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Chandrayaan-3 Landing Site Shall be Known as Shiv Shakti Point : PM Narendra Modi

■ HT News Network

BENGALURU, AUG 26: Conforming to a christening tradition, Chandrayaan 3's landing point on the Moon will be named "Shiv Shakti Point," a convergence of welfare and strength, Prime Minister Narendra Modi announced on Saturday.

Modi flew down to Bengaluru this morning from the Greek capital of Athens to interact with ISRO scientists on the successful lunar mission and announced the decision to name the spot where the lander 'Vikram' touched down as "Shiv Shakti point."

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Huge Increase In Foreign Tourist Arrivals In J&K: Tourism Secretary

■ HT News Network

SRINAGAR, AUG 26: Stating that the last year was historic with regard to the tourism influx in J&K, Tourism Secretary Syed Abid Rashid Shah Saturday said that the UT is bypassing last year's tourist arrival number by leaps and bounds. He stated that the government is expecting record breaking tourist numbers this year.

Talking to reporters on the sidelines of a function—Jashn-e-Adab—Cultural Karavaan here, the Tourism Secretary said that Tourism is flourishing on all fronts in J&K. "We are bypassing last year's tourist influx this year by leaps and bounds. As and when demand grows, infrastructure will also get streamlined and new infrastructure will come accordingly," he said, adding that there is a huge spurt in the foreign tourist

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NEWS BRIEF

Security forces bust terror modules" in Bandipora; one held

SRINAGAR, AUG 26: Security forces busted a terror module when they successfully arrested a "Hybrid terrorist" in Jammu and Kashmir's Bandipora district, police said on Saturday.

Police, along with 26 Assam Rifles and 3rd BN CRPF, busted a terror module in North Kashmir's Bandipora and successfully foiled the nefarious designs of Pak-based terror handlers in reviving the terrorists in the district.

Police said on August 25, based on specific input generated by J&K police about the movement of a hybrid terrorist, a checkpoint was

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Govt Employee Chargesheeted For Duping A Man In Jammu

JAMMU, AUG 26: The Crime Branch of Jammu and Kashmir Police on Saturday filed a chargesheet against a government employee here for allegedly duping a man of Rs 3 lakhs on the pretext of arranging a job for his wife, an official said.

The 123-page chargesheet was filed against the accused Fayaz Ahmad Bhat, a resident of central Kashmir's Budgam district, in the court of law for judicial determination after allegations of cheating were proved during the

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Man Detained Under PSA In Reasi

JAMMU, AUG 26: A 25-year-old man was detained under the stringent Public Safety Act and lodged at a jail in Reasi district of Jammu and Kashmir on Saturday, police said.

Mukhtiyar Ahmad (25), a resident of Chassana, is named in nearly a dozen cases registered at various police stations in Reasi, Udhampur and Himachal Pradesh between 2017 and 2023, mostly related to thefts and liquor smuggling.

"Besides indulging in criminal activities, he was found motivating the local youth and therefore, it became imperative to book him under the stringent law to save the younger generation," a police spokesman said.

He said the step was taken on the directions of Senior

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CRPF inducts WHAP vehicle to boosts its operational capabilities in Kashmir

■ HT News Network

SRINAGAR, AUG 26: Central Reserve Police Force (CRPF) has become the first force in the country to induct the "Wheeled Armoured Amphibious Platform" (WHAP) vehicle to enhance its operational capabilities in the Kashmir valley.

The highly technology

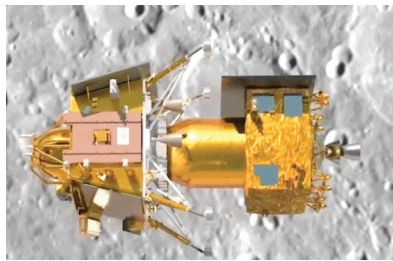
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Chandrayaan-3 : 3 Mission objectives achieved

■ HT News Network

CHENNAI, AUG 26: ISRO on Saturday evening said the third Lunar Mission Chandrayaan-3 achieved three mission objectives.



In a social media post, ISRO said "of the 3 mission objectives, Demonstration of a Safe and Soft Landing on the Lunar Surface is accomplished" "Demonstration of Rover roving on the moon is accomplished", it said.

"Conducting in-situ scientific experiments is underway. All payloads are performing normally", ISRO added. Meanwhile, ISRO also released a

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Lack of manpower hits Psychiatric Hospital Srinagar, Authorities curtail multiple services

■ HT News Network

SRINAGAR, AUG 26: Due to a shortage of manpower and lack of response from higher authorities Government Psychiatric Diseases Hospital Srinagar has decided to stop the de-addiction IPD services at Community General Hospital Unit, SMHS Complex (DDC).

Government Psychiatric Diseases Hospital Srinagar has said that services will remain stopped till the manpower crisis is resolved. Only severe cases requiring admission will be entertained at Government Psychiatric Disease Hospital Srinagar at Rainawari.

Government Psychiatric Diseases Hospital Srinagar as per the news agency Kashmir News Trust has called a meeting to take some measures in the interest of patient care as the hospital is lacking manpower and

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Chhari Mubarak leaves for Darshan of Swami Amarnath in Kashmir Himalayas

■ HT News Network

SRINAGAR, AUG 26: Mahant Deependra Giri, the custodian of the Charri-Mubarak of Swami Amarnath, the holy mace of Lord Shiva, accompanied by a group of Sadhus, left in a bus from Dashnami Akhara Temple Srinagar for the cave shrine to conduct the final rituals of the yatra

amid tight security arrangements on Saturday.

"Chhari Mubarak, depicting one Lord Shiva and another Goddess Parvati, leaves for Pahalgam from Dashnami Akhara Temple, Srinagar, early on Saturday as per the age-old traditions, rituals accompanied by a group of Sadhus shouting "Bum

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saying, "The Russian moon mission, that was unsuccessful, cost Rs.16,000 crore, and our (Chandrayaan-3)

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Jammu Smart City's E-Mobility Project Bags India Smart Cities Awards Contest For 2022

■ HT News Network

JAMMU, AUG 26: The Jammu Smart City Limited's e-Mobility project, including the deployment of eAutos and eRickshaws, has secured the India Smart Cities Awards Contest for 2022, an official said on Saturday.

President Droupadi

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CS launches J&K Regular Departmental Action portal

Another milestone towards 'Brashtachar Mukht J&K'

■ HT News Network

SRINAGAR, AUG 26: In line with the stated objective of J&K Government to make J&K 'Corruption Free', the Chief Secretary, Dr. Arun Kumar Mehta today launched the J&K Regular Departmental Action (RDA) portal developed by the General Administration Department in collaboration with the Kashmir University for processing and monitoring of disciplinary proceedings initiated



against employees. The launch was attended by the Commis-

sioner Secretary, General Administration Department,

Sanjeev Verma along with

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3 LeT associates arrested, 6 grenade recovered

■ HT News Network

SRINAGAR, AUG 26: Security forces on Saturday arrested three militant associates of Lashker-e-Toiba (LeT) during separate operations and recovered grenades in Jammu Kashmir's Kupwara district.

Police said in a significant joint operation,



Jammu and Kashmir Police along with 28 Rashtriya Rifles (RR) apprehended two terrorist associates affiliated with the LeT in Kupwara.

The operation also led to the recovery of five hand grenades, of Pakistan and China origin, from the suspects.

Acting on credible information, Jammu and Kashmir Police and Army 28 RR launched an operation to intercept

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DC Srinagar visits Shahr-e-Khaas to assess the feasibility of establishing a Sunday market to create self-employment opportunities

Visits Bohri Kadal area to address public grievances

SRINAGAR AUG 26: In order to assess the feasibility to establish a Sunday market in Sekidafar-Eidgah corridor in Shahr-e-Khaas area of the District, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Saturday undertook an extensive tour of the various areas of the City.

The Deputy Commissioner was accompanied by Additional Deputy Commissioner Srinagar, Syed Ahmad Kataria, SP Traffic Tariq Ahmad, Chief Planning Officer, Mohammad Yas-een Lone, Secretary SMC, Mudasir Ahmad, Tehsildar Eidgah, Ishfaq Ahmad Khan and Officers of other concerned Departments.

On the occasion, the members of Shahr-e-Khaas Traders Association welcomed the DC and accompanied him to the area proposed by the Trade bod-

ies for setting up of Sunday Market near Eidgah. President Kashmir Chambers of Commerce and Industry Mr Javed Ahmed Tenga was also present during the tour and flagged various public issues of downtown area.

The Deputy Commissioner while inspecting the proposed site for establishment of Sunday Market along Sekidafar-Eidgah corridor passed several directions to the line Departments.

The DC asked the SMC authorities to take necessary measures for brush cutting, grill cleaning, sanitation and removal of debris from the designated site for the proposed Sunday Market. They were also asked to complete the macadamization of Ganderpora-Eidgah by-lane, besides addressing drainage related issues in the area.

Similarly, the DC asked the



Officers of R&B Department to carry out the macadamization related works along the pro-

posed Sunday Market area. They were also asked to ensure early completion of the under construction gateway to historic Eidgah near Sekidafar Chowk.

The DC further asked the R&B authorities to expedite the works for laying tiles on pathways along Sekidafar-Aali Masjid.

The Tehsildar Eidgah was asked to monitor the cleanliness measures and removal of waste from footpaths along the Eidgah near Sekidafar Chowk.

On the occasion, the DC said the idea of opening Sunday Market in Shahr-e-Khaas is under consideration in light of generating employment opportunities to local youth and simultaneously a market to the local population at their convenience.

Later, the DC also visited Bohri Kadal and other adjacent areas in Shahr-e-Khaas in Sri-

nagar District.

On the occasion, delegations of Shahr-e-Khaas Traders Association and local citizens apprised the DC about the developmental concerns of the area. They also put forth demands with regard to establishment of a Fire Station in the locality.

Responding to the public demands, the DC asked the Fire & Emergency officials to explore the possibility of establishing a Fire Station on a vacant land in the densely populated area of the Shahr-e-Khaas in order to enhance safety measures to avoid any untoward fire incident.

After giving patient hearing to the public demands, the DC issued on the spot direction to the Officers of line Departments for immediate action to fulfil the public demands.

Army and SM Foundation Empowers People with Disabilities in Kupwara

KUPWARA, AUG 26: Spark Minda Foundation, the CSR arm of India's leading automotive component manufacturer, Spark Minda, organized 'Empowerment of People with Disabilities Camp' in Zangli Garrison of North Kashmir's Kupwara on Saturday.

Underlining the power of collaboration, Mrs Sarika Minda, Chairperson, Spark Minda Foundation thanked the Indian Army for their continued partnership, expanding their reach to more people with disabilities (PwDs). She said, "Our fifth year of collaboration with the Army has amplified the impact on the lives of PwDs in the union territory. The growing positive response fuels our commitment to empowering more PwDs towards realizing their full potential."

With the vision of fostering equal growth and development, the camp extended multifaceted support to PwDs. This includes distributing assistive devices like Artificial Limbs, Calipers, Crutches, and Hearing Aids, along with the pivotal facilitation of UDID registration, echoing empowerment and inclusivity.

Addressing the audience, Major General Girish Kalia, General Officer Commanding Vajr Division said, "The collaboration of the Indian Army with Spark Minda Foundation is able to improve and sustain many lives in the valley. I would like to thank the people who participated in the camp. I also would like to compliment Spark Minda for their noble initiative."

This is the second successive camp organized by the Foundation in Kupwara and the third overall in Jammu and Kashmir. Spark Minda and the Indian Army hosted the first camp for PwDs in 2018 in Barmulla, Uri.

In Kupwara a team of 20 members from Spark Minda Foundation along with the volunteers of the Indian Army executed the camp.

The Foundation was honored with the prestigious National CSR Award in 2019 conferred by the President of India and the Finance Minister of India.

3-day Cultural Kaarvaan-Virasat 2023 begins at Tagore Hall

Cultural fest will celebrate rich heritage of Hindustani Literature, Art, and Culture

SRINAGAR, AUG 26: A three-day Cultural Kaarvaan-Virasat 2023 was inaugurated today at Tagore Hall here. The event is being organized by Jashn-e-Adab in collaboration with the Ministry of Culture, Government of India.

This cultural spectacle aims to encapsulate the essence of the profound heritage enshrined within Hindustani literature, art, and culture.

Over the course of the next three days, attendees will be treated to an array of captivating events, including engaging conversational sessions, the rhythmic harmony of Kavi Sammelan, and the soul-stirring verses of Mushaira, brought to life by eminent poets hailing from every corner of the nation.

In his address, the revered Padma Shri Prof Ashok Chakradhar, an illustrious poet and author, underscored the enduring pow-



er of language that springs forth from the depths of human hearts. He eloquently expressed that when poetry thrives, language

thrives, and in its absence, language languishes into oblivion, a slow and natural demise. Secretary Culture & Tourism,

Syed Abid Rashid Shah, echoed this sentiment, emphasizing the paramount responsibility entrusted upon the shoulders of the youth to

safeguard the flame of cultural legacy. He articulated that the tapestry of art and literature mirrors the zeitgeist of its era. Should people falter to evolve with changing times, the very fabric of language and literature may inevitably fray, he added.

Urdu Poet and Founder of Jashn-e-Adab Foundation, Kunwar Ranjeet Chauhan, hailed the eternal vibrancy of Hindustani art, culture, and literature. He extolled the therapeutic balm that these artistic expressions offer in the midst of today's frenetic world.

The digital age, he affirmed, has ushered in a renewed interest among the youth to explore the riches of Hindi and Urdu, effectively bridging the gap between timeless art and modern platforms. This resurgent fascination is propelling Hindustani art towards mainstream prominence.

Schoolgirl had a narrow escape while enjoying a ride on the 'Ferris Wheel' at Mansbal park

GANDERBAL, AUG 26: A schoolgirl had a narrow escape while enjoying a ride on the 'Ferris Wheel' at a circus in picturesque Mansbal Park here in Central Kashmir's Ganderbal district. A purported video that is viral shows a little girl hanging in the air holding the grip of an iron rod during the rotation of the 'Ferris Wheel'.

Luckily, the girl escaped unhurt. Locals alleged that some 'non-professional workers have been managing the affairs of the amusement facility at Mansbal Park that Wullar Manasbal Development Authority has outsourced to a private

individual who hails from Gulshan Nagar Nowgam area of Srinagar outskirts.

Many witnesses told the news agency Kashmir News Trust that the workers tried to speed up the swing and in the process, the girl lost her balance and hung in the air. They alleged that some equipment is faulty as a result little children are always at risk.

The allotment copy duly signed by the Executive Engineer Wullar Mansbal Development Authority clearly mentions that the amusement equipment must be of good quality and in good condition for

the safety and security of the general public, any laxity in this regard shall not be tolerated. The agency shall take all necessary measures for the safety and security of the people while using the amusement equipment.

Secretary to Tourism Jammu and Kashmir, Syed Abid Rasheed Shah in response to the incident said that it is totally unacceptable. "Having this looked into immediately by the district administration and all relevant tourism authorities, necessary action for delinquency will be initiated immediately," he wrote on 'X' platform.

DC Kulgam felicitates JKAS Qualifiers of the district

KULGAM, AUG 26: In a momentous event that signifies the dedication and hard work put in by the brightest minds who got recently selected as JKAS Officers, District Administration Kulgam today organized an Interaction-cum-Felicitatation ceremony for these newly selected officers of Kulgam District at mini-secretariat Kulgam. On the occasion, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat and other officers interacted with the selected candidates who shared their experience about qualifying the prestigious Civil Services Examination.

The DC congratulated these JKAS selected candidates once again and expressed hope that their success would motivate others to aim high and achieve their goals.

The candidates who met the DC include Shajaad Farooq (Rank 12), Zeeshan Ilyas (Rank 14), Rahil Amin (Rank 17), Dr. Masroor Gayas (Rank 49), Arif Hussain Laway (50) and M. Sufder Bhat (Rank 190).

Pertinent to mention that District Administration has put in place concerted efforts to create a conducive atmosphere to facilitate aspiring students to prepare for their exams and has already established a Civil Services Library at Kulgam.

Moreover under District Capex, four more libraries will come up at D.K. Marg, DIET Kulgam, Mohammad Pora and Tarigam so the aspiring candidates can get best facilities to prepare for civil services and other professional exams.

Digital week celebrations to commence from August 31 at Pulwama

PULWAMA, AUG 26: The Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today chaired a meeting of officers to discuss the modalities and preparations for the celebration of Digital Week from 31st of August to 6th of September 2023 in the district.

During the meeting, the DC reiterated that the Digital programme has been launched with the aim to ensure digital access, digital delivery of services and digital inclusion of all. He said that the purpose of the Digital week is to empower citizens by

enhancing digital literacy at all levels and educating people regarding various IT initiatives of the Govt.

Dr. Basharat laid out plans for the celebration of Digital Week, during which it was announced that the departments would offer online services by setting up booths for the convenience of the general public and organize literacy and awareness campaigns across the district to inform residents about the various government programmes and services offered online so they could benefit from all of these community-focused initiatives.

While discussing the modalities regarding celebration of digital week, it was given out that the main event at District level Mela will be held from 31st of August to 6th of September 2023, at Town Hall Pulwama where all departments will provide online services and will install stalls for the ease of general public and similar events on digital literacy will be held in Govt. degree colleges, ITIs, Polytechnic institutions, police stations, Treasuries and sub treasuries and in all Schools across the district.

At the Tehsil, Block and panchayat

level, Digital melas will be organised by concerned Tehsildar, BDO and Panchayat Secretaries respectively. All the departments were directed to prepare hoardings/banners regarding the online services pertaining to their departments besides deploying one dedicated Computer Operator along with Laptop for providing online services and awareness regarding online services of their department during the celebration of Digital Week mela. The DC further emphasized upon the concerned officers to involve elected representatives, PRLs, Stu-

dents and Field Functionaries for generating awareness on Online Service Delivery during the digital week.

All the sectoral heads were placed on instructions to report the number of services provided and the public attended on a daily basis to ACR Pulwama for further submission to the IT department. The meeting was attended by Additional District Development Commissioner Pulwama, SSP Pulwama, ADC Pulwama/Awanti-pora/Tral, ACR Pulwama, CAO Pulwama and CMO Pulwama besides other district and sectoral officers.

EDITORIAL

New Education Policy : Transforming Educational Landscape of J&K

In the context of Jammu and Kashmir, a region marked by its unique cultural diversity and a history of political instability, the role of education becomes even more crucial. The recent implementation of India's New Education Policy (NEP) promises to bring about significant changes to Kashmir's educational landscape. This editorial will delve into the key provisions of the NEP and discuss how they are poised to revolutionize education in the region. To support our analysis, we will draw upon relevant statistics and data, providing a comprehensive overview of the potential impact of the NEP on Kashmir's education sector.

The NEP, approved by the Indian government in July 2020, is a comprehensive reform aimed at revitalizing the country's education system. One of its primary objectives is to ensure quality education, equitably accessible to all. To achieve this goal, the policy introduces several key reforms that will have far-reaching implications for Kashmir's educational landscape with inevitable challenges and opportunities that come along.

While the NEP offers a promising framework for the transformation of Kashmir's educational landscape, it is essential to acknowledge the challenges that lie ahead. The region's unique geopolitical situation and historical conflict have often disrupted educational activities. Additionally, infrastructure deficits in remote areas pose barriers to effective implementation. According to the DISE data, 18% of primary schools in Jammu and Kashmir lacked drinking water facilities, and 16% lacked separate toilets for girls in 2019-20. These issues must be addressed to ensure the successful execution of NEP initiatives.

Moreover, the linguistic and cultural diversity of the region needs to be accommodated within the NEP's framework. Jammu and Kashmir is home to multiple languages and cultures, and it is vital to preserve and promote this rich heritage while aligning with national educational standards.

The NEP's success also depends on effective collaboration between the central and local administrations. It requires adequate funding and resource allocation, as well as coordination among various government agencies and stakeholders.

Potential Impact on Kashmir's Educational Landscape is improved literacy rates, enhanced access to higher education, skills development and employability, empowering teachers and preservation of cultural heritage.

The implementation of India's New Education Policy (NEP) in Jammu and Kashmir holds immense potential to transform the region's educational landscape. By focusing on early childhood education, universalization of school education, curricular reforms, teacher training, and higher education expansion, the NEP addresses many of the challenges faced by the region. However, success will depend on overcoming infrastructure deficits, accommodating linguistic and cultural diversity, and ensuring effective collaboration between central and local administrations.

The statistics and data mentioned above highlight the existing gaps in the education sector in Jammu and Kashmir and suggest that the NEP's provisions are well-aligned with the region's needs. If implemented effectively and with sensitivity to local context, the NEP has the power to not only improve educational outcomes but also contribute to the socio-economic development and cultural preservation of this historically significant and diverse region.

Allama Iqbal's Shaheen: A Symbol of Aspiration and Inspiration



■ Aubaid Ahmad Akhooon

Allama Iqbalis the poet of the East. Not only a professor, but also a philosopher, advocate, poet, and politician, his contributions were vast and diverse. Through his profound insights, he authored numerous influential books in Urdu, English, and Persian, solidifying his authority in various languages. His impact transcends time, serving as an unwavering source of inspiration for millions worldwide. Allama Iqbal's teachings encouraged individuals to embrace progress, freedom, happiness, and self-respect, resonating across cultures and continents. His verses have woven into the very fabric of education, discussed passionately within schools, colleges, universities, and even the peaceful corners of mosques. His poetic expressions often reflect themes of remembrance for Islam's past glories, an earnest lamentation for its current decline, and an earnest call to unite and enact reform, echoing with a timeless urgency that continues to shape generations. was a visionary philosopher, poet, and thinker whose poetry ignited the flames of self-discovery and empowerment among Muslims in the Indian subcontinent during a crucial period in history. His verses carried profound metaphors and messages, among which the Shaheen (falcon) stood as a symbol of strength, aspiration, and the relentless pursuit of higher ideals. Given below are some of the prominent messages squeezed from the amazing writings of the poet of the East with special reference to Shaheen:

The Metaphor of Shaheen

The symbol of the "Shaheen" (eagle) in Allama Iqbal's poetry is a powerful representation of his ideals. The shaheen embodies the spirit of freedom, ambition, and self-soaring aspiration. Iqbal employed this majestic bird to epitomize the Individual's journey towards self-realization and the pursuit of lofty goals. Just as the shaheen soars high, defying limitations, Iqbal urged humanity to transcend mediocrity, break free from constraints, and embrace its inherent potential. The shaheen symbolizes not only the resilience of the self but also the collective yearning of a nation to rise, awaken, and contribute to a brighter future. The following couplets reflect Iqbal's emphasis on self-elevation, aspiration, and the pursuit of higher ideals, using the "shaheen" symbol to convey his message of transcendence and self-discovery.

*"Shaheen se bhi zyada uchayon mein
udne ki azadi,*

*Haasil hai us insaan ko jo imaandaar hai khud se."
"Shaheen Kabhi parwaz se thak kar nahin girta,
Par dum hai agar tu, toh nahin khatra-e-iftaad."*

Inquisitiveness and Curiosity: Iqbal values curiosity, symbolized by the Shaheen's sharp vision and vigilance. He believes that individuals should possess inquisitiveness, as it enables them to explore the mysteries of the universe and acquire knowledge.

The Call for Freedom: Freedom, both personal and intellectual, is a recurring theme in Iqbal's poetry. He appreciates the Shaheen's freedom and connects it to human freedom, urging individuals, particularly the Muslim youth, to break free from mental slavery and pursue their destinies with vigor.

A Quest for Higher Aims: The Shaheen's lofty flight symbolizes the pursuit of noble goals. Iqbal encourages individuals to adopt this quest for higher aims, striving to reach beyond their limits and make a meaningful impact on the world.

The Power of Detachment: Iqbal emphasizes the importance of choosing one's companions wisely. The Shaheen avoids the company of pigeons and crows, symbolizing the need to surround oneself with those who elevate one's character and ambitions rather than lead them astray.

Rejecting Superficial Comforts: Iqbal often criticized the notion of building nests, symbolizing a rejection of superficial comforts. The Shaheen does not seek the security of a nest but instead chooses the ruggedness of mountains and cliffs. This characteristic encourages individuals to resist the allure of comfort and strive for higher purposes.

Contentment and Independence: In Iqbal's verses, the Shaheen embodies contentment and independence. It is a bird that thrives on the bare necessities of life and does not succumb to the temptations of materialistic pleasures. The poet admonishes against becoming like pigeons or crows, easily enticed by worldly desires.

Service to Country: Allama Iqbal believed that serving one's country was a sacred duty. He emphasized the importance of individuals actively participating in the progress and development of their nation. He saw service to the country as a way to fulfill one's responsibilities and contribute to the collective growth and welfare of society.

Service to Humanity: For Iqbal, service to humanity was a higher calling that transcended national boundaries. He envisioned a world where individuals worked together to alleviate human suffering and promote justice and compassion. He believed that helping others and working for the betterment of society were integral aspects of a meaningful and purposeful life.

Search for the Creator: Allama Iqbal encouraged individuals to engage in a personal quest to discover and connect with the Creator. He believed that understanding one's relationship with the divine was essen-



tial for leading a fulfilling and spiritually enriched life. He urged people to explore their inner selves and seek a deeper understanding of their purpose in the context of the universe.

Self-Realization: Iqbal stressed the importance of self-realization as a means to unlock one's true potential. He believed that individuals should strive to understand their strengths, weaknesses, and unique qualities. Through self-reflection and introspection, people could work towards personal growth and contribute more effectively to the world around them.

Quran is the Best Guide for Humanity: Allama Iqbal regarded the Quran as an eternal source of guidance for humanity. He believed that the Quran's teachings encompassed a comprehensive framework for living a just, ethical, and harmonious life. He emphasized the need for individuals to deeply engage with the Quran's wisdom and derive insights that could shape their actions and attitudes.

Gain Education: Education held a special place in Iqbal's philosophy. He believed that gaining knowledge was vital for individual and societal progress. Education empowered people to think critically, embrace innovation, and contribute meaningfully to their communities. Iqbal advocated for a holistic education that combined spiritual and intellectual growth.

Remember Your Glorious Past: Allama Iqbal urged people to connect with their rich historical and cultural heritage. He believed that acknowledging and learning from the past was essential for charting a successful future. By remembering the achievements and lessons of their ancestors, individuals could draw inspiration and insight to overcome challenges and shape their destiny.

To conclude, Allama Iqbal's message to the world encapsulates the imperative of self-discovery, service to humanity, and the pursuit of knowledge. He beckons individuals to rekindle their connection with faith, realize their potential, and contribute to a just, compassionate, and enlightened global community, guided by the eternal wisdom of the Quran.

In the rich tapestry of poetic expression, metaphors stand as beacons of creativity and insight, illuminating the depths of human thought and emotion. A metaphor is a literary device that transcends the boundaries of the ordinary by drawing striking comparisons between seemingly unrelated entities. Within the realm of Urdu and Persian poetry, the metaphorical brilliance of Allama Iqbal, often hailed as Mufakkir-e-Pakistan (The Thinker of Pakistan), shines resplendently. Among his many metaphorical creations, none is as powerful and enduring as the "Shaheen" or falcon.

The Essence of Metaphor in Poetry

Metaphors are the artistic brushstrokes that transform the canvas of words into a vivid tapestry of imagery and meaning. They allow poets to convey complex ideas, emotions, and concepts by likening them to more familiar or tangible objects. In poetry, metaphors evoke powerful sensations, stimulate the imagination, and invite readers to explore deeper layers of understanding.

Dr. Yusuf Khan writes, "Iqbal's conscience and emotions are stirred most profoundly by poetry. It's the manifestation of 'power' that drives him, which is why he prefers eagles and falcons over nightingales and moons as metaphors."

Allama Iqbal's preference for the symbol of the falcon (Shaheen) is explained in a letter attributed to Zafar Ahmed Siddiqi, where he writes, "The analogy of the falcon is not just a poetic comparison; in this bird, one finds all the qualities of Islamic asceticism. It is self-reliant and fiercely protective, falcon never feeds on prey that has been hunted by someone else's hands. It is indifferent to building a nest, aiming for great heights, and it is solitary and sharp-sighted."

According to Iqbal, the above mentioned same qualities are found in a faithful man. He desires to see these same qualities in the youth as well. Apart from the falcon, no other bird can serve as a role model for the youth in this way. In Urdu poetry, no poet has portrayed the falcon from this perspective

One of the most iconic couplets that encapsulate the essence of the Shaheen reads: "Tu Shaheen Hai, Parwaz Hai Kaam Tera, Tere Aage Asmaan Aur Bhi Hain" (You are a falcon; Flight is your vocation: You have other skies

stretching out before you). These lines are a testament to Iqbal's ability to distill profound wisdom into succinct verses. The metaphor of the falcon embodies the idea that every individual possesses the potential to rise above mediocrity and achieve greatness.

Iqbal's poetry beautifully contrasts the falcon's unbounded ambition with the limitations of other birds. He writes, "Parwaz Hai Dono Ki Issi Aik Fiza Mein, Kargas Ka Jahan Aur Hai, Shaheen Ka Jahan Aur" (The vulture and the falcon soar in the same air, but in worlds apart). Through this analogy, Iqbal underscores that while some may settle for a mundane existence, the Shaheen aspires for grandeur.

Furthermore, Iqbal's verses depict the arduous path to greatness. He pens, "Qana'at Na Kar Alam-e-Rang-o-Bu Par Chaman Aur Bhi, Ashiyan Aur Bhi Hain" (Do not be content with the world of color and smell; other gardens there are, other nests too). Iqbal urges individuals to surpass the ordinary and venture into uncharted territories, reminding us that there is always more to explore, learn, and achieve. Iqbal is emphasizing the idea that there is more to the world than what meets the eye. He suggests that beyond the ordinary world with its colors and fragrances, there exist additional realms of existence, both metaphorically and perhaps even spiritually.

Iqbal's portrayal of the Shaheen resonates with his broader philosophy of self-realization. He encourages individuals to rise above their circumstances, embrace their inherent potential, and strive for excellence. The Shaheen, in Iqbal's poetry, becomes a symbol of unbounded aspiration, the pursuit of knowledge, and the quest for spiritual enlightenment. Just as the falcon defies its limitations to soar to greater heights, Iqbal invites us to overcome obstacles and realize our fullest potential.

In the poem "Shaheen" bal-e-Jibril," Allama Iqbal presents the (Shaheen) falcon in the following way:

*Khayabanion Se Hai Parhaiz Lazim
Adeen hain In ki Bohat Dilbarana
Hawa-e Bayaan Se Hoti Hain Kari
Jawaan Mard Ki Zarbat –e GhaziYanaHamaam o
kabotar ka bhoka
nahi main
KeHai Zindagi Baaz ki Zaahidana
Jhapna, Palna, PalKar Jhapna
LahooGaram Rakhne Ka Hai
Ek Bahaana
YePoorab, YePacham, Chakaron Ki Dunia Mera
Neelgun Aasmaan Baikarana
Prindon Ki Dunya Ka Darvesh
Hoon Main
Ke Shaheen Banata nahi
aashiya na*

Translation

*One must shun the garden dwellers
They have such seductive charms!
The wind of the desert is what gives
The stroke of the brave youth fighting in battle its
effect
I am not hungry for pigeon or dove
For renunciation is the mark of an eagle's life
To swoop, withdraw and swoop again
Is only a pretext to keep up the heat of the blood
East and West these belongs to the world of the
pheasant,
The blue sky... vast, boundless ...is mine*

Allama Iqbal presents the concept of the "Shaheen" (falcon) as a symbol of strength, independence, and spiritual elevation. The central thesis of this poem revolves around the idea that the Shaheen represents a lofty and free-spirited individual who is detached from the ordinary desires of life and is instead focused on a higher purpose, which is often associated with spiritual and intellectual pursuits.falcon's ability to swoop, turn, and swoop again symbolizes its unwavering determination. It keeps the blood warm with the passion for adventure.

Iqbal contrasts the Shaheen with "garden dwellers" and "pigeon or dove," symbolizing those who are content with a mundane and comfortable existence. The Shaheen, on the other hand, is depicted as someone who seeks challenges, is unbound by geographical or worldly limitations ("East and West"), and embraces the vastness of the universe as their own.

The poem encourages readers to aspire to the qualities of the Shaheen, emphasizing the importance of courage, perseverance, and the pursuit of higher ideals. It serves as a call to break free from the constraints of a conventional life and soar to greater intellectual and spiritual heights. Ultimately, Iqbal's "Shaheen" symbolizes a spiritual and intellectual awakening and a yearning for a purposeful and transcendent life.

In conclusion, the Shaheen in Allama Iqbal's poetry is more than a mere bird; it is a representation of the human spirit's ceaseless journey towards self-discovery and growth. Through these verses, Iqbal inspires us to break free from the constraints that hold us back, encouraging us to emulate the Shaheen's audacity in our pursuit of excellence. As we read these lines, let us remember that, like the falcon, our potential knows no bounds, and our dreams can propel us to the highest realms of achievement.

Aubaid Ahmad Akhooon 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. akhooon.aubaid@gmail.com

PIB SRINAGAR ORGANIZES MEDIA WORKSHOP 'VARTALAP' AT KUPWARA

KUPWARA, AUG 26: To build a direct interface between the government and the journalists working at district and sub-district levels across Kashmir division, Press Information Bureau (PIB), Srinagar, Ministry of Information and Broadcasting, Government of India today organized Media Workshop "Vartalap" at the Conference Hall of Deputy Commissioner's Office, Kupwara.

The workshop was presided over by District Development Commissioner (DDC) Kupwara, Ayushi Sudan.

Addressing the gathering, the DDC thanked PIB Srinagar for organizing the workshop in district Kupwara. She said that journalists are also contributing to the development and progress of the society by acting as a bridge between the government and the public. She asserted that the relation between the government and the media should be an honest one as it is ultimately the public that is to be benefitted from it.

She further gave an overview of the working of the Kupwara district administration and said that in the times to come, the

district will see a lot of progress and development. She said that media has a role to play in taking the message of development to the people and it should always give the right information as sometimes irresponsible reporting can create a lot of problems.

Ayushi encouraged the media to provide feedback to the administration so that it helps in better governance. She said that media has a lot of power and media persons should use that power wisely and judiciously and make sure that the power is not misused.

In his welcome address, Deputy Director (Media and Communication) PIB Srinagar, Tariq Rather thanked district administration Kupwara for their support in organizing the workshop. He said, Vartalap is a two way communication and the purpose of the workshop is to reach out to media at far flung places. He added that the work of the government is greatly eased due to the efforts of the media as it acts like the eyes and ears of the government.

Rather said that journalists should make maximum use of the information provided by



the media units of the government as it will help them in

seeing the complete picture. He further said that besides disseminating information from

the government, PIB also takes

notice of news that is reported at the local and regional levels and conveys it to the higher authorities for redressal of grievances.

Mansoor Ahmad, Block Development Officer Kupwara gave an overview of the achievements of Rural Development Department (RDD) Kupwara. He said that RDD is the most vibrant face of the government and the various programmes of the government for development of the district are being implemented in full spirit. Dr. Mohd. Ramzan, Chief Medical Officer, Kupwara spoke about the achievements of health sector with special focus on PMJAY (Golden Cards) in the district.

Chief Education Officer Kupwara, Abdul Hameed Fani spoke in detail about the status of the implementation of NEP-2020 in the district. He said NEP-2020 aims to revolutionize the education sector in the entire country and bring it at par with the best educational setups in the world.

He added that student friendly curriculums are being developed under the policy and preference is being given to recognize the students' preferences and

interests and mould them in that particular direction.

Earlier in the programme, Media and Communication Officer PIB Srinagar Majid Mushtaq Pandit gave a detailed presentation about the working and mandate of various units of the Ministry of Information and Broadcasting based in the Union Territory of Jammu and Kashmir.

In his concluding remarks, Rather said that journalists should come forward with their genuine demands and seek help from the government for redressal of their problems.

The proceedings of the workshop were conducted by Rather, Iftikhar Naseem, District Information Officer Kupwara presented the Vote of Thanks. Sheikh Mudassir Amin, Media & Communications Officer, PIB Jammu and Amir Nausher, Media & Communications Officer, PIB Srinagar were also present during the media workshop.

The technical sessions were followed by interactive question-answer sessions in which journalists talked to the experts and cleared their doubts regarding various schemes and programmes.

District Fund Office Kupwara organizes Financial Literacy Camp

KUPWARA, AUG 26: The District Fund Office Kupwara today organized a Financial Literacy Camp at Kupwara.

The camp was presided over by Chief Accounts Officer, Mohammad Shafi Wani. Accounts Officer, Javid Ahmad Tantray was present on the occasion.



During the camp, experts from Finance Department provided threadbare awareness to the participants regarding functioning and working of various online applications operated by J&K Finance Department which include Janbhagidari portal, Treasury Net, BEAMS, JKPaySys, Proof App etc. Detailed training was imparted to the participants as how to access these platforms and take maximum benefit through these applications.

Chief Accounts Officer also spoke on the occasion and welcomed the participants for taking part in the awareness camp. He also highlighted the importance of online platforms offered by the Finance Department in easing out the pay and accounting work of the DDOs.

Dealing Assistants and officials from various Government offices of Kupwara district participated in the camp.

Provincial level (Inter-District) Chess competition held at Shopian

SHOPIAN, AUG 26: The District Youth Services & Sports Office Shopian today kick-started the Provincial level (Inter-District) competition of Chess for girls under All Age Groups at Shirmal Shopian.

The Inaugural function was attended by the Senior Superintendent of Police, Shopian, Tanushree Dutta as chief guest along with other police dignitaries including the Dy. Superintendent of Police (Headquarter), Javed Ahmad and Station House Officer Shopian.

SSP, Tanushree Dutta emphasised the role of sports especially in the youth to keep them away from the ill effects of drug abuse. The officer appreciated the role of the department in keeping the youth busy with sports activities and highlighting their hidden talents.

Earlier, the function started with the inaugural and welcome speech of the DYSSO Shopian, Pritam Singh Vashnavi.

The DYSSO Shopian highlighted the role of games in the overall development of personality in the student players.

DC reviews progress under PMAY-U at Kulgam

KULGAM, AUG 26: To review the implementation and progress under Pradhan Mantri Awas Yojana (PMAY)-Urban in the district, a meeting of the Officers of line departments was today held under the chairmanship of the Deputy Commissioner (DC) Kulgam Dr. Bilal-Mohi-Ud-Din-Bhat at mini-secretariat here.

At the outset, the DC took a detailed appraisal of the implementation of PMAY-Urban scheme in all the Municipal Committees of the district.

With regard to the target achieved under Beneficiary Led Individual House Construction (BLC) the meeting was informed that a total of 1265 houses were sanctioned under PMAY-U out of which 348 cases were curtailed and now there are a total of 917 sanctioned houses out of which 391 houses stand com-



pleted and 428 houses are under construction whereas 98 are non starters.

District Coordinator PMAY-U Kulgam, informed the chair that against the curtailed cases, 127 new cases were proposed for approval to the State Level Mon-

itoring Committee.

The chair was also informed that 90 beneficiaries were provided advance mobilization.

During the meeting, concerned apprised about release of installments to the verified beneficiaries and expenditure

made so-far under the scheme.

It was also informed that an amount of Rs 9.55 crore has been disbursed till date in the accounts of 853 beneficiaries after following due procedure and multi-level verification.

The DC directed the concerned

Officers to ensure that the scheme guidelines are followed in letter and spirit so that all genuine eligible beneficiaries are covered under the PMAY-U scheme in the district.

He impressed upon the field functionaries to follow the robust mechanism already put in place to ensure immediate verification and processing of cases at each stage of construction and consequent disbursement of payments to the verified beneficiaries under the scheme.

Dr Bilal also instructed the concerned to ensure completion of 179 houses within stipulated time which are already at Slab level.

Joint Director Planning, Zahid Sajad; Tehsil Dars of Kulgam, Yaripora, Frisal and Devsar, EOs, DSEO, District Coordinator PMAY (U) and other concerned officers attended the meeting.

Secretary Mining reviews progress of Mining sector in Kishtwar

KISHTWAR, AUG 26: Secretary, Mining, Dr. Rashmi Singh today chaired a meeting to review the progress of mining sector in the district. Deputy Commissioner Kishtwar Dr. Devansh Yadav; Director Geology and Mining O P Bhagat; ASP Kishtwar Rajinder Singh; Joint Director, Geology and Mining Department, H L

Langhe; ACR Kishtwar DMO Kishtwar as well as representatives from various HEP projects, Mineral Exploration and Consultancy Limited (MECL) besides Executive Engineer Jal Shakti among others were present in the meeting.

Director Technical, MECL, Pankaj Pandey; Manager Geology, Saroop Dhara; Director Geology and Mining Department Kashmir, Nissar Ahmed and other officers attended the meeting through video conferencing. During the meeting, Dr. Rashmi Singh took detailed appraisal of the Sapphire Mine Paddar encompassing five square kilometres area. Empha-

sizing the significance of technological advancement in mapping and survey works, the Secretary underscored the need for effective mapping and surveying of rest of area in the gem-rich region.

During the meeting, MECL representatives presented that 80 percent of the work of geological survey has been completed.

While deliberating on other issues of the department, the Secretary impressed upon the law enforcement agencies to keep vigil on illegal transportation of minerals and check transportation of minerals without e-challans.

Public Notice

I have lost my son's Death certificate as his date of death (DOD) is 25/03/1995 Now I am applying for the issuance of his Death certificate. If anybody have any objection in this regard He /She MAY Contact with police station kreeri within seven days from the publication of this notice after that no objection will be entertained

Name... **MOHAMMAD AFZAL LONE**
F/O **MOHAMMAD SULTAN LONE**
R/O ... **HARNOW KAWCHECK**
Distt .. **BARAMULLA**

Public Notice

I have lost my 8th pass certificate Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact with GOVT HIGH SCHOOL VIZER WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name... **NADIA NAZIR**
D/O. **NAZIR AHMAD**
R/O ... **VIZER WAGOORA**
Distt ... **BARAMULLA**

Government of Jammu & Kashmir Office of the Zonal Education Officer Hawal Srinagar

Subject: Engagement/Hiring of Helpers/ AAYAS under ECCE for the year 2023-24

Extension of Date

In view of poor response/submission of incomplete document other deficiencies observed in the already received applications with regard to applications invited for engagement / hiring of Helpers / AAYAS under Early Childhood Care & Education (ECCE) in various schools of this Zone vide this office Notice No: ZEO/H/2023-24/511 Dated: 13.07-2023, published in Rising Kashmir, Global Kashmir & The Daily Uqab on 14.07.2023, 1st extension thereof vide this office No: ZEO/H/2023/24/578 Dated: 02.08.2023, published in The daily Shahanshah, Headlines Today & Times of Ganderbal on 03.08.2023 & 2nd extension thereof vide this office No ZEO/H/2023-24/632 Dated: 19.08.2023, published in the Daily Kashmir Observer on 20.08.2023 and The Daily Uqab on 21.08.2023, the last date for submission of applications is further extended till 07.09.2023 upto 4.30 P.M in respect of below mentioned schools only. Other terms conditions shall remain the same as mentioned in the earlier Notice.

S.No	Name of the School	S.No	Name of the School	S.No	Name of the School
01	MS Sheeshbagh	02	GMS Kamangarpura	03	GMS Alamgiribazar
04	PS Dag Kadal	05	PS Umer Colony		

No: **ZEO/H/2023-24/643**
Dated: **26-08-2023**

Sd/- Zonal Education Officer
Hawal Srinagar

DIPK: 7832/23

اطلاع عام

میرے والد کا نام میرے سروس بک میں کلرک کی غلطی سے غلط اندازن ہوا ہے اور میری میٹرک سرٹیفکیٹ کا رول نمبر بھی سروس بک پر غلط اندازن ہوا ہے۔

میرا نام (علی محمد ملک) والد کا نام عبدالرحیم ملک ہے رجیم کے بجائے سروس بک پر رحمان لکھا گیا ہے اور میری میٹرک سرٹیفکیٹ کا رول نمبر 503492 کے بجائے 503495 کلرک کی غلطی کی وجہ سے سروس بک پر لکھا گیا ہے اب اسکی درست کرنا مطلوب ہے اس بارے میں اگر کسی کو بھی کوئی اعتراض ہے تو وہ ایک ہفتے کے اندر اندر اپنا اعتراض پیش کرے بعد معیاد گذرنے کے بعد کوئی بھی عذر یا اعتراض قابل قبول نہیں ہوگا۔

Ali Mohd Malik S/o Ab. Raheim Malik
R/o Tikker Teh & Distt Kupwara
Mob. No: 7006079984

JKJA organises one day orientation programme on 'Important Provisions of Juvenile Justice Act 2015, Rehabilitation of Children in conflict with Law

JAMMU, AUG 26: J&K Judicial Academy (JKJA) today organized one day orientation programme on 'Important Provisions of Juvenile Justice (Care and Protection of Children) Act, 2015 and Rehabilitation of Children in Conflict with Law' for Principal Magistrate/JJBs, officers of Social Welfare Department, members of Child Welfare Committees and Police officers of Jammu Province at JKJA here.

The programme was held under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, JKJA), Justice N. Kotiswar Singh, and guidance of Justice Sanjeev Kumar, Chairperson, Governing Committee JKJA, Justice Javed Iqbal Wani, Justice Rahul Bharti and Justice Moksha Kazmi, members of Governing Committee, JKJA.

The programme was inaugurated by Justice Rahul Bharti, Judge, High Court of J&K and Ladakh and member, Governing Committee, JKJA.

In his inaugural address, Jus-

tice Bharti deliberated in detail about Juvenile Justice (Care & Protection of Children) Act, 2015 with special reference to the constitutional vision and concept of Social Justice as well as issues related to juveniles. He stressed on the fact that officers of social welfare department, police department and the judicial system must be aimed at addressing the vulnerabilities of the children and ensuring their rehabilitation.

He observed that idea behind rehabilitation is that nobody is criminal by birth and everybody has a right to get a fair chance to mend his way and get reintegrated with society to lead a dignified life. He underlined the purpose of holding such training programmes to enhance the awareness level of judicial officers and other stakeholders, relating to the laws and to remove inhibitions as well as share best practices while applying the provisions thereof in the day-to-day work.

Director, JKJA, Y.P. Bourney,



in his welcome address gave an overview of the programme. He highlighted the salient fea-

tures as well as statutory changes made in the provisions of Juvenile Justice (Care & protec-

tion of Children) Act, 2015 and the underlying philosophy that children in conflict with law

need to be reformed and reintegrated into society.

He emphasized that a clear distinction has been made between children in conflict with law and children in need of care and protection. He remarked that prevention is always better than cure and there is a need to ensure that children do not turn to crime at all, in the first place and those who traverse the line. The Director said that Courts have been entrusted with special responsibility to deal with such cases with utmost care to ensure proper justice and rehabilitation of children in conflict with law.

In the first technical session of programme, Kikar Singh Parihar, former District and Sessions Judge, High Court of J&K deliberated in detail on background events that led to the enactment of Juvenile Justice (Care & protection of Children) Act, 2015 with special reference to powers, functions and responsibilities of Juvenile Justice Board, and about the procedure for enquiry adopted

by the Board and orders that may not be passed.

The resource person also discussed the roles of Child Welfare Committees, Child Welfare Police Officer and person in whose charge child in conflict with law is placed.

In the second technical session, Kikar Singh Parihar deliberated upon the provisions relating to children in need of care and protection, their rehabilitation, social integration and adoption. He also gave an in-depth details of legal provisions dealing with offences against children and punishment for it. He also discussed various provisions for children suffering from diseases requiring prolonged treatment or mentally ill or addicted to alcohol or other drugs.

Later, an interactive session was held during which all the participants deliberated and discussed the various aspects of subject topic and raised queries which were answered satisfactorily by the resource person.

Commissioner STD holds interactive session on implementation of GST at Kishtwar

KISHTWAR, AUG 26: 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; DC HQ State Taxes Ashima Sher; STO Kishtwar Manjeet 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 Sudhika 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 presentation 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.

Physics Wallah (PW) Announces 200 Crore Scholarships for Students in PWNSAT 2023 at their launch

A 1.5 crore cash reward will also be given to exceptional students in the 2023 PWNSAT

PW (Physics Wallah), a leading unicorn Ed-Tech company, that has played a pivotal role in democratizing education at scale in India has announced the launch of its PWNSAT 2023 (Physics Wallah National Scholarship cum Admission Test). The exam will be conducted in both offline and online mode and will be open to students of class 6 to 12, as well as droppers, who are aspiring to study for JEE or NEET.

This year, Physics Wallah is offering scholarships worth 200 crores to students who perform well in the PWNSAT exam. The exam will be held on October 1st, 8th, and 15th, 2023 in offline mode and students can give the exam from

1st October to 15th October in online mode. Registration for the exam can be done through the PW website, and app, or at the nearest offline PW center now until October 15th, 2023. The results of the exam will be announced on October 20th, 2023.

Students will also be able to study at Vidyapeeth centers from experienced faculty members through these scholarships. The Vidyapeeth Centers are located across the country and offer a comprehensive curriculum covering everything students need to learn for JEE/NEET, and Physics Wallah consistently delivers exceptional results.

Ankit Gupta, CEO Vidyapeeth

Offline, PW said, "The PWNSAT exam is our way of giving back to our robust student community and helping more students achieve their dreams of studying engineering or medicine. Last year, the PWNSAT exam was a huge success. The exam helped more than 1.1 lakh students and over 120 crores worth of scholarships were distributed. We believe that every student deserves access to quality education, regardless of their financial background."

This year, Physics Wallah is expecting even more students to participate in the PWNSAT exam. The organisation is confident that the PWNSAT exam will help more

students achieve their dreams of studying engineering or medicine.

About PW (Physics Wallah)

Physics Wallah (PW), a leading ed-tech player in India, is transforming the traditional approach to competitive exam coaching. As India's 101st unicorn, PW has successfully prepared students for a wide range of competitive exams, including GATE, UPSC, CDS, SSC, Railways, Banking, CTET, CAT, and CA. In addition to its exam preparation courses, PW has expanded its offerings to include post-graduate programs and PW Skills, which focuses on career development and upskilling. Students can choose from a variety of online

courses, both free and paid. Furthermore, PW extends its coaching services beyond the virtual realm by providing offline and hybrid coaching options through its 60 Vidyapeeth centres located throughout India. One of the key strengths of PW lies in its extensive educational content, which is available in nine different languages, including Hindi, English, Bengali, Marathi, Telugu, and Gujarati. PW has garnered a significant following, with over 31 million subscribers spread across 61 YouTube channels. Moreover, its mobile app has been downloaded more than 10 million times and boasts a 4.6 rating on the Google Play Store.

SDM reviews implementation of developmental projects, beneficiary oriented schemes in Banihal

RAMBAN, AUG 26: Sub Divisional Magistrate Banihal, Zaheer Abbas Bhat today convened a meeting to review the implementation of developmental projects being executed in the Sub Division under different sectors.

The meeting was attended by all Sub Divisional, Block and Tehsil level Officers and it discussed the status of projects undertaken by different departments with special focus on JJM, PMGSY, NABARD, HADP. The meeting also reviewed the implementation of PMEGP, PM Kisan Nidhi and Bankers Schemes, besides discussing activity plan for Digital Week.

Executive Engineer (R&B) PWD and PMGSY gave detailed previews of the ongoing schemes in the Sub division and they were advised to complete the projects within 2 months



and 1 month respectively. Likewise, Assistant Executive Engineer Jal Shakti & JPDC also pro-

vided physical and financial progress of schemes pertaining to their sectors. They were advised to com-

plete the projects within a period of 4 months. The meeting also laid special stress on the effective implementation of self-employment schemes offered by different departments like Horticulture, Sheep and Animal Husbandry, Agriculture, Fisheries, Social Welfare and ICDS. The SDM directed all these schemes more youth oriented and also run a robust IEC campaign so that the benefits of these schemes percolates to ground level.

The meeting also discussed the Activity plan for the digital week starting from 31st of August to 6th of September, 2023.

Meanwhile, it was conveyed that all departments shall initiate IEC Campaign to promote DIGI Mela-2023 under the tagline DIGITAL JK UNNAT JK.

SMVDSB staff imparted skill training at Govt Polytechnic Jammu

JAMMU, AUG 26: To augment and strengthen the skills of the employees of Shri Mata Vaishno Devi Shrine Board (SMVDSB) Katra, six day training programme was organised at Government Polytechnic College Jammu under the guidance of the Principal of the College Er Arun Bangotra.

On the valedictory day, certificates were presented to the trainees by Er Arun Bangotra, in presence of Er Sukhdeep Singh, HOD Civil Engineering Department; Er. Manjeet Singh, HOD Electrical Engineering Department; Er Akhil Kumar, Lecturer Electrical Engineering Department and Er. Sandeep Nimbalkar, Incharge CIIT.

During the training HOD Electrical briefed the employees about Generation, Transmission and Distribution of Electric power with fault analysis and their Protection.

Arun Sharma, the Workshop Instructor imparted hands-on training to the employees of SMVDSB on Solar Plant, wiring techniques etc.

Er. Himanshu Bakshi, Demonstrator, also gave a demonstration to the employees on repair of electric gadgets.

On the concluding day a visit was organised to Centre for Invention, Innovation, Incubation and Training (CIIT) Jammu to enable the trainee employees to gain first-hand experience of latest technologies, established at CIIT.

Er. Sandeep Nimbalkar briefed about the latest technologies, established at CIIT with the aim of up-skilling and enhancing employability of engineering students to latest trends by imparting skill training on latest technologies such as E-Vehicle, industrial processes, product verification and analysis, product life cycle, value engineering, digital & advanced manufacturing engineering.

The employees of the SMVDSB thanked the college administration for providing excellent training to enrich their knowledge.

Mission Director reviews functioning of POSHAN projects in Kathua and Samba districts

KATHUA, AUG 26: Mission Director, POSHAN J&K, Rubina Kousar today chaired a meeting of concerned officers to take first hand appraisal of the functioning of Kathua and Samba POSHAN projects here in the conference hall of DC Office Complex.

The Joint Director, Mission POSHAN, J&K Devinder Singh

Katoch besides CDPO Indu Jamwal & CDPO Neha Gupta also accompanied the Director.

At the outset, PO Mission POSHAN Kathua Dr Basharat Hussain and PO Mission POSHAN Samba Dr Subash Chander gave a brief profile of the respective districts through power point presen-

tations.

The Mission Director took a comprehensive review of physical and financial achievements achieved under PMMVY, Poshan tracker, Ladli Beti, SNP, ECCE, Geo tagging of AWCs, Honorarium and Rent and other schemes being implemented in the twin districts.

While reviewing the ongoing

recruitment process of Sanginis (AWWs)/Sahayikas (AWHs) for the Poshan projects of Districts of Kathua and Samba, the MD passed directions to the concerned to fill all leftout vacancies of Sanginis (AWWs) and Sahayikas (AWHs) at the earliest.

The Mission Director called upon CDPOs to monitor the

procurement of SNP besides directing POs of Kathua and Samba districts to hold camps on Breast Cancer awareness to sensitize women folks in coordination with the Health Department.

The CDPOs & Supervisors of Poshan Projects of both Kathua and Samba districts also attended the meeting.

BIRTH CONTROL

PILLS IMPAIR COMPLEX EMOTION RECOGNITION IN HEALTHY WOMEN: STUDY



Oral contraceptives, even if widely used, may leave unwanted and adverse health impacts in the long run. A recent study that featured in the journal *Frontiers in Neuroscience* suggested that women who use oral contraceptives are less able to recognize facial expressions of complex emotions. Titled *Oral Contraceptives Impair Complex Emotion Recognition in Healthy Women*, the study stated, “Despite the widespread use of oral contraceptives (OCs), remarkably little is known about the effects of OCs on emotion, cognition, and behaviour. However, coincidental findings suggest that OCs impair the ability to recognize others’ emotional expressions, which may have serious consequences in interpersonal contexts.”

To further investigate the effects of

oral contraceptives on emotion and recognition in women, the researchers tried to investigate whether women taking oral contraceptives were less accurate in the recognition of complex emotional expressions than women who were not using oral contraceptives.

For the purpose of the study, the team of researchers asked two groups of women to participate in an emotion-recognition task. The first group consisted of 42 healthy women who were on oral contraceptives, while the second group comprised of 53 healthy women who were not on the pill.

Alexander Lischke, a researcher in the Department of Physiological and Clinical Psychology/Psychotherapy at the University of Greifswald in Germany, and the senior author of the study explained, “If oral contraceptives

caused dramatic impairments in women’s emotion recognition [as hypothesized], We would have probably noticed this in our everyday interactions with our partners. We assumed that these impairments would be very subtle, indicating that we had to test women’s emotion recognition with a task that was sensitive enough to detect such impairments. We, thus, used a very challenging emotion recognition task that required the recognition of complex emotional expressions from the eye region of faces.” “Such emotional expressions included contempt and pride, which are more complex than the expressions of simpler emotions, such as fear or happiness”.

After analysis, it was found that even if both the groups were equally good at recognising easy expressions, the group

of people on oral contraceptives were less likely to identify difficult expressions correctly. On a more specific note, women who took the pill were 10 percent less accurate in their emotion recognition than women who did not take the pill.

As reported in *Medical News*, Lischke stated, “Cyclic variations of estrogen and progesterone levels are known to affect women’s emotion recognition and influence activity and connections in associated brain regions. Since oral contraceptives work by suppressing estrogen and progesterone levels, it makes sense that oral contraceptives also affect women’s emotion recognition. However, the exact mechanism underlying oral contraceptive-induced changes in women’s emotion recognition remains to be elucidated.”

HOW TO TAKE CARE OF YOUR MENTAL WELL-BEING DURING THE COVID-19 PANDEMIC

The novel coronavirus pandemic continues to sweep through the world, as more fresh cases are being reported. Health experts and officials are on alert, informing people of developments and preventive measures to ensure that the virus can be contained. However, there is also a need for a dialogue on the impact of this pandemic on our mental well-being as well.

Neha Anana, a Lucknow-based psychotherapist and psychologist says, “The pandemic is increasing stress and anxiety amongst people. The WHO has acknowledged the same. After the outbreak of coronavirus many people have started overanalyzing the situation and fretting about the uncertainty and survival of humans.”

Krishna Dutt, a clinical psychologist told *The Week* that those who are generally anxious are likely to have their mental well-being more impacted. “There is a trio you need to be at peace. This consists of work to do, someone you can confide in fully and a socially acceptable hobby which consists of some activity and makes you happy. If any of these three is missing, you become more prone to anxiety and quick but ill thought reactions to the situation.”

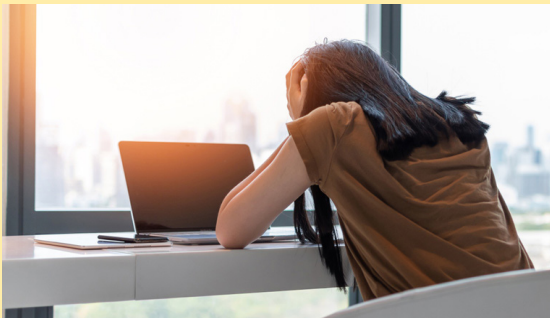
Anand says that those with existing mental health issues, such as Obsessive Compulsive Disorders are more prone to negative thoughts. “People who are already undergoing some kind of psychological or mental health issues are more vulnerable to Corona anxiety disorder since they might lack coping mechanism.”

Quarantine or selfisolation could be a precipitating factor for extreme anxiety.

“Fear of contamination leads to excessive hand wash. People suffering from OCD could wash their hands for more than 100 times and might take

around 15 minutes each time,” she says.

Psychological impacts include: self isolation, separation from family members and close ones, being overly or excessively concerned about hygiene, assumptions and uncertainty for future, survival anxiety, avoidance of people and public places, irritability and anger and sleeplessness.



Anand’s prescriptions for those pre-disposed to anxiety or already suffering from mental health issues is to avoid watching news related to corona virus, avoidance of social media, getting facts from reliable sources and if needed psychotherapeutic and counseling sessions to clear one’s doubts.

She does stress that those who are emotionally vulnerable, hypochondriac or those who excessively ruminate about the future and lack coping mechanisms are especially at risk.

Dutt says, “Social and electronic media have a propensity to create panic among people. This is what has led to sanitizers and masks being out of stock. Most of those who have purchased these have no need of them. They are meant for health workers who are in constant contact with the directly exposed populations.”



Sleep Problems Might Lead To Hypertension In Women

Women, please take note. Even if you are having mild sleep problems, such as having trouble falling asleep, it can raise your blood pressure, a new study suggests. The study found that women who had mild sleep problems — including those who slept for seven to nine hours a night, as measured by a wristwatch-like device

— were significantly more likely to have elevated blood pressure. The researchers also found an association between endothelial inflammation and mild sleep disturbances.

“Our findings suggest that mild sleep problems could possibly initiate the vascular endothelial inflammation that’s a significant contributor to cardiovascular disease,” said lead author Brooke Aggarwal from the Columbia University Irving Medical Center. According to the researchers, nearly one-third of adults don’t get enough sleep and for women, the problem may be even bigger.

“That’s concerning, since studies have shown that sleep deprivation and milder sleep problems may have a disproportionate effect on cardiovascular health in women,” Aggarwal added.

New research investigates potential probiotic benefits of pear-enriched diet

NEW DELHI: A new in vitro (test tube) study, “Dietary functional benefits of Bartlett and Starkrimson pears for potential management of hyperglycemia, hypertension and ulcer bacteria *Helicobacter pylori* while supporting beneficial probiotic bacterial response,” was published in the March issue of *Food Research International*.

In a laboratory in vitro setting, Kalidas Shetty, PhD, currently a professor of plant science at North Dakota State University, and the research’s lead author, Dr. Dipayan Sarkar, studied the compounds found in two pear varieties, Bartlett and Starkrimson, in order to better understand the impact of those compounds on chronic diseases.

The results suggest fermentation of these pear cultivars further enhances their ability to control stomach related diseases involving *H. pylori*, the most common chronic bacterial infection in humans, without affecting beneficial

bacteria with probiotic potential.

“Bacteria is often perceived as something that causes diseases; however, the body is full of bacteria that are mostly good. It’s exciting to explore the potential that pears can have to balance beneficial bacterial activity in the digestive process, as gut health helps support overall health of the body,” said Dr. Kalidas Shetty.

In addition to studying the probiotic potential of pears, the researchers looked at pears as part of a dietary strategy to provide efficient and effective management options to combat diet-linked non-communicable diseases like type II diabetes and its associated cardiovascular disease complications.

The study found that Bartlett and Starkrimson pear varieties have compounds such as phenolics and antioxidants as well as activity that slows down enzymes related to starch and glucose metabolism, which relates

to managing early stages of hyperglycemia and diabetes-induced hypertension.

Pears are among the most popular fruits in the world, and are an excellent source of fiber and a good source of vitamin C for only 100 calories per serving.

One medium pear provides about 24 percent of daily fiber needs. And, they are sodium-free, cholesterol-free, fat-free, and contain 190 mg of potassium. An overall balanced diet rich in fruits and vegetables, including pears, provides micronutrients, vitamins, dietary fiber, potassium, antioxidants, and more.

Dr. Shetty’s new research builds on a previous in vitro study that explored the pulp extracts of different pear varieties and how they impact absorption of glucose during digestion. It is not known if the results of either of these in vitro studies can be replicated in humans, but these findings provide the scientific rationale to

perform human studies in the future.



Meet Aneesha—ace shooter from J&K with ‘bull’s eye’

■ Vishal Bharti

JAMMU, AUG 26: In her teens, when the girls dream of flying in the sky as pilot, contributing in nation building as teacher, doctor or an engineer, Aneesha Sharma from Jammu and Kashmir chose to become a professional shooter.

Born to Ram Raj Sharma (banker) and Anjali Sharma (teacher), Aneesha from border village Bishnah of tehsil Jammu is an ace shooter with ‘bull’s eye’.

The recent achievements of winning two individual gold medals in senior and junior categories and one bronze medal in youth category in 10-meter Air Rifle at the 21st All India Kumar Surendra Singh Memorial Shooting Championship held at Thiruvananthapuram, Kerala from June 4 to 16, 2023 climbed her to fifth rank in All India Junior Shooting category.

Sharing five years long journey of success, Aneesha, who pursued shooting as a career in the year 2018 speaking to UNI said, “I started practising shooting from class seventh in my school days as it was introduced as an activity but I liked it and decided to become a professional.”

Aneesha, who has several awards and rewards in her kitty at this learning age, expressed gratitude to her parents for being supportive and giving wings to her dreams.

The ace shooter, thanking her coach, Vishal Mehra as well, expressed that his (coach) guidance and expertise made her to scale the height in shooting, which is not less than a game of mind and focus.

“During my initial days of coaching in 2018, I had qualified for All India G.V. Mavankar Shooting Championship held at Maharashtra and thereafter my first national competition was at Thiruvananthapuram, Kerala in the same year,” she said.

“Participation in the 2018 national championship was like a booster dose to me and then there was no looking back,” she stated further expressing that in 2021, she became a part of the Indian squad.

In 2021 Khelo India Youth Games, Aneesha was ranked sixth and presently is a part of the National Centre of Excellence (NCOE) in Khelo India Scheme under the aegis of Sports Authority of India (SAI).

Sweating hard for nearly five to six hours a day, the shooter is not only an inspiration but also a motivation to the female athletes of Jammu and Kashmir, who want to be like her but unable to chase dreams because of poor infrastructure and ignorance in this discipline.

Coach Vishal Mehra speaking to UNI stated that devotion and commitment for



shooting made her qualify at different platforms.

“From day one, Aneesha is a bright learner whether it is studies or shooting, she stays focussed and this excellence makes her special in all formats of the sport,” the proud coach said.

Attributing her success to the parents as well for always being supportive and motivational, the coach appealed to the Jammu and Kashmir administration to come up with better government-run infrastructure to boost the sport for outstanding results.

Aneesha presently is training at Mission Olympics Shooting Academy Jammu, under coaches Vishal Mehra and Aman Singh and eyeing to make India proud at the International forum.

Counting few of her achievements, Aneesha in May 2023 bagged two individual gold medals in India Open Competition at Delhi, gold medal in June 2023 in the 66th National School Games at Chandro Tomar Shooting Range, Noida, gold medal during Indian team selection trials conducted by the National Rifle Association of India (NRAI) in June-July, in India Open Shooting Competition at Bhopal, Madhya Pradesh from August 10 to 16, she bagged two individual gold medals in senior and junior category and two gold medals and a silver in senior-junior category in team events.

The shooter has also been awarded the Jammu and Kashmir Director General of Police, Dilbag Singh, who is also the Patron of the Jammu and Kashmir Rifle Association (JKRA) with commendation certificate class -1st and a cash reward for selection in India shooting squad in the year 2021.

She was also awarded by the President of JKRA with a cash reward for creating a hat-trick in 21st KSS Championship by beating Olympian and world champions and securing two individual gold medals and a bronze. UNI

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