossing, rather than treating the cause,” Hujoei said.

Hujoei's literature review also determined that “retinal hemorrhaging and cerebral strokes are associated with increased gingival bleeding tendency, and that (vitamin C) supplementation reverses the retinal bleeding associated with low (vitamin C) plasma levels.”

So, missing the possible connection between gum bleeding and low levels of vitamin C has the potential to have serious health consequences. The study authors wrote, “A default prescription of oral hygiene and other periodontal interventions to ‘treat’ microvascular pathologies, even if partially effective in reversing gingival bleeding as suggested in this meta-analysis. So, missing the possible connection between gum bleeding and low levels of vitamin C has the potential to have serious health consequences.”

“A default prescription of oral hygiene and other periodontal interventions to ‘treat’ microvascular pathologies, even if partially effective in reversing gingival bleeding as suggested in this meta-analysis, is risky because it does not address any potential morbidity and mortality associated with the systemic microvascular-related pathologies,” they added.



Inter-Zonal District Level Kho Kho, Kabaddi & Volleyball Competitions for Under 17 Boys conclude at B'la

BARAMULLA, AUG 25: The four-day long inter-zonal district level Kho Kho, Kabaddi, and Volleyball competitions for under 14 & 17 boys reached an exciting conclusion today at the GDC Ground Khawaja Bagh Baramulla. The event, organized by the Department of Youth Services & Sports District Baramulla, witnessed intense matches and showcased the exceptional sporting talents of young athletes from various zones.

In the Kho Kho competition, the final clash featured a gripping face-off between Zone Sopore and Zone Wagoora. After a thrilling match, it was Zone Wagoora that emerged victorious, displaying remarkable teamwork and skill.

The Volleyball competition's final match was a showdown between Zone Uri and Zone Baramulla. The players exhibited exemplary sportsmanship and determination throughout the match. Eventually, it was Zone Uri that secured the victory, capturing



the championship title.

The Kabaddi final was a battle between Zone Dangerpora and Zone Sopore. The high-energy match saw intense moments and

incredible athleticism. Ultimately, Zone Dangerpora clinched the victory, establishing their dominance in the Kabaddi category.

The winning and runner-up

teams from each category were recognized for their exceptional performances. Certificates and trophies were awarded to commemorate their achievements.

Neymar & Co could be set for Indian odyssey

BENGALURU, AUG 25: A few years ago, stars of this stature, not so far removed from their prime, playing matches of consequence in India would have been unthinkable. But when Mumbai City FC line up for their home AFC Champions League group game against Al Hilal SFC, their opponents may include the likes of Neymar, Kalidou Koulibaly, Ruben Neves, Serge Milinkovic-Savic and Aleksander Mitrovic.

Apart from Al Hilal, Mumbai City FC also drew Iran's FC Nassaji Mazandaran and Uzbekistan's PFC Navbahor Namangan in the 2023-24 AFC Champions League draw held on Thursday. But even before the ceremony, all the chatter was about whether Mumbai would come up against one of the four Saudi teams in fray — the others included Cristiano Ronaldo's Al

Nassr and Karim Benzema's Al Ittihad. "It's an exciting draw, and a very difficult one," said Mumbai City coach Des Buckingham. "It would have been difficult regardless of who we pulled out of the draw. Our target would be to go and play the kind of football that we want to play, that we can play, that we did last year. We got three results in six games. We'll be representing our club and our region but more importantly, we'll be representing Indian football."

While the mass exodus of stars from European top-flight to Saudi Arabia's oil-money-fueled clubs have been subject to much criticism from Western media, it nevertheless brings a great deal of spotlight on Asian football. And for India, it means an opportunity to rub shoulders with some of football's biggest names.



That opportunity might be a temporary thing though, with the AFC restructuring the Champions League format from 2024-25. The top tier in Asian Football will be the AFC Champions League Elite, which will comprise 24 clubs. India does not have a slot allocated for this event. The second rung will be the AFC Champions League 2. The ISL champions will qualify for the group stages of this tournament while the Federation Cup winners will make it to the play-off. There is a chance to come up against a Ronaldo or a Neymar — one Saudi club will qualify for this tournament — but it will not be as pronounced as it is now. It will take sustained good performances by Indian clubs in this tournament to recapture their spot in the top flight.

Thursday also saw the draw for the AFC Cup take place, with Mohun Bagan and Odisha FC finding themselves in the same group, alongside Bangladeshi side Bashundhara Kings and Maldives outfit Maziya.

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