



4.5 lakh Yatris visit Amarnath cave this year

In 2012, 6 lakh pilgrims performed pilgrimage; Chhari Mubarak reaches Panchtarni, final puja at Amarnath shrine tomorrow

■ HT News Network

SRINAGAR, AUG 30: Chhari Mubarak (the holy mace of Lord Shiva) reached Panchtarni and will proceed towards the holy cave shrine on Thursday for the final puja to make the formal end of the 62-day-long Amarnath Yatra 2023.

An official told the news agency—Kashmir News Observer (KNO) that the last batch of yatrīs left for the holy cave on August 23 and since then, the pilgrimage has remained suspended.

He said that during the beginning of the yatra this year, there



was a good rush of pilgrims; however, later it started declining with each passing day, forcing the authorities to suspend the yatra a week before its scheduled time.

This year, the overall flow was good after several years as around 4.5 lakh yatrīs visited the holy cave, he said.

Over the last several years, Amarnath Yatra has been witnessing fewer footfalls. Compared to over 6 lakh pilgrims who visited the cave shrine in 2012, the number has come down to over 3 lakh in 2022 and 4.5 lakh this year.

TURN ON.....PAGE 02

ADGP Kashmir along with GOC Victor force chairs security review meetings

■ HT News Network

SRINAGAR, AUG 30: Additional Director General of Police (ADGP) Vijay Kumar along with GOC Victor Force visited Pulwama, Kulgam Shopian & Budgam districts where he chaired security review meetings with officers of Police and Army.

In Pulwama, the meeting was held in the conference hall of District Police Lines Pulwama. The meeting was attended by Army Sector Commander-12 Sector RR, Sector Commander-5 sector RR, Commanding officer- 44 RR, Commanding officer- 55 RR, Commanding officer 50RR and 53RR and SSP Pulwama Mohd Yousuf, a statement issued to the news agency—Kashmir News Observer



(KNO) reads.

The meeting was also attended by ASP Pulwama Tanveer Ahmad, SP Headquarters Pulwama Showkat Rafiq Wani, SDPO Litter, Dy SP PC Kakapora and DySP PC Pulwama.

The meeting in Kulgam was attended by CO's of Army (9RR, 34RR), 2 Sector commander, 1 sector commander and SSP

Kulgam and other officers. The meeting in Shopian was attended by Commander 12 Sector, Commander 2 sector RR, and all Co's of Army, SSP Shopian and other officers.

Moreover, in Budgam, the security review meeting was attended by 5 sector Commander, DIG CKR, CO's of Army (53, 62, 50, 02) SSP

TURN ON.....PAGE 02

NEWS BRIEF

AIIMS Awantipora:

Over 50% work completed so far

Efforts on to complete the project by 2024 end: Official

SRINAGAR, AUG 30: The construction of All India Institute of Medical Sciences (AIIMS) in the Awantipora area of south Kashmir's Pulwama district is going on in full swing and every effort is being made to complete the project by the end of 2024, officials said on Wednesday.

The work is going on at "very full speed" and if it continues at this pace, the project will be completed on time, an official told the news agency—Kashmir News Observer (KNO).

TURN ON.....PAGE 02

Known As Paradise On Earth, Kashmir Is Regaining Its Pristine Glory: Social Worker Nagi

■ HT News Network

JAMMU, AUG 30: Acknowledging a positive change in Kashmir over the



past couple of years, social activist Rouble Nagi on Tuesday said the lost paradise is fast regaining its pristine glory and all stakeholders should come forward to strengthen the gains.

TURN ON.....PAGE 02

Unfavourable weather, scab disease axes 50 pc Apple production in Kashmir

■ HT News Network

SRINAGAR, AUG 30: Apple production,



considered to be the backbone of the economy in Kashmir valley has reduced to 50 per cent compared to the last year due to unfavourable weather conditions and scab disease.

Talking to UNI, Abdul Qayoom Dar, a fruit grower of central Kashmir's Charar-e-Sharif town said that scab disease engulfed the fruit trees after unseasonal rains in July month this year at a time when buds were blossoming on the trees fully.

TURN ON.....PAGE 02

Foundation Day: Committed to ensure best possible facilities for pilgrims: CEO

■ HT News Network

JAMMU, AUG 30: Lauding the tireless efforts of each and every foot soldier, Chief Executive Officer of Shri Mata Vaishno Devi Shrine Board, Anshul Garg on Wednesday said that the shrine have emerged as one of the most visited in the country and collective efforts have been recognized at the National Level in the form of National Water Award and National

e-governance Award which indicates our steadfast pursuit of the mandate entrusted to us by the Board.

Garg attended the special Prayers, Havan and Yagya to mark the celebration of 38th Foundation Day of Shri Mata Vaishno Devi Shrine Board at Katra in Reasi district of Jammu and Kashmir.

The Board was formed on this day in 1986. The CEO recalled the

TURN ON.....PAGE 02

Crime Branch Files Chargesheet Against Man In Job Fraud Case In Jammu

■ HT News Network

JAMMU, AUG 30: Crime Branch of Jammu and Kashmir Police today filed a chargesheet against a man for allegedly duping another of Rs 12 lakh on the pretext of arranging jobs for the latter's sons by posing as a Government official, police said.

This was the second chargesheet filed against Ashiq Husain, a resident of Barthi village in Gandoh tehsil of Doda

TURN ON.....PAGE 02

LAHDC polls: 89 candidates in fray for 26 seats

SRINAGAR, AUG 30: With preparations underway for the 5th general Ladakh Autonomous Hill Development Council elections in Leh, a total of 89 candidates are contesting for 26 seats while the authorities have conducted the assessment of the constituencies and polling booths based on hard, soft and normal zones.

The election campaign for Ladakh Autonomous Hill Development Council (LAHDC) Kargil is underway and the union territory is expected to witness a direct contest between the National Conference-Congress

TURN ON.....PAGE 02

School Edu Deptt likely to formulate School Innovation Councils

SRINAGAR, AUG 30: Following the directives of Ministry of Education (MoE), School Education Department is likely to formulate School Innovation Councils (SICs) to foster the culture of Innovation, Ideation, start-up and entrepreneurship in the institutions.

According to the news agency—Kashmir News Observer (KNO), Director of School Education Kashmir (DSEK) said, "SIC aims at streaming and fostering the culture of Innovation, Ideation, start-up and entrepreneurship

TURN ON.....PAGE 02

G20 TV Conclave

World Acknowledges India's Quantum Leap In Space Sector: Dr Jitendra

■ HT News Network

NEW DELHI, AUG 30: Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh has said, the world today acknowledges India's quantum leap in the Space sector, following the massive push by Prime Minister Narendra Modi when



he took the courageous decision to "unlock" this sector from the shackles of the past.

Dr Jitendra Singh said, "Prime Minister Modi has broken the taboos of the past and sometimes I wonder why this couldn't have happened earlier. At the same time, even at the physical level, it has increased funding, it has enthused the private

TURN ON.....PAGE 02

Chinese Army Constructing Bunkers, Tunnels At Aksai Chin: Reports

■ HT News Network

NEW DELHI, AUG 30: Chinese forces are learnt to have ramped up construction of reinforced bunkers and underground tunnels in Aksai Chin, according to reports citing data from satellite imagery.

As per the reports, construction activities are taking place in Aksai Chin, a territory held illegally by China, but historically claimed by India.

TURN ON.....PAGE 02

CS declares 4-10th Sept as "BhrashtacharMukt J&K" week

Campaign to ensure expeditious redressal of Water, Power and Land related grievances

■ HT News Network

SRINAGAR, AUG 30: While reviewing public service oriented Jal Shakti Department, Power Development Department and Revenue Department with all Deputy Commissioners, the Chief Secretary, Dr. Arun Kumar Mehta today directed observance of 'Bhrashtachar-Mukt J&K' week from 4th to 10th September across all 20 districts.



The meeting was attended by Additional Chief Secretary (ACS), Home; ACS, Jal Shakti Department; Principal Secretary, Power; Director ACB, Divisional Commissioner Kashmir/Jammu; Commissioner Secretary IT, besides, all Deputy Commissioners and District Superintendents of Police.

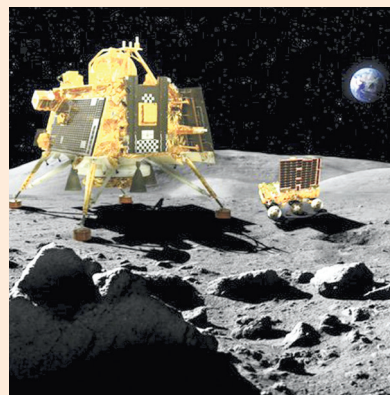
During interaction with DCs, it was observed that although there were no complaints

TURN ON.....PAGE 02

'Smile, Please': Chandrayaan-3's Pragyan Rover Clicks Image Of Vikram Lander On Lunar Surface

■ HT News Network

BENGALURU, AUG 30: Chandrayaan-3 mission's Pragyan rover on Wednesday clicked an image of the Vikram lander, ISRO said.



The 'image of the mission', shared by the Bengaluru-headquartered national space agency, was taken by the Navigation Camera (NavCam) on board the rover.

TURN ON.....PAGE 02

CONTINUE FROM FRONT PAGE.....

4.5 lakh.....

The 62-day-long pilgrimage commenced on July 1 this year and will culminate with the event of 'Chhari Mubarak' on August 31.

The official said that a group of sages led by custodian of the holy mace Mahant Deependra Giri carrying Chhari Mubarak will reach the Amarnath cave on Thursday and will spend tonight at Panchtarni.

The 145-kilometre Chhari Mubarak yatra starts from Dashnami Akhara in Srinagar and during the route, the sages perform hawans at Pampore, Bijbehara, Anantnag, Mattan, Aishmuqam and finally at Pahalgam where the procession takes rest for two days before proceeding to Amarnath cave.

The sages along with Chhari Mubarak usually spend two nights at Pahalgam – one at Chandanwari and another at Sheshnag.

The puja of the mace was again held early on Wednesday morning before leaving for Panchtarni, he said.

On August 31, on the occasion of Shravan-Punima, Chhari Mubarak will be taken to the holy shrine of Amarnath to reach it before sunrise, and the pujan shall begin with the rising sun, the official said.

ADGP Kashmir.....

Budgam and other officers.

At the onset of these meetings, SSsP of these respective districts briefed the chair about the prevailing security scenario of the districts and steps being taken towards anti-terrorism preparedness & maintenance of law and order-to further ameliorate the security situation in the area.

Vijay Kumar acknowledged the determined efforts of J&K Police and security forces in upholding law and order within these districts.

These meetings provided a platform for an insightful assessment of the prevailing security environment, counter-insurgency operations, and the strategies in place to sustain the atmosphere of peace and tranquillity, the statement reads.

Special focuses were given on actual numbers of FTs, their movements patterns and gathering of Humint and launching joint operations. GOC Victor force directed all Sector commanders and COs to dominate area in night and conduct operations along with JKP. He stressed upon greater synergy amongst field officers.

Later on all field officers shared actual number and identification of hybrid terrorists. These meetings further accentuated the importance of fostering robust police-public relations and adopting a service-oriented approach to policing.

ADGP Kashmir directed the officers to conduct precision based operations with special teams and introduce innovative & handpicked mechanisms to ensure the neutralization of terrorists. An adumbrated overview of the districts was taken, and specific guidelines were issued to officers to achieve targeted outcomes.

SSP Pulwama was specifically directed to identify and take strict action against Over Ground Workers (OGWs) involved in the recent recruitment of two new individuals into terror ranks in the district.

During these meetings, Vijay Kumar directed them to implement additional security measures in order to prevent terror incidents. Besides, the process for identifying hybrid terrorists and taking appropriate actions were also discussed in these meetings.

ADGP also laid stress on strengthening the police-public relations, service-oriented policing which will help in gaining the confidence and trust of general public.

Known As.....

Nagi, the chairperson of a Mumbai-based organisation engaged in women empowerment, was in Kashmir recently in connection with the one-day tour of Miss world Karolina Bielawska and other pageant winners.

"Being myself from J&K, I have been working in the region since 2017 and I am proud to witness a positive change in the valley over the past several years. The (Srinagar's city centre) Lal Chowk is abuzz with activities and people can be seen clicking selfies at 11 pm.

"The positivity is back in Jammu and Kashmir and people are feeling a sense of pride. We have a G20 working group meeting and now the visit of Miss world while many more international and national events are in pipeline," Nagi said here. (Agencies)

Unfavourable.....

Dar said the necessary pesticides were used to overcome the scab disease as per the directions of the horticulture department, but the blossomed buds start to fall to a great extent from the trees that caused less production this year.

However, he believes that demand in the market and the high rates would fulfill their coffers satisfactorily.

Dar said this year the demand for fruits in the market is very high as compared to last year and advance orders have been pouring from outside the state ahead of the harvest.

He said that the Babugosha pear one box being supplied at Rs 800-1100 as compared to the last year it was sold for just Rs 300-500. He said the Babugosha pear is being only supplied to Delhi mandi.

Dar said that buyers are visiting the Charar-e-Sharief fruit mandi from Mumbai, Banglore, Delhi and other states who also export them

to America, Bangladesh, Nepal and other countries. He said that buyers from Bangladesh and Nepal are also visiting here to book their orders for Apple to sell them in their respective countries.

He said that last year fruit growers suffered tremendous loss due to road connectivity problems and fruit truck loads were left stranded for days on the highway due to unsupportive weather and other incidents. But this year they are hopeful such things would not happen and authorities would make all necessary arrangements for the smooth flow of fruit laden trucks on the Srinagar-Jammu national highway for their onward journey to the capital.

He said that due to less production this year the rate of fruits will go high in the markets.

He said that last year during this period of the season, 10 to 15 truck loads of Babugosha pears used to move from here to Delhi mandi every day. But this year due to less production only 2 to 3 truck loads are available here in Charar-e-Sharief mandi that are being exported to Delhi.

Mohammad Amin a fruit growers from the apple rich town of south Kashmir's Shopian district also admitted that weather vagaries and scab casts the production this year. He said hail storms also played havoc at places that also reduced the production this year.

However Amin said that in the low belt areas of the Shopian district the fruit production is satisfactory. He also alleged that substandard pesticides also played a part for the low production of the fruits.

Amin said that high density Gala Apple fruit are fetching good prices in the market and there is an encouraging demand from the buyers across the valley and outside.

He said that besides supplying the Kashmiri Apple to Nepal, Sri Lanka and Bangladesh, it is also likely to make entry to Saudi Arabia and Dubai markets. He said even Kashmir Apple is ready to compare with the Washington USA Apple for its unmatched taste, look and shape.

In reply to a question, Amin said, Iranian Apple's entry into the Indian markets had an effect on the sale of Kashmiri Apple. However, he said the authorities should impose customs duty on their import to save the Kashmiri Apple.

Horticulture officer of Pulwama district in south Kashmir, Javid Ahmad told UNI that cold weather conditions during April and rains in July caused the scab disease to the fruit trees and that could be the main reason for low production this year.

The Horticulture officer said that "scab is a fungal disease and it is caused due to the increased humidity".

He said that normal pesticide sprinkle on the fruit trees sometimes did not affect perfectly as it needs some more chemicals to be added for acquiring good results.

He said that mostly the fruit growers spray trees in the morning and in the evening the weather plays spoilsport causing rain that washes away the chemical from the tree reducing its effect.

Javid said that the Horticulture department is continuously providing necessary tips to the growers for spraying the trees and appropriate timing.

He said that Horticulture has a wing that guides the fruit growers where to export their crop which will help them to get good rates.

He said the weather is the main cause for the less production this year in Kashmir valley, UNI

Foundation Day.....

contributions made for the facilitation of the pilgrims throughout the journey and contended that the Shrine Board is committed to ensure the best possible facilities are put in place for the comfort and well-being of the pilgrims.

He extended gratitude to the Chairman of Shrine Board (Manoj Sinha Lt. Governor, JK-UT) for his continuous support and guidance under which a plethora of initiatives for facilitation of pilgrims and welfare of staff are being undertaken by the Board relatively in a short span of time.

Besides, creation, upgradation and expansion of perceptible improvements in infrastructure both for pilgrims and staff, state-of-the-art initiatives such as RFID based Yatra access cards, Panchmeva Prasad/Prasad Counters and new online portals have been launched.

He also enumerated various significant measures for the general welfare of the Shrine Board employees which include promotion of several stagnant employees, increased allowances and many others.

Garg while congratulating the newly promoted team members stressed all employees to ensure greater facilitation of pilgrims visiting the Holy Cave Shrine adding that all of us need to redouble our efforts and no stone should be left unturned to provide best possible services to the pilgrims to make the pilgrimage a memorable experience for them.

At Katra, the main function was held at Niharika Complex where special prayers were performed by organizing Havan. Among those present on the occasion were Navneet Singh, Addl.CEO; Dr Jagdish Mehra, Joint CEO, besides officers and staff of the Shrine Board.

The religious ceremonies were also organized at Bhawan, Adhkuwari and Jammu in which the staff of the Shrine Board and the pilgrims participated. UNI

Crime Branch....

district, in the past 12 days. He was also chargesheeted in a separate case on August 18. Jammu Crime Branch filed the chargesheet against Hussain in a case registered last year on the complaint of city resident Ranjeet Singh Manhas.

The complainant claimed that Hussain introduced himself as deputy secretary at the Civil Secretariat and duped him of Rs 12 lakh on the pretext of arranging government jobs for his two sons in the tourism department, a spokesperson of the agency said.

Hussain, who is a class IV employee in the Gandoh special division, Power Development Department (PDD), had earlier also lured and duped unemployed youth on the pretext of arranging a job for him as a probationary officer in J&K bank, also by impersonation, the spokesman said.

The police spokesperson said the offences for cheating and impersonation have been established against the fraudster. (Agencies)

World Acknowledges.....

sector and the industry. Within just 3-4 years we have more than 150 Startups," he said speaking at the G20 Conclave organised by a national TV channel here.

The Union Minister said ISRO has launched more than 380 foreign satellites, earning more than 250 Million Euros and more than 170 Million US Dollars by launching American satellites.

"Overall, India's Space economy today stands at about \$ 8 billion, viz 2% of the global (market share) but the entire world is recognizing increased pace and that's why the conservative projections are \$40 billion by 2040, but the other day, about 2-3 days back, we had the ADL (Arthur D Little) Report, which mentions that we could have the potential of \$100 Billion by 2040, which is going to be a gigantic jump. And that's what the world is now expecting, because we've started moving very fast, our launchings are also very frequent," he said.

Dr Jitendra Singh said the ambitious Gaganyaan will have its first trial flight by the first or second week of October following the launch of first Sun Mission "Aditya-L1" on 2nd of September. In the second trial, possibly beginning of next year, a female robot named "Vyommitra" will be onboard the Gaganyaan before the first human mission which may include up to three astronauts, he said.

Denying that India is in competition with any other nation in Space exploration, Dr Jitendra Singh reiterated that India's Space Research and Atomic Energy programmes are, as envisaged by the founding fathers, entirely peaceful and that the ISRO is collaborating with leading Space agencies and has put into orbit several satellites of private foreign entities and educational institutions.

Referring to applications of Space Technology to different sectors like Railways, Highways, Agriculture, Water Mapping, Smart Cities, Telemedicine and Robotic Surgery, which brought 'Ease of Living' for the common man, Dr Jitendra Singh said, Space tech has touched virtually every household in India.

Chinese Army.....

The reports further said that Chinese forces have started carving tunnels and shafts alongside a narrow river valley, to construct bunkers and shelters.

The development has come on the heels of China releasing a "standard map" showing parts of Aksai Chin and Arunachal Pradesh under its jurisdiction, on Monday.

Reacting to the map, External Affairs Minister S Jaishankar said on Tuesday that "China has put out maps with territories (that are) not theirs. (It is an) old habit.

"Just by putting out maps with parts of India... this doesn't change anything. Our government is very clear about what our territory is. Making absurd claims does not make other people's territories yours," he added.

Also on Tuesday, India lodged a strong protest with China on the release of a so-called "standard map".

"We have today lodged a strong protest through diplomatic channels with the Chinese side on the so called 2023 'standard map' of China that lays claim to India's territory," External Affairs Ministry spokesperson Arindam Bagchi said.

"We reject these claims as they have no basis. Such steps by the Chinese side only complicate the resolution of the boundary question," he added.

The release of the map comes just days before the G20 summit, which is scheduled to take place in New Delhi on September 9 and 10.

Last week during his informal conversation with China's President Xi Jinping at the BRICS summit in South Africa, Prime Minister Narendra Modi had conveyed New Delhi's "concerns over unresolved issues along LAC and other areas along the India-China border". (Agencies)

Chandrayaan-3's.....

"Smile, please", an ISRO social media post read. "Pragyan rover clicked the image of Vikram lander this morning".

NavCams for the Chandrayaan-3 mission have been developed by the Laboratory for Electro-Optics Systems (LEOS), an ISRO unit.

The lander and the rover are designed to operate for one lunar daylight period (about 14 Earth days).

Earlier this week, ISRO released the first observations from the ChaSTE payload onboard Vikram. ChaSTE (Chandra's Surface Thermophysical Experiment) measures the temperature profile of the lunar topsoil around the pole, to understand the thermal behaviour of the Moon's surface.

It has a temperature probe equipped with a controlled penetration mechanism capable of reaching a depth of 10 cm beneath the surface. The probe is fitted with 10 individual temperature sensors.

ISRO came out with a graph illustrating the temperature variations of the lunar surface/near-surface at various depths, as recorded during the probe's penetration. This is the first such profile of the lunar south pole. Detailed observations are underway, the space agency said.

ISRO has said two of the three Chandrayaan-3 mission objectives – demonstration of a safe and soft landing on the lunar surface, and demonstration of rover movement on the moon – have been achieved, while the third – in-situ scientific experiments – are underway. (Agencies)

CS declares.....

regarding the contract allocation under the scheme as these were allocated through e-tendering and no contracts have been awarded arbitrarily. This was confirmed by Principal Secretary Jal Shakti Department. It was also noted that there are only 4 complaints of very petty and local nature which have been received by ACB till date, one related to deployment of number of persons by a PSU, one without any specifics, another related to antecedent of some workers and last related to early completion.

Principal Secretary, Jal Shakti further elaborated that all payments are made after proper physical verification and checks by third party exclusively through PFMS portal. Also, all the details about completed and ongoing projects are available on IMIS portal being monitored by Gol. The CS accordingly directed that all the completed and ongoing projects be put in public domain for their scrutiny as well in a simple manner at District level as well.

Dr Mehta further issued directions regarding resolving issues raised against the installation of Smart Meters. He underscored the importance of massive campaigns along with public outreach for awareness regarding Smart meters and steps to address any concerns related to readings.

While stressing upon the transparent and accountable governance, the Chief Secretary issued directions for the launch of "Brashtachar Mukht J&K campaign" throughout the UT. The campaign aims at reiterating the government's resolve to ensure a corruption free Jammu and Kashmir. The campaign is primarily meant to focus on the hassle free delivery of services related to water and electricity, besides addressing matters pertaining to land.

The Chief Secretary emphasized on active participation of all the concerned officials/officers along with PRIs and public during the campaign. The CS added that all Prabhari Officers shall ensure that the matters of public importance pertaining to their Panchayats/wards/areas are flagged and appropriately addressed during the week.

The CS further directed IT Department to institute feedback mechanism using Google form application, and to coordinate with the concerned departments to ensure proper record of grievances/complaints, if any. Furthermore, in order to dissuade frivolous complaints, action under relevant laws shall be undertaken. The Chief Secretary called upon people to participate actively in the process so that goal of corruption free Governance can be achieved.

To ensure the success of the campaign, the Chief Secretary underscored the importance of feedback from all PRIs, Pani-Samitis etc with regard to certification, saturation of Functional Household Tap Connections (FHTCs), settlement of electricity meter related issues and resolution of land revenue matters. He advised all departments to be firm in resolve to make J&K corruption free as envisaged by the LG Administration. He reaffirmed that push towards digital Governance was a key element in providing cleanest system ever in the UT.

Over 50%.....

He said that earlier there was a legal dispute over the acquisition of land needed for the access road essential for transporting construction material, followed by a clampdown after the abrogation of Article 370, and then issues with a nearby army base. The winter season and COVID-19 were also the reasons behind the slow execution of work on this mega project, he added.

The official said the work has been

going on at full pace for the last several months now and the same pace should continue for around the next one and half years so as to complete the hospital by December 2024.

A top official working on the project said that in the last few years, there were some issues due to which the work was going on at a sluggish pace; however, all issues were resolved and currently, the work is going on at full pace.

As of now, only construction work is going on and the installation of machinery process will be taken up later, he said, adding that around 50 percent of work has been already completed and every effort is being made to complete the project before the deadline.

The government has set December 31, 2024, as the deadline for completion of this mega project.

The AIIMS was approved by the Central government in 2019 at an estimated cost of Rs 1,828 crore. The project entails the construction of approximately 57 buildings, including a hospital, hostels, residential quarters, a football ground, tennis courts, and gardens with medicinal plants, among other facilities.

The institute will add 1,000 beds to its current capacity in Kashmir, including 300 super-speciality beds. The ambitious project also includes a Medical College with a capacity of 100 students and a Nursing College with a capacity of 60 students.

LAHDC polls.....

alliance and the Bharatiya Janta Party (BJP). All three parties have announced their candidates.

As per figures available with the news agency—Kashmir News Observer (KNO) a total of 89 candidates are in the poll fray of the 5th general elections of the Hill Council Kargil. "Of 89 candidates 17 belong to the National Conference, 9 to Indian National Congress (INC), 17 from the Bharatiya Janata Party (BJP), 4 from Aam Aadmi Party (AAP) and 42 are independent candidates," the officials said.

They said that for the first time, the Electronic Voting Machine (EVM) is being used for the LAHDC Kargil elections. "In the previous LAHDC elections, Ballot Boxes were used, now EVMs shall be used on polling day. They were checked in presence of the political parties and engineers will also be present here during polling," officials said.

They said that an assessment of the constituencies was conducted by the concerned departments. "On the basis of hard, soft, and normal zones the assessment was done. Things including all the arrangements shall be put in place accordingly."

Campaigns for the elections slated on 10th September are underway in the region. Political parties and independent candidates have started door-to-door campaigning. They have also come up with their separate agenda for the election.

National Conference President district unit Kargil Haji Hanifa Jan told KNO that they have already begun with the preparations for the elections. "Our alliance has announced candidates, of which 17 belong to NC and 9 to INC. Our candidates are contesting at all 26 seats. We are ready to win with an absolute majority."

He stated that both INC and NC are busy with the preparations to ensure all candidates win.

Nasir Munshi, INC Spokesperson who is also a contesting candidate said that all of them are busy with the campaign.

"All of us are on the ground. Busy with door-to-door campaigns. We are ensuring that all our candidates win," he said.

School Edu.....

in schools."

DSEK informed all Chief Education Officers (CEOs) that the MoEs Innovation Cell and CBSE have announced the School Innovation Council (SIC) program in the year 2022.

"The initiative will foster the culture of ideation, innovation, entrepreneurship, creative thinking, design thinking, prototyping out of box thinking by facilitating the training for teachers, field visits, leadership talks awareness and orientation sessions," it reads.

DSEK further said that it will also facilitate the boot camps, national level exhibitions, hackathons, skills modules, new courses for students thinking of the school innovation ecosystem with Higher Educational Institutes (HEIs) etcetera at Schools.

It also said that the School Innovation Council initiative will bridge the gap in connecting schools with the Innovation and Entrepreneurship enabled ecosystem of the country.

"SIC will provide a platform for the schools, academic industry HEIs, experts, innovators, entrepreneurs etc to come together and work in unison." DSEK said. DSEK accordingly requested CEOs to instruct school heads to form SIC and register the school.

DC Srinagar finalises Action Plan for roll out of Ayushman Bhava programme to achieve 100% coverage of health schemes

SRINAGAR, AUG 30: In order to review the Action Plan for implementation of 'Ayushman Bhava' programme in the District a meeting was held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad at meeting Hall of the DC Office Complex here on Wednesday.

At the outset, the Deputy Commissioner reviewed the strategy for roll out of the Ayushman Bhava programme scheduled from September 01, 2023 to December 31, 2023. The programme is aimed to achieve 100 percent saturation in coverage of all health schemes in mission mode and ensure optimum delivery of all health schemes to every intended beneficiary in Srinagar District.

During the meeting, the DC took first hand appraisal from all the line Departments about the implementation of Ayushman Bhava and a detailed discussion was held on formulation of Action plan, strategies and planning to achieve the set targets.

The meeting also held a threadbare discussion identification of catchment areas, formulation of schedule for conducting the awareness campaign in Schools, Colleges, Health Centers and Aganwari Centers across the District.

On the occasion, the DC stressed the line department to provide all requisite support for successful implementation of the scheme in Srinagar District. He asked the Officers of concerned Departments to submit department wise schedules of events to be conducted for the



implementation of the 'Ayushman Bhava' programme in the District.

The DC also asked Officers to hold meetings with the subordinate staff in order to ensure successful execution of the programme and achieving targets within set timelines.

The DC stressed on launching mass scale IEC campaign across the City particularly at prominent public places at ward level and at Panchayat level so that people are made fully aware of the 'Ayushman Bhava' programme and to ensure comprehensive and saturation coverage of all health schemes so that every eligible beneficiary is able to avail the benefits.

Earlier, the Deputy Commissioner was given an overview about 'Ayushman Bhava' programme through a PowerPoint presentation and different activities planned under 'Ayushman Bhava' including Ayushman Apke Dwar 3.0, Ayushman Sabha, Ayushman Mela and Screening of Children were discussed.

Among other the meeting was attended by Joint Commissioner, SMC, Programme Officer, ICDS, Chief Planning Officer, Chief Medical Officer, Chief Education Officer, District Social Welfare Officer, Warden Gujjar & Bakerwal Srinagar, Block Development Officer, all Zonal Medical Officers, District programme Manager, District Coordinator, CSC, District Implementation Officer SHA and other concerned.

Day 2: 17 matches played in University/College Level Sports Festival 2023 at GCOPE Ganderbal

GANDERBAL, AUG 30: The second day of the University/College Level Sports Festival 2023 (Edition-2nd) saw a total of 17 matches.

In Football (men), A S College Srinagar defeated GDC Tral by 2-1, Cuk Defeated GDC Pattan by 2-1, S P College Srinagar defeated GCET Safapora by 02 sets, GDC Tangmarg defeated Islamia College Hawal by 2-1, GDC Sopore defeated GDC Kangan by 2-1, SKUAST Wadura defeated GDC Tangdhar by 02 sets, Gandhi Memorial Srinagar defeated GDC Pampore by 2-1 and GDC Pulwama defeated GDC Bemina by 02 sets.

CUK Ganderbal defeated GDC Pulwama by 7-0, GDC Kangan defeated GDC Beerwah by 2-0, IUST Awantipora defeated S P College Srinagar by 3-1 and Gandhi Memorial College defeated GCET Safapora by 5-4.

In Volleyball (men), In Basketball (men), GDC Ganderbal defeated GDC Sumbal by 47/02 and GCET Safapora defeated GDC Pulwama by 36/20.

In handball (men) GCOPE defeated GDC Bandipora by 23/1 Goals, GDC Baramulla defeated CUK Ganderbal by 14/07 and GDC Sumbal defeated GDC Ganderbal by 06/02. In Tug-of-War (men) GDC Bemina defeated GDC Pattan by 2-0, GDC Ganderbal defeated GDC Bandipora by 2-0 and GCOPE defeated GDC Beerwah by 2-0.

In Volleyball (women), GDC Ganderbal defeated GDC Pulwama by 02 sets, Women's College Sopore defeated GDC Pattan by 02 sets, GDC Sopore defeated A S College Srinagar by 02 sets and Women's College M A Road Srinagar defeated GDC Beerwah by 02 sets. In Table-Tennis (women) College of Education Srinagar defeated GDC Kupwara by 2-0 sets.

In Kho-Kho (women), GDC Pulwama defeated GDC Sumbal by 2-0 points and GCOPE defeated GDC Bandipora by 29 points & an innings.

In Tug-of-War (women), GDC Ganderbal defeated GDC Pulwama by 2-0 and GCOPE defeated GDC Hajin by 2-0 and in Rouff GCOPE was declared 1st position, GDC Hajin got 2nd position and Women's College M A Road Srinagar & GDC Pattan shared 3rd position.

Bugam, where farming is deep-rooted in village's identity

Known as 'Chhota Punjab', its agricultural history dates back generations; 'Produces 900 vegetable trucks this year so far'

BUDGAM, AUG 30: Bugam village in central Kashmir's Budgam district has a history of producing large quantities of vegetables for which it is known as "Chhota Punjab".

Syed Mubashir, Agriculture Extension Officer, Chadoora, while talking to the news agency—Kashmir News Observer (KNO) said that Bugam's agricultural heritage dates back to generations, with farming deep-rooted in the village's identity.

The village boasts a longstanding tradition of cultivating a wide variety of vegetables, whether it is potato, cabbage, cauliflower, radish or carrots. The fertile soil provides the ideal conditions for

these crops to flourish, resulting in abundant yields year after year.

Mubashir said the village has 407 farm-operating families and the total irrigated area is 202 hectares of which 174 hectares of land are used for vegetable cultivation and the rest for potato farming. Three crops are harvested in a year and the production per hectare is 840 quintal, he said.

Last year, revenue of more than Rs 26 crore was generated from the production of vegetables in Bugam village and more than Rs 15 crore this year so far, the officer said, adding that the vegetables approximately worth Rs 27 crore have been sent to markets

till now this year.

"Almost 40 percent of vegetable production in the district comes out from Bugam village. This year, so far 900 trucks of vegetables which include more than 250 trucks of potatoes have been sent to different locations whether these are local markets or mandis in Kashmir, Jammu, Rajouri or Delhi," Mubashir said.

The agriculture officer said Bugam has carved out a position for itself as a vegetable haven; supplying fresh produce to local markets and beyond and its contributions are not limited to nourishing its residents.

"The village's vegetable surplus feeds into the regional economy,

reaching markets across the state and even beyond the state. This trade not only bolsters the local economy but also introduces Bugam to a wider audience, highlighting its vital role in the agrarian landscape of Kashmir," he said.

Syed said the village serves as a crucial source of livelihood for both locals and non-locals. "Men, women, locals, non-locals even the highly educated youths are engaged in vegetable farming and every farming family at least keeps three to four labourers for their daily work in agriculture land. If we wish to organise any kind of camp in the village, no farmer is available as all are busy in farming for all 12 months, Now,

we have introduced hi-techs in the village for more production," he said.

Uzair Lone, a young man of the village associated with vegetable farming, told KNO that Bugam stands as a testament to its rich history of agricultural excellence. "This village has earned the name 'Chhota Punjab' and this title pays homage to its remarkable contribution to the region's vegetable supply," he said.

No matter whether a person is a PhD holder or highly qualified, no one here hesitates to work in agriculture fields and no one gets disappointed due to good outcomes from vegetable farming, Uzair said.

Akashvani Srinagar Set to Showcase Sheena Cultural Extravaganza at Gurez

Srinagar, Aug 30: In a bid to celebrate the rich cultural heritage of the Sheena Dard tribe, Akashvani Srinagar is all geared up to host a mesmerizing cultural program at the newly inaugurated Sheena Cultural Centre in Dawar Gurez. The event is scheduled to take place on the 2nd of September, marking an important milestone in the region's cultural landscape. This time, an enchanting evening cultural show will grace the occasion, bringing together the vibrancy of Sheena culture.

The recently inaugurated Sheena Cultural Centre stands as a testament to the collaborative efforts of the Indian Army and the local community, with Lieutenant Governor Manoj Sinha officially inaugurating the center on the 28th of September. This initiative aims to shine a spotlight on the unique cultural and linguistic identity of the Sheena Dard tribe,

fostering appreciation and understanding among people from various walks of life.

Maqsood Ahmed, Senior Program Executive and Sheena Program Incharge at Akashvani Srinagar, is at the helm of this remarkable endeavor. Expressing his enthusiasm, he stated, "Our aim is to not only celebrate the Sheena Dard culture but also to shed light on their distinct language and way of life. This tribe possesses a cultural heritage that is both unique and deserving of broader attention. We extend our heartfelt gratitude to the Indian Army for their invaluable support in making this program possible."

In a seamless coordination between the Indian Army and Akashvani Srinagar, the Sheena variety cultural program is poised to be a one-of-a-kind experience for the residents of the region. This event holds particu-

lar significance in connection with the celebration of India's G20 Presidency, demonstrating the country's commitment to cultural diversity and inclusivity.

This isn't the first time Akashvani Srinagar has embarked on such a cultural journey. The station has previously organized similar successful programs in the border areas of Keran, Karnah, and Uri, drawing widespread acclaim from the audiences.

"The unfolding of the Sheena cultural extravaganza against the awe-inspiring backdrop of Dawar Gurez is believed by the locals to herald a jubilant celebration of heritage, unity, and the very essence of the Sheena Dard tribe," according to statements from residents. This event stands as a poignant reminder of culture's influential ability to bridge divides and nurture harmony within society, as emphasized by the local community.

Naval NCC Camp commences at Manasbal Lake

SRINAGAR, AUG 30: Continuing with the revival of Naval NCC training Kashmir, a robust NCC training camp has commenced at the picturesque Manasbal Lake, Ganderbal.

Organized by 1 J&K Naval Unit under the aegis of the NCC Group Headquarters, Srinagar, the Pre Nau Sainik-Camp is scheduled from August 28th, 2023 to 17 September, 2023, Defens spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

The Pre Nau Sainik-Camp comprises of 100 eager cadets from the Jammu and Kashmir Union Territory, including 40 promising young women.

Nestled amidst the stunning natural beauty of Ganderbal district, the Manasbal lake offers an ideal setting for honing naval skills.

The camp boasts well-equipped infrastructure and ample camping space that overlooks the tranquil lake. Accommodation is provided through tents, immersing the cadets in a true training experience. Training activities are centered around two pulling boats and two sailing boats, preparing cadets in diverse skills such as boat pulling, sailing, signalling, and ship modelling, the statement said.

It added that this comprehensive training equips participants to excel in the prestigious 'All India Nau Sainik Camp', a national-level event scheduled to take place at INS Shivaji, Lonavala, starting from October 14th, 2023.

The cadets are poised to undergo rigorous selection processes in disciplines like swimming, boat pulling, sailing, signalling, and ship modelling. These assessments will determine the final contingent of the NCC Directorate JK&L who will have the honour of competing at the national level.

The successful execution of the camp has been made possible through the unwavering support of civil authorities, including the District Commissioner of Ganderbal and the CEO of Manasbal Lake Development Authority. The collaborative effort, including support from nearby army units, has created a secure and nurturing environment for the cadets' training journey, the statement added.

DC Poonch Inspects Infrastructure Projects in Mandi, Eases Traffic Congestion

Installed Selfie Point (I Love Mandi) near bridge, throws open Bypass Road to Public

POONCH, AUG 30: The District Development Commissioner Poonch, Yasin M. Choudhary today conducted a thorough inspection of the ongoing infrastructure projects in the Mandi township.

The Deputy Commissioner was accompanied by Additional District Development Commissioner Poonch, Sandesh Kumar Sharma, CEO (PAD), Dr. Mohd. Tanveer, Tehsildar Mandi Shazad Latief

Khan, BDO Mandi, AE Mandi, Sadam Hussain, TSWO, Azam Rather besides other concerned officers.

The visit aimed to assess the progress of the recently laid Bituminous macadam work, the construction of a pucca drain, and the newly completed bypass road via the JKPC bridge.

The Bituminous macadam work, spanning an impressive length of 1700 meters, underwent careful scrutiny by

the Deputy Commissioner. The Deputy Commissioner expressed satisfaction with the quality of work carried out and emphasized its importance in improving the overall infrastructure of Mandi town.

In addition to inspecting the Bituminous macadam work, Deputy Poonch thoroughly examined the construction of a pucca drain in Mandi town. The drain's implementation is expected to enhance the

drainage system, mitigating the risk of waterlogging and contributing to the overall cleanliness and hygiene of the area.

Furthermore, the DDC's visit included an assessment of the newly constructed bypass road, stretching across a length of 460 meters, via the JKPC bridge. This meticulously planned project was recently opened to the public, offering much-needed relief from the

persistent traffic congestion in the bustling Mandi bazar area.

During the inspection, DDC Poonch also inspected the installation of a captivating selfie point near the new bridge. The board, adorned with the endearing message "I Love Mandi" serves as a testament to the Deputy Commissioner's commitment to promoting tourism and fostering a sense of pride among the local community.

Chairman DDC Bandipora chairs Developmental Review meeting

■ HT News Network

BANDIPORA, AUGUST 30: The Chairman, District Development Council (DDC) Bandipora, Ab Gani Bhat Tuesday presided over a review meeting encompassing various ongoing developmental projects within the region.

The meeting was attended by Vice Chairperson of DDC Bandipora Kowsar Shafeeq, members of the DDC and Block Development Council (BDC) of Bandipora. Additional District Development Commissioner (ADDC) Ali Afsar Khan and Assistant Commissioner Development (ACD) Bandipora, Mohammad Ashraf Hakak were also present in the meeting.

It was informed that out of 175 works approved in DDC grants, 154



have been tendered out and remaining 21 have pending estimates. Additionally, 93 works have been approved in BDC grants, out of which 80 have been administratively accorded. Furthermore, 1,203 works approved in

PRI grants, out of which 1,149 works have administrative approval accorded.

It was also informed that under DDC grants, 574.79 lacs, and 331.82 lacs have been released. Under BDC grants, 242.65 lacs funds have been approved, under which 121.33 lacs have been released. Under PRI grants, 3,248.13 lacs have been approved, under which 1,594.95 lacs have been released.

During the meeting, the chairman stressed on the importance of expediting ongoing development initiatives aimed at enhancing the overall socio-economic landscape of the district.

The meeting reviewed the progress, assessed challenges and discussed innovative solutions to ensure these projects reach their completion efficiently and timely.

Block Diwas held across Kulgam; DC listens to people for early redressal of grievances

Admin committed to ensure prompt redressal of issues of people: Dr Bilal

■ Farooq Rather

KULGAM, AUGUST 30: The District Administration Kulgam today organized a public outreach programme under weekly Block Diwas in three blocks of the district viz. Devsar, Kulgam and D.H Pora to take appraisal of the public issues, grievances and demands.

To take first hand appraisal of public grievances and demands, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat presided over the grievance redressal camp at Kulgam.

The grievance redressal programme witnessed participation of people from



Khull, Awhatoo, Areh, Okey, Pahlloo, Yaripora, Brazloo, Pombay, Oodora and other areas. Public representatives and people of these areas apprised the DC about their issues and grievances

besides projecting various developmental demands of their areas. Officers and heads of departments also responded to the queries and grievances of the people pertaining to their departments and intimated

them about various welfare schemes and ongoing developmental projects. The DC after giving patient hearing to the public addressed some of the immediate nature of grievances on the spot. He also added that prompt redressal of public grievances is the priority of administration and instructed the officers to ensure prompt response in mitigation of public issues and grievances. Earlier, Assistant Commissioner Development (ACD), Kulgam, Mohammad Imran Khan also briefed about the action taken on various grievances and issues raised in previous Block Diwas.

ADDC Kulgam reviews arrangements for smooth conduct of Ayushman Bhava campaign

■ Farooq Rather

KULGAM, AUGUST 30: In order to review arrangements for smooth conduct of Ayushman Bhava campaign in the district, a meeting of officers

was held at mini-secretariat here under the chairmanship of Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather. During the meeting, it was informed that Ayushman Bhava campaign has been launched to ensure

saturation in coverage of health schemes on mission mode and is an umbrella of various health care initiatives. The meeting reviewed the action plan for conduct of Ayushman Sabhas, Ayushman Melas, Screening and other programmes.

Millet Walkathon & Yoga Session organized at Anantnag

■ HT News Network

ANANTNAG, AUGUST 30: In line with the International year of Millets 2023, the Department of Food Safety Anantnag today conducted an impactful mass awareness event under the banner of Eat Right Millet Walkathon, besides a Yoga Session.

The event was held in collaboration with Govt. Boys Higher Secondary School Mattan and Youth Services and Sports department Anantnag.

The program consisted of a Walkathon which started from K. P. Road Anantnag and culminated at Govt. Boys Higher Secondary School Mattan.

The Walkathon was flagged-off by Gulzar Ahmad, Additional Deputy Commissioner (ADC) Anantnag in presence of Principal Govt. Boys Higher Secondary School Mattan. Around 250 students participated in the Walkathon.

Officers, officials, health experts, and students graced the occasion with their presence and words of encouragement. They stressed the need for adopting healthier lifestyles and appreciated the efforts put forth by the organizers to bring the community together for a common cause. Speakers on the occasion expressed his gratitude for the overwhelming response and stated that the Millet Walkathon and Yoga Session were not just events, but a collective step towards a healthier and happier Anantnag. We believe that small changes in our daily routine can lead to significant improvements in our overall well-being, they added. Millet Walkathon was aimed at spreading awareness about safe eating habits and motivating the public to include millets in their dietary regime to reap its multiple nutritional benefits including low hygienic index, prevention of cardiovascular diseases, source of essential micro-nutrients, improving the cholesterol profile, etc.

PUBLIC NOTICE

I have lost My Driving Licence Bearing Licence No JK 0120 130080351 from Pantha Chowk To Khunmoh Srinagar .
Now I am applying for its duplicate if anybody have any objection in this regard He/She may contact with RTO Srinagar within seven days from the publication of this notice after that no objection will be entertained

Name....Ishaq Ahmad Bhat
S/O Ghulam Nabi
R/OShalteng Srinagar



Training Session for ROs & AROs held at Anantnag

■ HT News Network

ANANTNAG, AUGUST 30: A comprehensive training session for Returning Officers (ROs) and Assistant Returning Officers (AROs) was conducted at Townhall Anantnag to equip them with the necessary knowledge and skills to manage the electoral process efficiently.

The training session was attended by a diverse group of ROs and AROs who play pivotal roles in overseeing various aspects of the electoral process.

During the session, participants were provided with in-depth insights into their roles and responsibilities, legal and procedural frameworks, and the use of technology. The training covered topics such as voter registration, polling station setup, voter education, handling of sensitive materials and the counting and tabulation of votes.

Prominent experts, legal scholars, and administrative officials were invited as guest speakers to share their expertise and experiences with the participants. Interactive workshops, case studies, and practical simulations were conducted to enhance the understanding of complex scenarios.

District Fund Office Bandipora holds Financial Literacy Camp to empower citizens

■ HT News Network

BANDIPORA, AUGUST 30: The District Fund Office Bandipora, in collaboration with Kashmir Forest Training School Bandipora Tuesday conducted an informative and interactive Financial Literacy Camp at Chitternar Bandipora to equip citizens with essential financial knowledge and skills. The camp was attended by Joint Director (Central) J&K Fund Organisation, Ishfaq Ahmad Pandit. DDC members Dr Gh Mustafa, Gh Mohiuddin, Mewa Jan, Gh Nabi, Farzeel Ahmad Dar, Naza Begum, Farwa Ibrahim, BDC Members Nazir Ahmad, Hari Begum, Bashir Ahmad, Gh. Rasool Khan, Shahnaza Begum, PRIs, besides representatives of all departments and general public.

District Treasury Officer, Rafiq Ahmad Shah who is also District Fund Officer Bandipora was also present on the occasion. Chairman Municipal Council Bandipora, Basharat Najar was also present in the event. On the occasion, the District Fund Officer said that the Financial Literacy Camp was organized to impart financial education and promote economic well being among the residents

■ HT News Network

PULWAMA, AUGUST 30: Continuing the efforts to reach out to people in various far-flung areas of the district, the District Development Commissioner (DDC) Pulwama, Dr Basharat Qayoom today presided over the weekly Block Diwas programme at Tujan Sports Stadium Pulwama.

Officers and officials from various departments attended the Block Diwas and informed the public about different schemes and programs being implemented by departments in the district and encouraged them to take advantage of their benefits.

Various issues including upgradation of inner roads, staff shortages in government institutions, water scarcity and health infrastructure were raised during the Block Diwas by people. Addressing the people, the DDC reiterated that the District Administration is committed to ensuring that all fundamental amenities are available to the public at their doorstep. Speaking on the occasion, DDC said that Block Diwas is transforming the contours of local governance and is an effective mechanism of people's participation besides a reflection of peoples' confidence in public institutions and the main purpose of Block Diwas is to reach the last person in the row.

He stressed upon the officers to prioritize the demands and redress them within the stipulated timelines.

Dr Basharat also informed participants about 1013 online services available



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able and emphasised that the main stakeholder in this is the citizen and such successful implementation of digital services was possible only because of cooperation by the public. He said, in this regard Digital Week is going to be celebrated across the UT from 31st August -6th September and District Administration will ensure that further efficiency will be ensured.

GOVT OF JAMMU & KASHMIR.

OFFICE OF THE EXECUTIVE ENGINEER Mechanical Irrigation Division Baramulla

Short Term e-Tender NIT No: E-16of 2023-24

For and on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, sealed e-tenders

In two covers are invited from experienced, reputed and registered firms/ genuine manufacturers/authorized distributors/dealers/workshop holders / SSI Unit holders for the following work:

S. No.	Name of work	Cost of tender document (Rate in Rs)	Estimated Cost (Rs in Lacs)	Earnest money (Rate in Rs)	Validity of offer	Time of completion	Programme Head	Whether Accorded/ Position of Funds	Tender ID no.
1.	Repairs to 400 HP ATS starter of lift irrigation scheme Sheeri Narwah stage 1 st .	Rs. 50.00	Rs. 0.44	Rs. 880.00	120 days	07 days	M&R (2702)	Within Budgetary Provisions of ARD 2023-24/ AAA order no. 66-MCO of 2022-23 dated: 24-03-2023	2023_IFC_228099_1
2.	Repairs to 400 HP ATS starter of lift irrigation scheme Sheeri Narwah stage 1st.	Rs. 50.00	Rs. 0.55	Rs. 1100.00					2023_IFC_228099_2
3.	P/f of parts in 250 HP ATS starter of lift irrigation scheme Zehanpora, P/f of new bush rod/ bush cup in 100 KVA H.T transformer of lift irrigation scheme Azadpora.	Rs. 50.00	Rs. 0.385	Rs. 770.00					2023_IFC_228099_3
4.	Rewinding of 150HP Three phase Induction motor of lift irrigation scheme Zehanpora.	Rs. 50.00	Rs. 0.90	Rs. 1800.00					2023_IFC_228099_4
5.	Providing and Fitting of bearings to 40 HP motor of Lift Irrigation Scheme Novla.	Rs. 50.00	Rs. 0.04	Rs. 80.00					2023_IFC_228099_5
6.	Urgent repairs to Base frame of lift irrigation scheme Zehanpora, providing of leather washers/ Nuts and Bolts for lift irrigation scheme Shakhata, Novla, Kandikhanand Kanispora.	Rs. 50.00	Rs. 0.059	Rs. 118.00					2023_IFC_228099_6
7.	Urgent repairs to 250 mm dia. M.S foot valve of lift irrigation scheme Manzgam.	Rs. 50.00	Rs. 0.056	Rs. 112.00					2023_IFC_228099_7
8.	Repairs to 150 KVA HT/LT Transformer at lift Irrigation Scheme Johama.	Rs. 50.00	Rs. 0.07	Rs. 140.00					2023_IFC_228099_8
9.	Mechanical works at various LI/dewatering schemes of MISD Pattan.	Rs. 50.00	Rs. 0.182	Rs. 364.00					2023_IFC_228099_9
10.	Repairs to 200mm dia. delivery pipe line at Lift Irrigation scheme Guilwa of MISD Pattan.	Rs. 50.00	Rs. 0.174	Rs. 348.00					2023_IFC_228099_10
11.	Rewinding of 60HP, 3-phase induction motor at LI/DWS Magraypora 1st of MISD Pattan.	Rs. 50.00	Rs. 0.682	Rs. 1364.00					2023_IFC_228099_11
12.	Mechanical works to be carried out at Lift Irrigation Schemes Achabal 1 st and Adipora of MISD Sopore.	Rs. 50.00	Rs. 0.375	Rs. 750.00					2023_IFC_228099_12
13.	Mechanical works to be carried out at Lift Irrigation Schemes Achabal 1 st and Vighbal 1 st of MISD Sopore.	Rs. 50.00	Rs. 0.341	Rs. 682.00					2023_IFC_228099_13

he tenders consisting of qualifying/eligibility criteria, technical specifications, general and commercial terms and conditions of contract and other details can be seen/downloaded from the website <https://jktenders.gov.in> from 30-08-2023(05:00pm).

The bids shall be submitted in electronic format on the website <https://jktenders.gov.in> from

30-08-2023(06:00 pm) to 05-09-2023 (6:55 pm). The bids uploaded on the website up to due date and time will be opened on the time and date, in the office of the Executive Engineer, Mechanical Irrigation Division Baramulla in presence of the bidders who wish to attend. In case offices happen to be closed due to holiday, or any other reason, on the schedule date of opening, the bids will be opened on the next working day at the scheduled time and venue. The complete bidding shall be online.

Prequalification bids shall be opened online in the office of the Executive Engineer, Mechanical Irrigation Division Baramulla on 06-09-2023 at 01:00 pm after which the financial bids of qualifying bidders shall be opened on the same day.

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

No. MIDB/CC-02/2066-75
Dated: 30-08-2023
DIPK-8008/23

Sd/-
Executive Engineer
Mechanical Irrigation Division
Baramulla

Weekly Block Diwas, DC Rajouri presides over Public Outreach Camp at border village Tanda Kangri - Sunderbani

HT News Network

RAJOURI, AUGUST 30: To ensure efficient governance and swift redress of issues, Deputy Commissioner Vikas Kundal led a triumphant public outreach event under the Weekly Block Diwas initiative here at the Tanda Kangri area of Block Sunderbani.

The event provided an effective platform to the local residents and their representatives to voice various concerns, encompassing road maintenance, staff augmentation in government institutions, augmentation of water supply and healthcare infrastructure. During the proceedings, government officials took the opportunity to apprise attendees of ongoing schemes urging the

residents to avail themselves of these initiatives.

In his address, Deputy Commissioner Vikas Kundal underscored the administration's commitment to provide essential services directly to the public. He assured the community of dedicated efforts in realizing this objective and commended stakeholders for their contributions to government endeavors. He encouraged continued commitment to public welfare.

Furthermore, the Deputy Commissioner assured citizens that their grievances have been duly noted and concerned departments would take immediate action to address genuine concerns. Immediate directives were issued to prioritize and resolve the issues raised leading to on-the-spot resolution of several matters.



The Deputy Commissioner committed to ensure functional tap water connections for every household in the district. "The ambitious target will be

met with the implementation of the Jal Jeevan Mission, a comprehensive initiative aimed at providing sustainable water supply", he informed the people.

He directed the EXEN Jal Shakti Department to engage with the public and address their concerns promptly.

Addressing the need for

improved power supply, the Deputy Commissioner directed the EXEN PDD to undertake effective measures for transformer upgrading. He called for active participation of all stakeholders to ensure timely execution of necessary works.

Highlighting progress under the PMAY-G (Pradhan Mantri Awas Yojana-Gramin) and Awas Plus, the Deputy Commissioner announced the allocation of the highest target to Panchayat Kangri.

Concluding the event, the Deputy Commissioner emphasized the importance of sustained progress and collaboration among stakeholders, aimed at enhancing residents' quality of life. The successful Weekly Block Diwas at Tanda Kangri showcased numerous issues discussed and resolved effectively,

earning commendation from appreciative residents who acknowledged the administration's dedication to issue resolution. The Block Diwas has emerged as an exceptional forum for direct dialogue between the public and district authorities, fostering contentment as citizens' voice grievances and witness prompt actions. The event underscored the administration's proactive approach to address public concerns and unwavering dedication to serving its constituents.

Among others present were BDC Sunderbani, Arun Sharma; ADC Sunderbani, Vinod Kumar Behnal; DPO, Auqil Nuvaid; AD Employment Mukhlis Ali; CEO Education, Sultana Kouser; and EXEN Jal Shakti Nowshera, Vipin Kumar, Tehsildar Baripatan, among other officers.

Doda Admin accords farewell to retiring Dy DEO

HT News Network

DODA, AUGUST 30: The District Administration Doda today bid farewell to Amresh Kotwal, Deputy District Election Officer, on his superannuation after rendering more than 38 years of dedicated service.

Deputy Commissioner Doda Vishesh Mahajan; SSP, Abdul Qayoom; Additional District Development Commissioner, Pran Singh; Additional Deputy Commissioner, Dr. Ravi Kumar Bharti; Assistant Commissioner Revenue, Sanjeev Kumar; Assistant Commissioner Panchayat Ashfaq Khanji; Account Officer, Sumit Sharma; and other officers congratulated the retiring officer and expressed their gratitude and appreciation for his dedicated service.

Expert SKUAST –J Team provides healthcare to animals at JMC Cattle Pound

HT News Network

JAMMU, AUGUST 30: To ensure better healthcare services to the animals housed at JMC Cattle Pound, Seri Khurd, Nagrota, a team of experts/ scientists comprising of Dr. Rajinder Bhardwaj, Associate Professor Veterinary Medicine, Dr. Rehman, Assistant Professor Veterinary Pathology, Dr. Rajesh Godara, Asstt. Professor Veterinary Parasitology, along with internship students from SKUAST, Jammu conducted a visit to the Cattle Pound, Nagrota for the examination of animals maintained there. The team of experts/ scientists along with MVO, JMC Dr. Sushil Kumar Sharma & VAS, JMC Dr. Divya Sharma conducted thorough examination of all the animals maintained in the Cattle Pound and also collected blood/ faecal samples from some animals. The expert team was appraised by the MVO, JMC that the animals which are being maintained in the Cattle Pound, mostly include abandoned/ destitute & rescued animals by Police authorities in bovine smuggling. In an effort for the better care & welfare of animals, JMC has outsourced the operation & maintenance of Cattle Pound, Nagrota to a local agency namely J&K Gau Raksha Samiti, Ambphalla, Jammu which is also running a Gaushala at Ambphalla. In order to ensure better operation & maintenance practices in the Cattle Pound, history about the feeding practices, management practices and husbandry practices being followed in the Cattle pound, Nagrota was collected by the expert team so that best of the husbandry practices can be advised to the agency for efficient mngement of Cattle Pound.

The Commissioner, JMC extended his gratitude to the Dean, FV.Sc & AH, SKAUST Jammu for sending a team of experts/ scientists for health examination of animals housed at JMC Cattle Pound, Nagrota and hoped that such visits of Veterinary experts shall be conducted on regular basis in future also.

Implementation of RDD schemes reviewed in Doda District

HT News Network

DODA, AUGUST 30: The implementation of Rural Development Department Schemes and Estimation process of Capex budget for the year 2023-24 was discussed here today at a meeting of the Officers chaired by Assistant Commissioner Development, Phulail Singh.

The meeting was attended by XEN- REW, Pankaj Sharma, all Block Development Officers, besides Assistant Engineers, Junior Engineers, and other concerned officers.

XEN-REW briefed the meeting about the status of ongoing developmental works and projects under District Capex and Area Development grants.

The ACD reviewed the progress of estimation, tendering, allotment, and execution of developmental

works in detail. The Assistant Engineer and Junior Engineer of REW and JEs of other Departments assigned additional charge of Panchayats in REW were directed to ensure cent-per-cent estimation of all the approved works.

The ACD also emphasized the importance of completion of projects before the onset of winter season and the BDOs were instructed to achieve the target of one Amritsarovar in every panchayat as this is one of the deliverables for the Rural Development Department.

Stress was also laid on the implementation of key governance initiatives like use of Area officer App, National Mobile Monitoring system, Jan Nagrani application, social audit and e-service portal for online job card issuance under MGNREGA.

Mission Director reviews functioning of ICDS (POSHAN Projects) in District Kishtwar

HT News Network

KISHTWAR, AUGUST 30: Mission Director POSHAN J&K, Rubina Kousar conducted a comprehensive review of the ongoing ICDS-Poshan Projects in Kishtwar district. The review took place in the Conference Hall at DC Office Kishtwar.

Accompanying her was Devinder Singh Katoch, Joint Director, Mission POSHAN, J&K.

During the meeting, District Programme Officer Mission POSHAN Kishtwar, Rishi Kumar Sharma gave a detailed presentation, highlighting the project wise achievements of different ongoing POSHAN schemes in the district. Attendees included CDPOs (Child Development Project Officers) and Supervisors



from all eight Poshan Projects in District Kishtwar.

The Mission Director examined the financial and physical progress of all projects within the district, encompassing schemes such as PMMVY (Pradhan Mantri Matru Vandana Yojana), Poshan tracker, SNP

(Supplementary Nutrition Programme), ECCE (Early Childhood Care and Education), Geo-tagging of AWCs (Anganwadi Centers), Honorarium, Rent, and expenditures across different categories.

Furthermore, the recruitment process for Sanginis

(Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in all the Poshan projects of District Kishtwar was thoroughly reviewed. Immediate directives were issued to fill any remaining vacancies for Sanginis and Sahayikas, in accordance with established rules and regulations.

Additionally, the Mission Director instructed each CDPO to oversee the procurement process of SNP and maintain accurate records of all procurement activities. The meeting concluded with a vote of thanks. Additionally, the Mission Director instructed each CDPO to oversee the procurement process of SNP and maintain accurate records of all procurement activities. The meeting concluded with a vote of thanks.

Udhampur admin finalises arrangements for Digi -Week mela

HT News Network

UDHAMPUR, AUGUST 30: The preparations for the Digi Week Mela were today finalized by district administration Udhampur scheduled to begin from August 31. The event aims to digitally empower citizens by acquainting them with the multiple online services and other digital advancements made in different sectors.

Deputy Commissioner Udhampur, Saloni Rai, chaired a meeting of different departments in the DC Office's Conference Hall to ensure the smooth execution of the event. Among those present were Senior Superintendent of Police, Dr Vinod Kumar; Additional Deputy Commissioner, Joginder Singh Jasrotia; Assistant Commissioner Revenue Rafiq Ahmed Jaral; Chief Planning Officer, Mudassir Yaqoob Zargar and other senior officers from different departments.

It was decided that the District Administration will organize a three-day Digi Mela from August 31st to September 2nd,



2023, at Riwayat Hall Udhampur.

Detailed discussions were held regarding essential arrangements for the event, including security, magistrates' deployment, departmental stalls installation, sanitation, medical services, and provisions for drinking water and power supply.

The Executive Engineer of the Power Development Department (PDD) was tasked with ensuring uninterrupted power supply, while the Public Health Engineering (PHE) department was directed to provide drinking water facilities. Various departments were instructed to set up stalls showcasing their online programs and services for the public.

ADDC inspects Progress of development works in Kishtwar Town

HT News Network

KISHTWAR, AUGUST 30: Additional District Development Commissioner (ADDC) Kishtwar, Sham Lal today undertook a whirlwind tour of the town and its surrounding areas to assess the progress of different ongoing projects being executed under the Capex Budget 2023.

Accompanied by the concerned Junior Engineer (PWD), supervisory staff, and executing officials, Sham Lal inspected the developmental initiatives underway in different parts of the Township. The visit aimed to gain firsthand insights into the status of these projects and to



address any challenges or impediments hindering their smooth execution.

The ADC inspected a range development projects, including the construction and maintenance of roads, drainage systems, and culvert installations. He interacted with the on-site officials and engineers, engaging in productive discussions about the progress and the possible solutions to overcome any bottlenecks.

During these discussions, he emphasized the paramount importance of accelerating the pace of work on these projects. He underscored the need for adherence to rigorous quality standards to ensure that the completed projects stand as benchmarks of excellence. Stressing the significance of these developments to the local community, he urged all stakeholders to collaborate effectively.

SMVDSB celebrates 38th Foundation Day Committed to ensure best possible facilities for pilgrims: CEO

HT News Network

Katra, August 30: Sh. Anshul Garg, Chief Executive Officer today attended the special Prayers, Havan and Yagya to mark the celebration of 38th Foundation Day of Shri Mata Vaishno Devi Shrine Board at Katra. The Board was formed on this day in 1986.

On the occasion, CEO recalled the contributions made for the facilitation of the pilgrims throughout the journey and contended that the Shrine Board is committed

to ensure the best possible facilities are put in place for the comfort and well-being of the pilgrims. He lauded the tireless efforts of each and every foot soldier and underscored that with Mata's blessings, we have emerged as one of the most visited Shrines in the country and our collective efforts have been recognized at the National Level in the form of National Water Award and National e-governance Award which indicates our steadfast pursuit of the mandate entrusted to us by the Board.



The Chief Executive Officer extended his gratitude to the Chairman of Shrine Board (Sh. Manoj Sinha Lt. Governor, JK-UT) for his continuous support and guidance under which a plethora of initiatives for facilitation

of pilgrims and welfare of staff are being undertaken by the Board relatively in a short span of time. Besides, creation, upgradation and expansion of perceptible improvements in infrastructure both for pilgrims and

staff, state-of-the-art initiatives such as RFID based Yatra access cards, Panchmeva Prasad/Prasad Counters and new online portals have been launched. He also enumerated various significant measures for the general welfare of the Shrine Board employees which include promotion of several stagnant employees, increased allowances and many others.

Sh. Anshul Garg while congratulating the newly promoted team members stressed all employees to ensure greater facilitation of

pilgrims visiting the Holy Cave Shrine adding that all of us need to redouble our efforts and no stone should be left unturned to provide best possible services to the pilgrims to make the pilgrimage a memorable experience for them.

At Katra, the main function was held at Niharika Complex where special prayers were performed by organizing Havan. Among those present on the occasion were Sh. Navneet Singh, Addl. CEO; Dr. Jagdish Mehra, Jt. CEO, besides officers and staff of the Shrine Board.

DC finalizes Action Plan for celebration of Digital J&K Week in Poonch

HT News Network

POONCH, AUGUST 30: Deputy Commissioner Poonch, Yasin M. Choudhary today presided over a meeting of concerned officers in DC office to review the preparations for celebration of Digital J&K Week-2023, being observed across J&K from first week of September. On this occasion, the DC 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. Moreover, the District Officers were also given instructions on how to celebrate the Digital Week by launching campaigns to promote their online services while working with the District Administration.

EDITORIAL

The Toxic Tides:
Unraveling the Impact of
Increasing Social Media
Use on Kashmiri Youth

In Kashmir, where beauty meets tranquility, a darker storm is brewing, and it comes in the form of escalating social media usage among the youth. Over the past few years, the digital revolution has swept through the region, profoundly shaping the minds of its young inhabitants. While the advent of social media brought promises of connectivity and knowledge, it has also brought along a wave of toxicity that threatens to erode the very fabric of Kashmiri society.

The allure of social media platforms is undeniable. It offers an escape from the harsh realities of the conflict-torn region, providing an outlet for self-expression and creativity. However, as the virtual world engulfs the Kashmiri youth, it is evident that the impact is far from benign. The constant exposure to an onslaught of information, images, and opinions can be overwhelming, leading to heightened levels of stress and anxiety.

The anonymity granted by social media further exacerbates the situation, allowing individuals to hurl hateful rhetoric without facing any real-life consequences. This anonymity has led to the rise of cyberbullying, trolling, and the propagation of harmful ideologies. The youth, once heralded as the torchbearers of hope, have now become victims of a toxic environment, where division and hostility thrive.

The excessive use of social media has also affected the attention spans of the youth. Continuous scrolling and the instant gratification of likes and shares have hindered their ability to focus on important matters. This, in turn, has impacted their academic and professional pursuits, hindering their potential for personal growth and development.

Furthermore, the social media echo chambers have created an environment where dissenting opinions are often dismissed or suppressed, leading to the formation of narrow-minded echo chambers. Instead of fostering healthy debates, social media has become a breeding ground for polarization, stifling intellectual growth and fostering intolerance.

The impact of increasing social media usage on the mental health of Kashmiri youth cannot be overlooked. The incessant comparison with seemingly perfect lives displayed on social media platforms has led to a rise in feelings of inadequacy and self-doubt. The incessant pursuit of validation through likes and shares has turned into a vicious cycle, leaving many feeling perpetually unsatisfied and disconnected from reality.

As guardians of the future, it is crucial for parents, educators, and policymakers to recognize the detrimental effects of excessive social media use on the youth and take proactive measures. Education on digital literacy, mental health awareness, and responsible social media usage should be integrated into the curriculum. Creating safe spaces for open discussions and promoting critical thinking will help in challenging extremist ideologies and fostering empathy among the youth.

Moreover, social media platforms must take responsibility and invest in comprehensive moderation systems to curb hate speech, fake news, and cyberbullying. Striking a balance between freedom of expression and protecting users from harmful content is essential in creating a healthier digital landscape.

In conclusion, the increasing use of social media among Kashmiri youth has undoubtedly shaped their minds, but not without significant repercussions. The toxicity that permeates through their virtual lives poses a grave threat to the well-being of the youth and the harmony of the region. It is high time that collective efforts are made to mitigate the adverse effects and transform social media into a platform for growth, learning, and meaningful connections. Only then can we hope for a brighter future for the youth of Kashmir.

Creativity Is a Process,
Not an Event

■ [Jaswinder Pal](#)

Creativity, often hailed as the driving force behind innovation and progress, is a multifaceted process that goes beyond a single moment of inspiration. It is a journey of exploration, iteration, and refinement that transforms novel ideas into tangible realities. This article delves into the concept that creativity is a process, not an event, highlighting the stages involved and the importance of nurturing this process for meaningful and sustainable innovation.

The Stages of Creativity Preparation: Creativity doesn't occur in a vacuum. It begins with immersing oneself in a subject, problem, or field of interest. This stage involves research, gathering information, and developing a solid foundation of knowledge. The more you know, the more connections you can make to spark innovative ideas.

Incubation: After the initial immersion, the mind needs time to process the information.

This is the incubation stage, where ideas simmer beneath the surface. Taking a step back and allowing your mind to wander can lead to unexpected connections and insights.

Illumination: The "aha" moment, commonly associated with creativity, is just one part of the process. It's the result of the incubation period, where your mind makes unexpected connections and brings forth a new perspective or idea.

Evaluation: Once an idea surfaces, it's important to evaluate its feasibility, relevance, and potential impact. This involves critical thinking and a willingness to refine or discard ideas that might not hold up under scrutiny.

Elaboration: This is where the real

work begins. Transforming an idea into a tangible form requires experimentation, iteration, and refining. It's a stage of trial and error, where setbacks are embraced as learning opportunities.

Verification: Finally, the creative idea is put to the test. Whether it's a product, a piece of art, or a solution to a problem, the verification stage involves assessing how well the idea meets its intended goals and how it resonates with its intended audience.

Nurturing the Creative Process
Embrace Curiosity: Curiosity is the foundation of creativity. Cultivate a curious mindset by asking questions, exploring diverse topics, and seeking out new experiences.

Provide Space: Creativity needs breathing room. Allow yourself time

for reflection, brainstorming, and moments of relaxation to let your mind wander.

Seek Inspiration: Surround yourself with diverse influences – books, art, nature, conversations – to expose yourself to different perspectives and spark new ideas.

Embrace Failure: Failure is an inevitable part of the creative process. Instead of seeing it as a setback, view it as a stepping stone toward improvement.

Collaboration: Collaborating with others brings fresh viewpoints and skills to the table, enriching the creative process and enhancing the quality of the final product.

Celebrate Small Wins: Acknowledge the incremental achievements along the way. Each step, no matter

how small, contributes to the overall creative journey.

Conclusion

Creativity is a dynamic and ongoing process that requires patience, dedication, and an open mind. By understanding that it's not just a fleeting moment of brilliance, but a series of deliberate steps, we can foster a culture of innovation that values each stage of creativity. Whether you're an artist, entrepreneur, scientist, or simply someone seeking to bring new ideas to life, embracing the process of creativity will lead to richer, more meaningful outcomes that stand the test of time.

Jaswinder Pal Sharma SS Master
GSSS HAKUWALA Sri Muktsar
Sahib 7986027454



Maintaining uniform standards across Dual
Board exams in a year could be challenging

■ [Vijay GarG](#)

While launching the New Curriculum Framework for school education in sync with National Education Policy 2020 (NEP), the Union Education Ministry noted that board examinations in the country would be conducted twice a year. It further said that the students will be allowed to retain the best score out of the two exam scores.

The academics ponder over the merits and drawbacks of dual board exams in the country. While it could offer more chances for improvement and enhance academic competitiveness, it might also lead to increased stress levels and a casual approach towards studies, they claim.

Students will have an option to enhance their scores

"The consequences of introducing two board exams in a year would heavily depend on the logistics and implementation strategy. If schools are required to complete the syllabus within the current time frame, it might lead to increased pressure on both students and teachers. On the positive side, it would offer students a chance to enhance their scores if they previously could not perform well due to health or family issues,". "Introducing two board exams could potentially provide students with more opportunities for college admissions. Similar to universities abroad, colleges might need to open admissions twice a year, accommodating students from both exam sessions. This could be beneficial for those who may have not performed well in the first attempt," she adds.

"Holding board exams twice can also result in negative impacts like students may become more casual towards the exams, assuming that they have a second chance to improve. This approach might undermine the seriousness towards studies and dilute their performance,"

"With two exams, students might experience reduced pressure in terms of content volume to be covered at once. This could lead to better retention of knowledge and a deeper understanding of subjects. Having more frequent assessments can provide a better representation of a student's academic performance, as it reduces the stakes associated with a single high-stakes exam. Frequent exams allow for more timely feedback to students, helping them understand their strengths and weaknesses in a timely manner, and enabling them to make necessary improvements,"

Conducting and grading exams is time-consuming

"The other consequences of this can be that instead of reducing stress, having two exams could potentially increase stress due to the need to prepare for



"With two exams, students might experience reduced pressure in terms of content volume to be covered at once.

This could lead to better retention of knowledge and a deeper understanding of subjects. Having more frequent assessments can provide a better representation of a student's academic performance, as it reduces the stakes associated with a single high-stakes exam

exams more frequently. If the focus shifts towards exam preparation and cramming, the overall quality of education might suffer as teachers and students prioritise exam-specific content over holistic learning. Conducting and grading exams is time-consuming for educators. More exams could lead to increased workload and potentially compromise the quality of teaching. Maintaining uniform standards across two exams in a year could be challenging. The difficulty level and content covered in each exam would need to be carefully calibrated. Careful planning and consideration would be necessary to maximise the positive impacts and mitigate the negative consequences,"

Impact on future job prospects

"The introduction of two board exams a year might make the academic landscape more competitive and challenging. Students will be required to consistently perform well to secure admissions and maintain a strong academic record. This could eventually lead to a workforce that is better prepared academically. In the long run, this might contribute to a job market that values consistent academic performance,

Vijay GarG Retired Principal Educational
Columnist Malout Punjab

Urgent Plea to the Indian Government:

Safeguard Kashmiri Youth from False MLM Scams

Unmasking the Kashmiri Influencers' Role in Exploitative MLM Schemes

■ [Irfan Attari Kashmiri](#)

In a plea to the Indian government, I write this urgent article to shed light on a distressing issue plaguing the Kashmiri youth—their vulnerability to false scams and deceptive means of advertisement that claim extravagant earnings of 50-60 thousand rupees per month. It is imperative that immediate action is taken to protect these young individuals from falling prey to the treacherous world of multi-level marketing (MLM) scams.

Unveiling the Deceptive Nexus: Kashmiri Influencers and MLM Scams

Over the years, MLM schemes have spread like wildfire, capitalizing on dreams of financial freedom and flexible work-life balance. However, beneath the glossy surface of these opportunities lies a sinister reality. MLMs have transformed into breeding grounds for scams, preying on the hopes and aspirations of unsuspecting individuals. This article aims to expose the dark underbelly of MLMs, highlighting the exploitative business models, deceptive practices, and the devastating impact they have on countless lives.

The Rise of Kashmiri Influencers in MLM Scams

With the rise of social media, influencers have become influential figures in shaping public opinions and aspirations. Regrettably, some Kashmiri influencers have become entangled in the web of MLM scams, exploiting the trust and admiration they once enjoyed from their followers. This article delves into the concerning involvement of Kashmiri influencers in MLM scams, exposing the exploitation of trust and the detrimental consequences faced by the community.

1. Cultivating a Believable Image: Betrayal of Trust

Kashmiri influencers often build their online personas around authenticity and relatability, fostering personal connections with their followers. However, some influencers have deviated from this path, embracing MLM scams and betraying the trust placed in them. By associating themselves with MLM companies, they manipulate the trust of their followers, presenting the scams as legitimate and appealing.

2. Glamorizing MLM Success: The Illusion of Prosperity

Influencers hold significant sway over their followers' aspirations and dreams. Unfortunately, some Kashmiri influencers have chosen to exploit this influence by glamorizing the success stories associated with MLMs. They flaunt luxurious lifestyles, extravagant purchases, and extraordinary experiences—all attributed to their involvement in MLM schemes. By showcasing this illusion of success, they entice their followers into believing that joining an MLM will lead to similar prosperity.

3. Manipulating Emotional Connections: Exploiting Vulnerability

Kashmiri influencers often share strong emotional connections with their followers, who regard them as role models and sources of inspiration. Exploiting these emotional connections, influencers prey on their followers' desires for financial security and independence. They promote MLM scams as solutions to financial woes, promising a pathway to freedom and prosperity. Leveraging emotional manipulation techniques, such as testimonials and personal anecdotes, they persuade their followers to invest in these fraudulent schemes.

4. Concealing the Dark Reality: Hiding the Truth

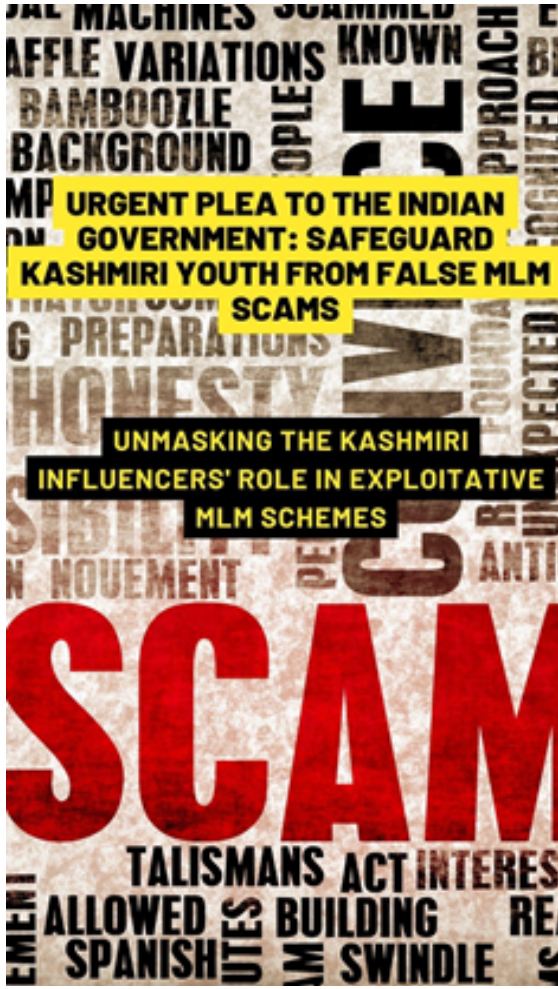
Kashmiri influencers involved in MLM scams often hide the dark reality of these schemes. They conveniently omit the financial struggles, emotional distress, and shattered dreams experienced by the majority of participants. Instead, they focus on highlighting the few success stories, perpetuating the illusion that everyone can achieve similar outcomes. By downplaying the risks and amplifying the rewards, they deceive their followers into believing that MLMs are a guaranteed path to financial stability.

5. Exploiting Community Bonds: Targeting Their Own

In Kashmiri society, community bonds and trust hold immense value. Unfortunately, some influencers exploit these bonds by targeting their own communities. They capitalize on the trust placed in them by fellow Kashmiris, knowing that individuals are more likely to trust someone from their own community. Exploiting this familiarity, influencers effectively manipulate their followers into joining MLMs under the guise of community support and collective prosperity.

The Devastating Consequences

The involvement of Kashmiri influencers in MLM scams has profound consequences for the community. As individuals invest their hard-earned money, time, and energy into these scams, they find themselves trapped in a web of debt and disappointment. Relationships within the community become strained as friends



and family members are pitted against each other in pursuit of recruitment and profit. The exploitation of trust erodes community cohesion and perpetuates financial vulnerability.

It is incumbent upon the Indian government to address this distressing phenomenon promptly. The trust and credibility that Kashmiri influencers once held within their community have been undermined by their involvement in MLM scams. By exploiting their influence and emotional connections, these influencers perpetuate MLM scams, leading unsuspecting individuals down a path of financial ruin. It is crucial for the government to take proactive measures to protect the youth from such deceptive schemes.

In conclusion, the rise of MLM scams targeting Kashmiri youth demands immediate attention. The Indian government must act swiftly to implement stringent regulations and safeguard the community from false promises and exploitative MLM schemes.



By raising awareness, providing education, and taking proactive measures, we can dismantle the MLM empire and ensure a safer future for all Kashmiri youth.

Advisory: How to Shield Yourself from MLM Scams
The proliferation of MLM scams poses a significant threat to individuals and communities. To shield yourself and your community from falling victim to these scams, follow this advisory:

1. Research and Educate Yourself: Thoroughly research MLMs and their business models, paying attention to warning signs and red flags associated

with scams.

2. Verify the Legitimacy: Scrutinize MLM companies, their products, and their compliance with regulations. Rely on credible sources for information and testimonials.

3. Guard Against Emotional Manipulation: Stay cautious of high-pressure tactics, exaggerated success stories, and emotional appeals used by recruiters or influencers. Make decisions based on critical thinking and objective evaluation.

4. Assess the Product Value: Independently evaluate the MLM's products or services. Consider their market competitiveness and whether you would genuinely use or recommend them outside of the MLM opportunity.

5. Understand the Compensation Structure: Thoroughly review the MLM's compensation plan and ensure it emphasizes product sales rather than recruitment commissions. Be wary of high upfront fees, mandatory inventory purchases, or imposing monthly quotas.

6. Seek Advice from Independent Professionals: Consult financial advisors or legal experts to assess the risks and potential returns associated with MLMs. Their objective insights can help you make informed decisions.

7. Discuss with Trusted Individuals: Engage in open discussions with trusted friends, family, and community members who have experience or knowledge about MLMs. Gain different perspectives and insights to make an informed decision.

8. Trust Your Instincts: If something feels too good to be true or raises suspicions, trust your instincts. MLMs often make unrealistic promises and exploit vulnerabilities. Stepping away is the best course of action.

The steps that need to be taken by the Government of India in Kashmir to save the youth from MLM scams are as follows:

1. Strengthen Regulatory Framework: The government should establish and enforce stringent regulations specifically targeting MLM scams. These regulations should include clear guidelines on MLM operations, disclosure of financial information, and penalties for fraudulent practices. Additionally, regulatory bodies should be empowered with resources and authority to investigate and take legal action against MLM scams.

2. Public Awareness Campaigns: The government should launch extensive public awareness campaigns to educate the Kashmiri youth about the risks and deceptive nature of MLM scams. These campaigns can utilize various mediums such as television, radio, social media, and community outreach programs to disseminate information and raise awareness about the tactics employed by MLM scammers.

The involvement of Kashmiri influencers in MLM scams has profound consequences for the community. As individuals invest their hard-earned money, time, and energy into these scams, they find themselves trapped in a web of debt and disappointment. Relationships within the community become strained as friends and family members are pitted against each other in pursuit of recruitment and profit. The exploitation of trust erodes community cohesion and perpetuates financial vulnerability. It is incumbent upon the Indian government to address this distressing phenomenon promptly. The trust and credibility that Kashmiri influencers once held within their community have been undermined by their involvement in MLM scams

These organizations can offer legal guidance, counseling services, and support to victims, helping them recover from the financial and emotional consequences of MLM scams.

5. Establish Support Programs for Victims: The government should establish support programs that provide financial, psychological, and educational assistance to individuals who have suffered financial losses due to MLM scams. These programs can offer counseling services, vocational training, and financial aid to help victims rebuild their lives and regain financial stability.

6. Collaboration with Social Media Platforms: The government should collaborate with social media platforms to identify and take down fraudulent MLM advertisements and accounts. By working closely with platforms like Facebook, Instagram, and YouTube, the government can reduce the reach and impact of MLM scams on Kashmiri youth.

7. Inclusion of Financial Literacy in Education: The government should include financial literacy and consumer awareness programs in the school curriculum. By educating young individuals about personal finance, investment, and the risks associated with MLM scams, they can make informed decisions and protect themselves from falling victim to fraudulent schemes.

8. International Cooperation: The government should collaborate with international organizations and governments to share best practices, experiences, and strategies in combating MLM scams. By leveraging global expertise and knowledge, the government can strengthen its efforts to protect the Kashmiri youth from MLM scams.

The Government of India needs to take proactive measures to safeguard the youth in Kashmir from MLM scams. By implementing stringent regulations, raising public awareness, collaborating with law enforcement agencies, and providing support programs for victims, the government can effectively combat MLM scams and protect the Kashmiri youth from financial exploitation.

In the end, safeguarding yourself and your community from MLM scams requires diligent research, critical thinking, and reliance on trusted sources. By educating yourself, assessing legitimacy, and seeking advice, you can protect yourself from falling victim to these deceptive schemes.

The Author is a Renowned Social Activist/Writer, President of Foundation For Youth Web & Student Of Cybersecurity. Email- askirfanattari@gmail.com

"After Chandrayaan, South Africa's Ramaphosa Wanted To Sit Next To Modi": S Jaishankar

■ HT News Network

The BRICS Summit hosted by South Africa was the first in-person meet since 2019.

New Delhi: Chandrayaan-3. The answer to the question - 'Why did South Africa President Cyril Ramaphosa want to sit next to Prime Minister Narendra Modi during the BRICS Summit in that country last week?'

The \$75 million Chandrayaan-3 Moon mission has been acclaimed by space agencies and governments across the world and, as External Affairs Minister S Jaishankar told NDTV Tuesday, it also prompted several positive reactions from BRICS leaders during events in Johannesburg.

The South African President - who hailed the landing as his country's own - declared after the landing he wanted to be seated next to Prime Minister Modi so Chandrayaan's 'good vibes' "rubs off" on him.

"By the time we reached the retreat, there was some talk about Chandrayaan.



The next day (August 23, the day of the landing) we did a morning session and then the PM left to join ISRO (via a video link)... by the second day, even within BRICS talk had shifted to Chandrayaan..." Mr Jaishankar said. "I was in a room (attending a BRICS event as Vikram was landing)... with a big screen in the corner. It was difficult to talk without getting distracted," the minister said, "At some stage President Ramaphosa said, Foreign Minister, you are looking like Chandrayaan is up there (pointing to the screen)."

"I think, by then, it had seeped into peoples' imagination and, that evening, I

must tell you, we were at a BRICS Plus event - so you had about 50 other countries' prime ministers and presidents - and the speech which President Ramaphosa gave on Chandrayaan was like a collective feeling..."

"In fact, he said, 'I'm going to sit next to PM Modi and I hope some of it rubs off on me...' The Prime Minister had earlier given a briefing to other BRICS leaders after Vikram's landing, in which he had thanked Mr Ramaphosa for his congratulatory messages, and said, "... my friend Ramaphosa has given a lot of praise for India's Moon mission. I have been feeling this since yesterday."

terday."

After thanking Mr Ramaphosa, PM Modi had said, "It is a matter of pride for us that this success is being accepted not as a limited success of one country but as a significant success of mankind."

Mr Jaishankar stressed on the "collective feeling" of joy that Chandrayaan-3 had evoked and said, "That sentiment was very strong and, at one stage, I remember there was a long U-shaped table with 100-150 people seated. People spontaneously got up so the PM had to walk down the length of table to individually accept congratulations. You had a sense this was not just India's achievement."

Chandrayaan-3's successful landing on the Moon meant India joins a select group of nations - the others are Russia (then the Soviet Republic), the United States and China - to have completed a soft landing on the lunar surface; landing site was also closer to the Moon's South Pole than any other.

"Rahul Gandhi Trusts Chinese Map But Not...": Minister's Dig At Congress

■ HT News Network

New Delhi: Union Minister Pralhad Joshi on Wednesday said that Congress MP Rahul Gandhi has more faith in what China states rather than in his own country's foreign ministry and defence ministry personnel.

While talking to ANI, he slammed the Congress party and said that the latter did not have faith neither in India nor in its institutions.

"I think Rahul Gandhi can't understand that the Ministry of External Affairs has already rejected claims on what China did, the map they issued," the union minister said. "What happened - if China encroached upon our land - this happened during the tenure of Jawaharlal Nehru. He is not aware of history. So, he keeps saying these things. I express my sympathies to Rahul Gandhi. He trusts the Chinese map but not what our MEA or Defence force officers deputed there," Mr Joshi said.

"The Nehru-Gandhi family has always trusted China more. It is their problem because they do not believe in India, they do not



believe in the Supreme Court, they do not believe in Election Commission, in the Defence officials or any other institution of India. They only believe in China or Pakistan. That is their problem what can we reply to that?" he said.

Earlier today Rahul Gandhi demanded a statement from Prime Minister Narendra Modi after China released its so-called "standard map" staking claim over Arunachal Pradesh and Aksai Chin.

"I have been saying for years that what the PM said, that not one inch of land was lost in Ladakh, is a lie. The entire Ladakh knows that China has transgressed. This map issue is very serious. They have taken away the land. PM should say something

about it," Rahul Gandhi said in Delhi ahead of his departure to Karnataka.

On August 28 China released the 2023 edition of its 'standard map' showing Arunachal Pradesh, which China claims as South Tibet and Aksai Chin occupied by it in the 1962 war as part of its territory. Taiwan and the disputed South China Sea are also included within the Chinese territory in the new map.

India on Tuesday lodged a strong protest against China rejecting claims made by Beijing and said they have no basis to claim India's territory.

The Ministry of External Affairs said that such steps from the Chinese side would only complicate the resolution of the boundary

question.

In response to media queries, the Official Spokesperson of the Ministry of External Affairs, Arindam Bagchi said: "We have today lodged a strong protest through diplomatic channels with the Chinese side on the so-called 2023 'standard map' of China that lays claim to India's territory: "We reject these claims as they have no basis. Such steps by the Chinese side only complicate the resolution of the boundary question," he added.

External Affairs Minister S Jaishankar also stated that it is an "old habit" of China to stake claim on territories that do not belong to them. In an interview with a television channel, the foreign minister dismissed Beijing's "absurd claims" and said "putting out a map does not mean anything."

"China has put out maps with territories (that are) not theirs. (It is an) old habit. Just by putting out maps with parts of India... this doesn't change in anything," Mr Jaishankar said, adding, "Our government is very clear about what our territories are.

Heavy rain very likely in Telangana on Sep 2-3 : Met

■ HT News Network

Hyderabad, Aug 30 (UNI) Heavy Rain is very likely to occur at isolated places in Karimnagar, Peddapalli, Jayashankar Bhupalpally, Mulugu, Rangareddy, Vikarabad and Mahabubnagar districts of Telangana on September 2, Meteorological Department said on Wednesday.

In a daily weather report here, It said heavy rain very likely to occur at isolated places in Peddapalli, Jayashankar Bhupalpally, Mulugu, Bhadradi Kothagudem, Khammam, Sangareddy, Medak and Kamareddy districts of the state on September 3.

Thunderstorm accompanied with lightning is very likely to occur at isolated places in few districts of Telangana from September one to three.

Light to moderate rain or thundershowers very likely to occur at isolated places, few places and many places in the state from August 30 to September 5, the report added.

Bihar: Seven killed in collision between container and Scorpio

■ HT News Network

Dehri-on-Son, Aug 30 (UNI) At least 7 people were killed and 5 others injured in a collision between a container and a Scorpio near Pakhnari village under Shivsagar police station area in Rohtas district on Wednesday morning.

According to police, the Scorpio by which Sudeshwar Sharma of Bamhor Khas under Mohniya police station of Kaimur district was returning with his family from Bodhgaya hit a stationary container parked on the flanks on National Highway 2 near Pakhnari village.

In this accident, seven people travelling by the Scorpio died on the spot, whereas five others sustained injuries.

The deceased have been identified as Arvind Kumar Singh (45), Premalata Priyadarshi (42), Aditya Vishwakarma (09), Riya Kumari (13), Tara Kumari (22), Chandni Kumari (20), and Raj Muni Devi (60). The bodies have been sent for postmortem.

The injured have been admitted to Sasaram Sadar Hospital.

30 Central Paramilitary Forces companies to be deployed on by-poll duty

■ HT News Network

Jalpaiguri, Aug 30 (UNI) As many as 30 companies in Central Paramilitary forces to be deployed for the Dhupguri assembly by-election, slated to be held on September 5, official sources said on Wednesday.

Election office sources said that half of the total deployment, 15 Companies have already deployed, and the rest will arrive shortly before the polls on Wednesday. The seat fell vacant last month when the sitting BJP MLA, Bishnupada Roy, died of a heart attack at the SSKM hospital after falling sick while attending the assembly session. TMC named Nirmal Chandra Roy as the Dhupguri bypoll candidate in Jalpaiguri district.

Ishwar Chandra Roy and Tapasi Roy, the CPM and BJP candidates, respectively. The Congress is supporting the CPI (M)-led Left Front nominee.

"Need Clarity On Mayawati, Not Sure Who She's With": Sharad Pawar

■ HT News Network

New Delhi: There's a question mark over who Bahujan Samaj Party President Mayawati is with and there is speculation that she is aligned with the BJP, Nationalist Congress Party chief Sharad Pawar said on Wednesday. At a press conference ahead of the key meeting of the opposition Indian National Developmental Inclusive Alliance (INDIA), which begins in Mumbai tomorrow, Mr Pawar was asked about the alliance's take on Mayawati, who has declared herself neutral. "There's a question on who Mayawati is with. There is speculation that she is with the BJP. I am not saying that is true, but there needs to be clarity on that," the NCP chief responded. Mr Pawar's comments come on a day when Mayawati ruled out any alliance with either INDIA or the NDA. She said everyone is keen on an alliance with her party, but when she refuses, the opposition accuses her of collusion with the BJP. In a series of posts on X, formerly Twitter, the BSP chief said both alliances largely consist of parties with anti-poor, casteist, communal, and capitalist policies. She said these are policies against which her party has been



fighting. "BSP, like in 2007, will single-handedly contest the upcoming Lok Sabha and four state assembly general elections by uniting crores of neglected/scattered members of society on the basis of mutual brotherhood rather than the manipulation of our opponents. The media should not spread misconceptions," the BSP chief posted. "Everyone is keen on an alliance with the BSP, but when I don't do so, the opposition alleges collusion with the BJP. If you ally with them, you are secular and if you don't, you are with the BJP. This is grossly unfair and akin to the saying that the grapes are sour," she posted in Hindi. The BSP and its bitter rival Samajwadi Party had announced an alliance for the Lok Sabha elections in 2019.

"Entire Ladakh Knows...": Rahul Gandhi After China Releases New Map

■ HT News Network

New Delhi: Congress leader Rahul Gandhi today demanded a statement from Prime Minister Narendra Modi in response to China's release of a map that claims ownership of Aksai Chin and Arunachal Pradesh, which has been categorically rejected by India.

On Monday, China released a new "standard" map that shows Aksai Chin, which it occupied in the 1962 war, and Arunachal Pradesh, which it claims as South Tibet, as part of its territory. The map also shows the entire South China Sea as part of China, as it had in previous editions.

"I have been saying for years that what the PM said, that not one inch of land was lost in Ladakh, is a lie. The entire Ladakh knows that China has transgressed. This map issue is very serious. They have taken away the land. PM should say



something about it," Rahul Gandhi said while leaving for Karnataka. External Affairs Minister S Jaishankar told NDTV in an exclusive interview that the map meant nothing and China has a 'habit' of releasing such maps.

"China has put out maps with territories (that are) not theirs. (It is an) old habit. Just by putting out maps with parts of India... this doesn't change in anything. Our government is very clear about what our territory. Making absurd claims does not make other people's territories

yours," Mr Jaishankar told NDTV.

India has initiated protests through diplomatic channels over the "standard" map.

"We reject the claims as they have no basis. Such steps by the Chinese side only complicate the resolution of the boundary question," MEA spokesperson Arindam Bagchi said in a statement.

The map has surfaced at a critical time as India gears up for the G20 Summit scheduled for September 9-10.

PM Modi and Chinese

President Xi Jinping agreed to work for "expedient de-escalation" along the entire Line of Actual Control (LAC) during their meeting at the BRICS summit in South Africa this month.

China announced new Chinese names for 11 places in Arunachal Pradesh in early April. India rejected the renaming, asserting that Arunachal Pradesh is an integral part of India and that assigning "invented" names does not alter the reality that the northeastern state is under Indian administration. This was China's civil affairs ministry's third addition to the first batch of six places released in 2017 and the second batch of 15 places released in 2021.

The ties between India and China were severely strained by the eastern Ladakh border standoff that began in May 2020 following which troops of both countries have been locked in an over three-year confrontation amid several talks of de-escalation.

Beneficiaries of Kanya Sumangala Yojana to get Rs 25,000 from FY24-25: Yogi

■ HT News Network

Lucknow, Aug 30 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Wednesday announced to hike the amount given to the beneficiaries of Mukhya Mantri Kanya Sumangla Yojana as a gift to the girls of the occasion of Raksha Bandhan.

While interacting with the beneficiaries of the Mukhyamantri Kanya Sumangala Yojana at Lok Bhawan, the CM said that the double engine government is going to increase the amount given under the scheme from Rs 15,000 to Rs 25,000 from the financial year 2024-25.

"This will make it easier for the daughters of the state to fulfil their dreams and become self-reliant along with being educated," he said.

Yogi said that initially, under this scheme, a package of Rs 15,000 was given in six phases. "Starting next year, as soon as a daughter is born, an amount of Rs 5,000 will be transferred to her parents' account. Similarly, Rs 2,000 will be transferred when the daughter turns an year old, another Rs 3,000 when she enters the first grade, Rs 3,000 on entering the sixth grade, Rs 5,000 on entering the ninth grade and if the daughter pursues a graduate, diploma, or



certificate course, then an amount of Rs 7,000 will be transferred to her account," he said. Yogi said that today, 16.24 lakh daughters are being benefited in the state through this scheme. He said that today is a very important day in the direction of taking PM Narendra Modi's 'Beti Bachao, Beti Padhao' programme to a new height.

He said, "The double-engine government believes that a daughter is a daughter. With that daughter, there shouldn't be any discrimination. She should get security, protection and opportunities to move forward."

The CM said that all the underprivileged sisters of the state will be covered under all the schemes of the government, including the ration card and the Ayushman Bharat Yojana.

Telangana Govt aims to elevate state agriculture to global standards: Niranjan Reddy

■ HT News Network

Hyderabad, Aug 30 (UNI) Singireddy Niranjan Reddy, Telangana Agriculture Minister, has articulated the state government's ambition to elevate Telangana's agriculture sector to an international echelon.

During the second day of a ministerial team's visit, they explored Long View Farm, a substantial agricultural estate in Iowa, USA, to gain insights into contemporary cultivation methods.

Speaking on this occasion, Reddy emphasized the significance of encouraging future generations to embrace agriculture as a profession.

Reddy underscored the distinctions between American and Indian agricultural contexts. The demand and labor scarcity in America necessitate extensive mechanization, resulting in distinct government incentives for farmers. This visit elucidated that American farmers are less reliant on government support due to a certain degree of corporatization. Conversely, the prevalence of smaller land plots in Telangana inhibits individual-level mechanization, prompting farmers to unite through cooperative societies to harness mechanization benefits.

Highlighting the potency of cooperatives, Reddy cited examples like the success of sugar farmers in Maharashtra and the Mulkanoor cooperatives in Telangana, urging the importance of drawing lessons from their achievements.

Reddy advocated for the liberalization of agriculture to facilitate affordable machinery rentals in every village, thereby promoting mechanization. He revealed that Telangana's farmers are formulating plans to extensively employ machinery, aligning with the global trend.

Reddy stressed that the primary purpose of the American visit is to expose Telangana's farmers to global advancements in agricultural science and technology.

US sees wake-up call, if not threat, as BRICS expands

■ HT News Network

WASHINGTON: The United States is racing to improve its messaging to the developing world as the BRICS group grows, although few in Washington view an immediate threat from the Chinese-backed club.

The BRICS — Brazil, Russia India, China and South Africa — agreed at a summit last week to add six more members, in what Chinese President Xi Jinping billed as a historic moment among large emerging economies contesting the Western-led order.

As the BRICS leaders met in Johannesburg, President Joe Biden's administration renewed promises to step up funding for the developing world through the World Bank and International Monetary Fund.

Biden's national security advisor, Jake Sullivan, vowed to fight to reform the Washington-based lenders at an upcoming summit in New Delhi of the Group of 20 — boosting the roles both of the US-backed organisation and of India, a key member of both clubs.

The United States has also been highlighting Russia's withdrawal from a UN-backed deal to allow grain exports from Ukraine to the developing world, where some countries have questioned the Western priority of sending billions of dollars in weapons to Kyiv.

Publicly, Washington played down the



BRICS expansion, saying only that countries can choose their own partners.

Sullivan, noting the wide policy differences among the countries, earlier told reporters, "We are not looking at the BRICS as evolving into some kind of geopolitical rival to the United States or anyone else."

But experts said the BRICS expansion at least showed demand for a new way to address unmet needs, on the economic if not security front.

Emerging nations are "looking for alternatives, not replacements" to the US-led order, said Sarang Shidore, director of the

Global South programme at the Quincy Institute, which advocates a less military-focused US foreign policy.

"It's a message to the United States that these gaps are hurting and our countries are not just complaining about them or carping from the sidelines, but actually taking action to try and fill these gaps," he said.

"I think the US is starting to take it seriously," Shidore said of developing countries' concern. "But those are statements — is there money attached to it?"

For Washington, the most concerning

addition to the BRICS is Iran, which has hailed membership as a way to break out of US-driven isolation over the clerical state's contested nuclear work and clamp-down on protesters.

But the new members do not see eye to eye. Also joining are three Arab countries with historically rocky ties with Iran — Egypt, Saudi Arabia and the UAE.

Conspicuously absent from the BRICS expansion was any Southeast Asian country — despite Indonesia's leadership in the Cold War-era Non-Aligned Movement — at a time that China has been increasingly assertive on maritime disputes. Sullivan, noting the wide policy differences among the countries, earlier told reporters, "We are not looking at the BRICS as evolving into some kind of geopolitical rival to the United States or anyone else."

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Greece blaze described as 'largest wildfire ever recorded in EU's

■ HT News Network

ATHENS: A forest blaze in Greece is "the largest wildfire ever recorded in the EU" and the bloc is mobilising nearly half its firefighting air wing to tackle it, a European Commission spokesman said on Tuesday.

Firefighters have been battling the flames for 11 days in north-eastern Greece which have killed at least 20 people and pose an "ecological disaster".

Eleven planes and one helicopter from the EU fleet have been sent to help Greece counter the fire, north of the city of Alexandroupoli, along with 407 firefighters, spokesman Balazs Ujvari said.

The EU's civil protection service said the fire has burnt over 810 square kilometres (310 square miles) — an area bigger than New York City.

Fire has destroyed an area bigger than New York City

"This wildfire is the largest in the EU since 2000, when the European Forest Fire Information System (EFFIS) began recording data," the service said.

Since it began on August 19, the bodies of 20 people have been found, 18 of them migrants including two children that were discovered in a region often used as an entry point from neighbouring Turkey.

Greece's fire service said that the blaze was "still out of control" in the northeast region's Dadia National Park, a major sanctuary for birds of prey.

A large fire previously hit the park in



2011, forest ranger Dora Skartsis said, lamenting that "everything that was regenerated since has been lost" in recent days.

"We're talking about a huge ecological disaster. The image is tragic," said Skartsis, who also heads a biodiversity protection group in the region.

The forest also plays a vital economic role in supporting logging, beekeeping and tourism activities in Evros, one of the poorest regions of the country.

In Alexandroupoli alone, at least 4,000 sheep and goats have been killed in the blaze and warehouses containing animal feed destroyed, according to Kostas Dounakis, who heads the local cattle breeders' association.

The European Union currently calls on a fleet of 28 aircraft — 24 water-dumping planes and four helicopters — supplied by member countries to help battle blazes in the bloc and in nearby neighbours.

It is working on creating a standalone, EU-funded air wing of 12 aircraft that will be fully in place by 2030.

"We do know that fires are getting more severe," Ujvari noted.

China warns US against 'disastrous' trade curbs

■ HT News Network

BEIJING: China's premier warned US officials on Tuesday that moves to "politicise" trade issues would prove "disastrous" for the global economy, state media reported.

US Commerce Secretary Gina Raimondo is currently on a four-day bridge-building visit to China aimed at better managing tensions between the world's two largest economies.

But a meeting with Premier Li Qiang on Tuesday saw the top official lay into American trade curbs against Beijing, which Washington insists are necessary for its national security but China says are meant to clip its economic rise.

"Politicizing economic and trade issues and overstretching the concept of security will... seriously affect bilateral relations and mutual trust," he told Raimondo, according to China's official Xinhua news agency. They "also undermine the interests of enterprises and people of the two countries, and will have a disastrous impact on the global economy", he added.

Relations between the two countries have plummeted to some of their lowest levels in decades, with US trade curbs near the top of the list of disagreements.

This month, Biden issued an executive order aimed at restricting certain US investments in sensitive high-tech areas in China — a move Beijing blasted as being "anti-globalisation".



The long-anticipated rules, expected to be implemented next year, target sectors such as semiconductors and artificial intelligence.

Premier Li on Tuesday urged the United States to change tack, saying "the two sides should strengthen mutually beneficial cooperation, reduce friction and confrontation, and jointly promote world economic recovery and cope with global challenges". While Li used their meeting to condemn US policy, Raimondo stressed the importance of open communication.

Pointing to areas of "global concern" like climate change, artificial intelligence and fentanyl addiction, she told Li that Washington wants to "work with you as two global powers to do what is right for all of humanity".

"The world is expecting us to step up together to solve these problems," she said.

Raimondo also reiterated the US position that it is not seeking to decouple its economy from China's.

UN carries out 200 cross-border aid missions to NW Syria since Feb earthquakes

■ HT News Network

United Nations, Aug 30 (UNI) The world body has carried out 200 cross-border missions to Northwest Syria since the first inter-agency visit to Idlib on Feb 14, following the earthquakes that struck Syria and Türkiye that month, a UN spokesman said Tuesday.

During the mission that took place on Sunday and crossed through Bab al-Salam, World Health Organization (WHO) personnel conducted monitoring visits to health facilities and WHO warehouses in Afrin and Azaz in the Northwest and also met with their local partners, said Stephane Dujarric, spokesman for UN Secretary-General Antonio Guterres. "We and our humanitarian partners are continuing to deliver urgently needed aid through the Bab al-Salam and Al-Ra'ee crossings," he said. "Today, 17 trucks carrying humanitarian shelter items from the International Organization for Migration and the UN Refugee Agency crossed into the Northwest via Bab al-Salam." Bab al-Salam and Al-Ra'ee, on the Turkish border, were opened for an initial period of three months in the aftermath of the February earthquakes. The authorization has been renewed several times.

Ugandan president pardons 200 prisoners on humanitarian grounds

■ HT News Network

Kampala, Aug 30 (UNI) Ugandan President Yoweri Museveni has pardoned 200 prisoners on health and humanitarian grounds, prisons authorities said here.

Frank Baine, spokesperson of the Uganda Prisons Service, told Xinhua by telephone on Tuesday that those pardoned were all Ugandans.

He also said this was not the first time the president was pardoning prisoners. "In 2021, the president pardoned 800 prisoners," Baine added.

A statement from the prisons authorities on Monday said the presidential pardon is enshrined in the country's laws, "under Article 121 (1)(a) of the Constitution of the Republic of Uganda, 1995 as amended and on advice of the Advisory Committee on the Prerogative of Mercy."

Baine told local media, the advisory committee reviewed a list of 1,800 names submitted for consideration before coming up with the 200.

Baine said the pardon was a gesture of compassion and an opportunity for convicts to reform.

The country's prisons have at least 72,620 inmates, a number more than triple the capacity of all prisons, according to prison authorities.

183 killed in clashes in Ethiopia's troubled Amhara region: UN

■ HT News Network

Addis Ababa, Aug 30 (UNI) Clashes in Ethiopia's northern Amhara region have killed at least 183 people since July, a United Nations (UN) official said on Tuesday.

Marta Hurtado, spokesperson for the Office of the UN High Commissioner for Human Rights (OHCHR), said in a press statement that the UN has gathered information saying that at least 183 people have been killed in clashes in the troubled Amhara region since the beginning of last month.

The statement further said the global body has received reports saying more than 1,000 people have been arrested across Ethiopia since authorities imposed a state of emergency in the Amhara region earlier this month.

"Many of those detained were reported to be young people of ethnic Amhara origin suspected of being members of a local militia known as Fano," the OHCHR spokesperson said.

In recent months, deadly clashes between federal government-aligned security forces and Fano militants in the Amhara region have killed scores of people.

Earlier this month, the state-backed Ethiopia Human Rights Commission (EHRC) expressed concern over the human rights impact of the armed conflict on civilians in Ethiopia's Amhara region.

The EHRC's call followed a deadly attack that reportedly claimed the lives of at least 26 people in the town of Finote Selam, 385 km north of Addis Ababa, the Ethiopian capital

China renews yellow alert for Typhoon Saola

■ HT News Network

Beijing, Aug 30 (UNI) China's national observatory on Wednesday renewed a yellow alert for Typhoon Saola, which is expected to bring gales and heavy rains to the country's eastern and southern coastal regions.

Typhoon Saola is moving in a northwesterly direction at a speed of 10 kilometers per hour, and is expected to move into the northeast waters of the South China Sea on Wednesday night or early Thursday morning, according to the National Meteorological Center (NMC).

It is likely to make landfall on the coast somewhere in an area stretching from southern Fujian to eastern Guangdong during Friday daytime, the NMC said.

Strong winds will hit the Bashi Channel, the Taiwan Strait and the coast of Fujian from 8 a.m. Wednesday to 8 a.m. Thursday due to the typhoon, according to the NMC.

Heavy rains will lash parts of Taiwan Island from 8 a.m. Wednesday to 8 a.m. Thursday. Some areas are likely to experience rainstorms, the NMC said.

The center has urged local authorities to prepare for potential emergencies caused by the typhoon and remain on high alert for possible mountain torrents and geological disasters.

18 killed in factional infighting in E. Syria: monitor

■ HT News Network

Damascus, Aug 30 (UNI) Deadly infighting broke out between two United States-backed militias in Syria's eastern province of Deir al-Zour, killing 18 people and injuring 15 others, a war monitor reported on Tuesday.

On Monday, clashes erupted in Deir al-Zour between the Kurdish-led Syrian Democratic Forces (SDF) and the Deir al-Zour Military Council, an Arab-majority militia that used to operate under the umbrella of SDF, said the Syrian Observatory for Human Rights, noting that the two factions had once jointly combated the Islamic State (IS) militias.

The killed included two civilians, ten fighters associated with the military council, and six SDF fighters, according to the UK-based watchdog group.

The tension between the two sides escalated after the SDF detained Ahmad Abu Khawla, the leader of the military council, in the northeastern province of Hasakah over his alleged ties with the Syrian government and Türkiye, a stand against the SDF.

Australian doctors find live parasitic worm in woman's brain

■ HT News Network

SYDNEY: A parasitic roundworm typically found in snakes was pulled "alive and wriggling" from a woman's brain in a stomach-churning medical first, Australian doctors said on Tuesday.

Baffled doctors performed an MRI scan on the 64-year-old Australian woman after she began suffering memory lapses, noticing an "atypical lesion" at the front of her brain.

It was an eight-centimetre (three-inch) roundworm, called *Ophidascaris robertsi*, which researchers said was a common parasite in kangaroos and carpet pythons — but not humans.

"This is the first-ever human case of *Ophidascaris*



is to be described in the world," said infectious disease expert Sanjaya Senanayake.

"To our knowledge, this is also the first case to involve the brain of any mammalian species, human or otherwise."

Patient, who hails from New South Wales, is said to be recovering well after the surgery

The woman, who had

been treated for but not fully recovered from pneumonia, was admitted to a hospital in January 2021 after three weeks of abdominal pain and diarrhoea, which progressed to a dry cough and night sweats, according to findings published in the journal *Emerging Infectious Diseases*.

She was re-admitted to a hospital three weeks later when her condition did not

improve, and underwent various treatments until brain scans revealed a lesion and an open biopsy was performed in June 2022.

"It was definitely not what we were expecting. Everyone was shocked," BBC reported, while quoting the operating surgeon Dr Hari Priya Bandi.

"Everyone was shocked. And the worm that we found was happily moving, quite vigorously, outside the brain," she said.

"When you operate on someone's brain and you take a biopsy of something, you never expect to encounter something living," Senanayake said.

"We noted a stringlike structure within the lesion, which we removed; it was a live and motile helminth," the findings said.

Youth Jammu and Kashmir Peoples Conference Lights Up Kulgam with Hope and Empowerment

“District Leaders Rally for Change in ‘Wise’ Program, Paving the Way for Youth Participation and Progress”

■ **Surkhab Zehra**

In a remarkable display of enthusiasm and determination, the Youth Jammu and Kashmir Peoples Conference recently organized the ‘Wise (Wear Smiles, Ignite Souls, Empower Youths)’ program in the picturesque district of Kulgam. The event, graced by the esteemed presence of JKPC Vice President Nazir Ahmad Laway, Youth President Mudasar Karim, and General Secretary Azad Parwaaz, marked a significant step towards empowering

the vibrant youth of the region. PC Vice President Nazir Ahmad Laway, a beacon of leadership, kick-started the event by calling upon the district body members for interaction and motivation. In a stirring address, he emphasized the strength and unity within their ranks, assuring all that they would openly participate in the upcoming panchayat / ULB elections. His words resonated with hope, inspiring the youth to actively engage in the democratic process. General Secretary of youth JKPC Azad Parwaaz took the stage to articulate the party's unwavering commitment



to youth empowerment. He emphasized the importance of providing

opportunities, education, and skills training to the young generation,

fostering their growth as responsible citizens who can drive positive change in the region. Parwaaz's vision ignited a sense of purpose among the attendees, who saw a brighter future on the horizon. Youth JKPC President Mudasar Karim, an eloquent advocate for change, delved into the party's history. He shed light on the injustices perpetuated by past governments and highlighted the pressing need for transformation. Karim passionately urged the youth to enroll themselves in the voter list, recognizing that their votes held the key to effecting real change. His words

acted as a clarion call, urging the young minds of Kulgam to unite and vote for a brighter, more equitable future. The ‘Wise’ program served as a testament to the Youth Jammu and Kashmir Peoples Conference's dedication to uplifting the youth and the entire region. With leaders like Nazir Ahmad Laway, Azad Parwaaz, and Mudasar Karim at the helm, there is no doubt that the energy and determination of the youth in Kulgam will translate into tangible progress, bringing about a new era of hope, empowerment, and prosperity for the people of Jammu and Kashmir.

Director Agriculture inaugurates Hi-tech Polyhouses at Budgam

■ **HT News Network**

SRINAGAR, AUGUST 30: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated Hi-tech Polyhouses under vegetable clusters at Narkara Budgam.

On his visit, the Director monitored the Mushroom unit at Mamat, Shogapora Budgam where the first fully automatic Mushroom hi-tech unit in

the Kashmir division was established with the capacity of 1800 bags in seven steps.

Speaking to the farmers of different areas of the sub-division, Director Agriculture said that the department is working on an ambitious plan of providing farmers with round the year availability of seedlings of different vegetable crops and to achieve this goal, the department has



established hi-tech polyhouses in all the districts of Kashmir division.

Director Agriculture highlighted the importance of integrated farming and asked the farmers to diversify their agriculture operations.

The Director asked the farmers that the department would provide all the technical assistance to them in comprehensively performing their agricul-

ture activities.

Later, the Director Agriculture visited Kupwara and inaugurated a seminar on Transformation of Bee-keeping and also released a book on Beekeeping.

Additional Deputy Commissioner Kupwara, Chief Agriculture Officer Kupwara and other senior officers of the department were also present on the occasion.

Urfee Yousuf of S.P. College awarded with National Youth Brilliance award

■ **HT News Network**



SRINAGAR, AUGUST 30: S. P. College student Urfee Yousuf from Banihal of B. Sc. (final year) has been awarded with the National Youth Brilliance award.

The award was presented to her by Member Parliament, Manoj Tiwari at a Function held at New Delhi, where around 17 states across the country participated in the National Youth exchange programme held from 18th to 20th August 2023.

Urfee Yousuf was selected for an award for tremendous work done by her as a social worker in the field of Education through her NGO ‘Living for Others Being Helpful Foundation’.

The Principal of the College felicitated the student for achieving such a great success and wished her good luck for future endeavours and also the staff and students of college congratulated her for doing such wonderful work.

Agriculture department Kupwara organizes 2 Day Seminar on Transformation of Beekeeping at Town Hall Kupwara

■ **HT News Network**

KUPWARA, AUGUST 30: Department of Agriculture & Farmers Welfare Kupwara organized a Seminar under the title ‘Transformation of Bee Keeping’, here at Town Hall Kupwara today. Additional District Development Commissioner (ADDC) Kupwara, Altaf Ahmad Khan was chief guest on the occasion while as, Director Agriculture Kashmir, Chowdhary Mohammad Iqbal was guest of honour.

Chief Agriculture Officer Kupwara, Gurdeep Singh; District Agriculture Officer, Mukhtar Ahmad Karnai; Head KVK Kupwara, Dr. Kaiser Mohiddin, Resource Persons, besides, Field Functionaries and a large number of beekeepers attended the Seminar.

Speaking at the occasion, the ADDC said that district Kupwara has been endowed with the huge natural resources like forests which offer an ample



scope for agriculture, allied activities especially Beekeeping. He asked the farmers to take maximum benefit under the programme by getting training and awareness of different Government schemes to establish their income generating units under Apiculture sector. Director Agriculture Kashmir welcomed the farmer participants for taking part in the Seminar despite the ongoing cropping season. He asked the Officers and Resource Persons to guide the farmers in local language so that they could easily understand the procedure and

technicalities involved in the process of bee keeping. He said that there are numerous success stories on ground regarding Apiculture development in the valley which needs to be shared with the aspiring beekeepers which will help them in developing their bee colonies on commercial lines. On the occasion, Chief Agriculture Officer Kupwara informed that the Seminar which will last for 2 days is aimed at to develop the Apiculture Sector in the district on commercial scale by involving educated unemployed youth to generate their livelihood. He

also highlighted the progress and achievements of the department under the Apiculture Sector in the district.

KVK Head Kupwara also spoke and highlighted the importance of Beekeeping for income generation and other health benefits. He assured the farmers for every possible support from the KVK in establishing their Bee colonies smoothly.

On the occasion, a Souvenir about Transformation of Beekeeping in District Kupwara was also released.

During the Seminar, the Resource Persons provided awareness to the Bee Keepers regarding the potential of bee keeping in Kupwara district, besides, highlighting different Government schemes for handholding of the aspiring beekeepers. The participants were also familiarized about getting registered on Madhukranti Portal and National Beekeeping and Honey Mission.

Newly-setup R&B Division Starts Formally Functioning in LANGATE; Shah Takes additional Charge As Executive Engineer.

■ **DR. AB QAYOOM**

Langate, Aug. 31 (HT): In a significant development, the newly established R&B Division Langate has started formally functioning from today. The newly-setup R&B Division, as per HT NEWS-NETWORK, is among one of the divisions which received the nod from the administration recently. Meanwhile Farooq Ah Shah Exn R&B Division Handawar has taken additional charge as Executive Engineer of R&B Division Langate at the office Municipal committee Langate Shah along with DDC Chairman Kupwara Irfan Sultan Panditpori. Mc Chirman Langate Adv S h a h n a w a z A b d u l l a h, D D C, B D C Mawar, BDC Chairman Lan-



gate were highly welcomed by sub-ordinates and local people especially trade president Lateef Ah Ganie at the Municipal Committee office Langate and shared bouquets. The residents of Langate especially Langate

development society, trade and transport body along With zMC CHAIRMAN in the meantime extended their heartfelt gratitude to the administration for granting a separate R&B Division for Langate.

DDC Kupwara chairs Mega Block Divas at Qaziabad Langate.

■ **DR. AB QAYOOM**

Langate, Aug. 30: The District Development Commissioner (DDC) Kupwara Ayushi Sudan (IAS), today, chaired the proceedings of Mega Block Divas at Panchayat Bhawan Kralgund at Block Qaziabad (Handwara) in presence of the Chairman, District Development Council Kupwara, Irfan Sultan Panditpori. The officers of all line departments, PRIs and Public of Qaziabad attended the Block Divas. During the Block Divas, Locals residents and PRIs thanked DDC Kupwara for her maiden visit to Qaziabad Block and presiding over Block Divas. On the occasion PRIs and locals said that Qaziabad which is entry of Kupwara district is based on 65 villages and has come up as a



best model Block of the district due to presence of 100 percent macdamised road network (road connectivity). For overall development of this block, Chairman, DDC and all the departments of District administration are making their best efforts. However PRIS and local residents apprised the District Development Commissioner Kupwara about some important issues faced by the

people of the area which included construction sanitary complex in main Market Kralgund, SRTC Bus Service between Srinagar and Kralgund, establishment of women Degree college in Qaziabad etc. The DDC patiently listened to all the issues and demands put forth by the PRIs and locals and directed the concerned officers to redress the genuine grievances in a time bound manner.

CUK's SLS Holds Mock Interviews for Prosecuting Officer Posts

■ **HT News Network**

Ganderbal, Aug 30: Department of Law, School of Legal Studies, Central University of Kashmir (CUK) conducted the Mock Interview for the candidates appearing in the viva-voce examination for the Prosecuting Officer posts (gazetted cadre). The department received around 60 registrations for the mock interview conducted under the patronage of Head and Dean Prof. (Dr.) Farooq Ahmad Mir, in a hybrid mode, so candidates from remote areas also take advantage. The mock interview was conducted by former Chairman Public Service Commission (J&K), Mr Farooq Ahmad Lone (IAS), former Law Secretary, Govt. of J&K, Mr Abdul Majeed Bhat, Joint Director Prosecution, Mr Laeeq Ahmad Dar, Addtl Superintendent of Police, Ganderbal, Mr Malik Aijaz Ahmad, Secretary, District Legal Services Authority, Ganderbal and Bandipora, Ms Nusrat Haqqa, Assistant Commissioner Development, Mr Mohammad Abid Malik and Senior Prosecuting officer, Mr Abdul Rashid Dar. The interview was followed by a joint session in which experts shared tips with the candidates to tackle the interview phase of this prestigious examination. At the culmination, the candidates were given the question booklet of the previous year's mock interview. The event convener was Dr Mudasar Bhat, Asst Prof.

Block Development Council Chairman Urges Extension of Amnesty Scheme in Kashmir.

■ **HT News Network**

Handwara, Aug 30: Showket Hassan Pandit, the Block Development Council Chairman of Langate, has appealed to Lieutenant Governor Monoj Sinha to consider extending the Amnesty Scheme by three months. The Scheme, which has seen widespread participation, particularly among the financially burdened, has yet to reach a significant number of deserving individuals, especially those from economically weaker sections. In an statement, BDC Chairman Langate emphasized that a majority of the populace has already reaped the benefits of this welfare scheme. However, a substantial segment of the disadvantaged population in the valley has been unable to access these advantages due to their financial limitations. Pandit further said that the individuals who are yet to benefit from the Amnesty scheme are primarily those from underprivileged backgrounds. He fervently implored the Lieutenant Governor to extend the scheme's duration for a few more months. By doing so, he believes that the impoverished communities in the valley would be given a fair chance to avail themselves of the scheme's provisions. In addition to his plea for an extension, Pandit urged the Lieutenant Governor to broaden the scope of the scheme. He recommended that commercial entities should also be included in the beneficiaries' list. By extending the scheme's reach to cover commercial individuals, Pandit envisions that a wider spectrum of the population would be able to reap the prestigious benefits offered by the Amnesty scheme.

Block Divas held at Panchayat Halqa Hakermullah in Block Soibugh, Budgam

■ **HT News Network**

BUDGAM, AUGUST 30: The District Administration Budgam today conducted a weekly Block Divas program at Panchayat Halqa Hakermullah in Block Soibugh.

The programme was chaired by Additional District Development Commissioner (ADDC), Budgam, Dr Akramullah Tak where local PRIs, respected elders and local youth delegations from village Hakermullah, Galwanpora, Soibugh, Wahabpora and other adjacent villages raised their demands. The ADDC gave them patient hearing and assured all their genuine demands shall be addressed on priority. At the outset, the ADDC stressed on speedy completion of all ongoing development projects in the Panchayat halqa. He said that these programmes are important to take first-hand feedback from the general public and address their issues at their doorsteps.

ADDC said that local participation in plan formation and implementation of schemes is imperative also for the overall development of all panchayat halqas. ADDC said that local participation in plan formation and implementation of schemes.

Natural remedies to reduce hair growth on the upper lip



Shahnaz Husain

We all pray for our hair to grow luscious unless it's over our eyebrows, lips, or forehead.

It is quite natural for both men and women to have some upper lip hair, but Noticing a few tufts of upper lip hair sends most women into panic mode.

Stress, bad diet, or hormonal fluctuations can result in more hair growth than usual.

Removing hair from your upper lip can be challenging. Techniques that may be used on other parts of the body may be too harsh for this area.

There are several natural remedies that may help reduce hair growth on the upper lip.

1- Mix 1 tablespoon of turmeric and 1 tablespoon of milk in a small bowl to make a Paste. Apply this paste gently to your upper lip through your fingers. Allow this mixture to dry naturally and then gently rub your upper lip with wet fingers in the direction opposite of your hair growth



until the dried paste is completely removed. Rinse the area with cold water.

This remedy will not only get rid of the hair but will also make your skin clean and glowing

2-----The second natural way to remove unwanted facial hair is to use lemon and sugar paste. Lemon juice is hailed for its bleaching properties.

and lighten the hair on the top of the lip and sugar aids in skin exfoliation and loosens hair follicles, making it simple to pull them out

Sugar is used for waxing and you can use it to remove upper lip hair. It is a painless method and it will also help prevent hair growth. Add two tablespoons of Sugar, one lemon juice, and 1 tablespoon

of water into a bowl and heat it up till it reaches a golden brown color and form a thick, sticky paste. Spread this 'sugar wax' over your dry skin. Put a piece of cloth on the area where you have applied the sugar paste. Gently apply pressure in a circular motion against the direction of your hair growth. You can do this once a week or as needed.

3----- Turmeric has been traditionally used to slow down hair growth. Take one teaspoon of turmeric and one tablespoon of milk. Mix the two to make a paste. Apply on the area to the upper lip and let it dry for 40 minutes. Once it has dried, remove it by gently rubbing it off with lukewarm water. Do this once every two weeks for the best results.

4-----Mix one 1 tablespoon of honey and ½ tablespoon of lemon juice in a glass bowl. Apply the mixture to your upper lip. Leave it on for 30 minutes. Gently wipe off the paste using a washcloth and rinse the area with cool water. Honey acts as an exfoliant and lemon juice has bleaching properties. Repeat this procedure once a week to get effective results

5----- Mix 1 tablespoon of yogurt, half a tablespoon of honey, and ¼ tablespoon of turmeric powder in a bowl. Use a circular motion to apply this paste to your upper lip area, and then wait 30 minutes for it to dry. Then rub it off gently to get rid of the facial hair, and wash it off with cold water.

6-----Potato Juice
Potato juice is a bleaching agent that can be used to remove unwanted hair. You must use it on a regular basis to notice a difference.

You can squeeze the juice from the grated potato. Before retiring to bed, apply one teaspoon of potato juice to the upper lip area and leave it overnight, and then wash it off in the morning. It's suggested to perform the same process three times per week.

The author is an international fame beauty expert and is called the herbal queen of India

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Thanks and Regards
Dr. G.L.Mahajan , PhD New Delhi
Mobile/ Whatsapp -----#9868520019

NEWS

Hypertension: 6 Zinc-Rich Foods That Can Help Control High Blood Pressure



Our blood pressure fluctuate throughout the day depending on various factors. Consistently high readings can lead to a diagnosis of high blood pressure. Hypertension or high blood pressure is a common condition these days. While some manage it with lifestyle changes, like diet and exercise, others need daily medication. Nutritionist Lovneet Batra in her Instagram Stories tells us about a new study that highlights a connection between high blood pressure and zinc deficiency. She writes, "Zinc deficiency is common in individuals with chronic kidney diseases and Type-2 diabetes and in those patients, there is an increased likelihood of hypertension."

Zinc-rich foods to control blood pressure
This insight suggests that maintaining proper zinc levels could play a role in managing blood pressure for those at risk. Below is the list of food items that are rich in zinc.

1. Nuts:

Nuts offer zinc and other essential nutrients. Peanuts, cashews, and almonds are good sources of zinc. These nuts also provide healthy fats, vitamins, and fibre. Cashews are the nuts that have the highest amount of zinc, so you can choose them for higher zinc intake.

2. Dairy:

Dairy products are very good sources of zinc, especially for vegetarians. Milk, cheese, and yoghurt are high-zinc options. Dairy products also have high levels of bioavailable zinc which makes the absorption of zinc in the body even better.

3. Eggs:

Eggs supply zinc and other nutrients like proteins, vitamins, minerals, and selenium. Eating eggs daily will help you meet your zinc needs.

4. Dark Chocolate:

Dark chocolate contains notable zinc levels. It also provides antioxidants, iron, and magnesium. It supports brain function and can lower blood pressure.

5. Legumes:

Legumes are zinc and protein sources for plant-based diets. Chickpeas, lentils, and beans are versatile options. They offer zinc, protein, fibre, vitamins, and more.

6. Meat:

Meat, like lamb and pork, is a top zinc source along with protein, iron, and vitamin B. Avoid highly processed meats for better nutrition.

Yoga or gym, which is better for your

Fitness is a way of life and not just a set of workouts that aid in weight loss. In order to fully enjoy your physical activity time, it's important to choose an activity that you truly enjoy. The choice of a particular workout also depends on the goal you have set for yourself. People who are keen on building muscles or want to look a specific way usually depend on their gym trainer for guiding them to achieve their target. Then there are people who want to reduce stress, lose weight, achieve flexibility and prevent chronic diseases. Yoga can be the perfect choice for those who want to focus on every aspect of their well-being. Various asanas or postures,

pranayama or breathing techniques and dhyana or meditation can enhance physical as well as mental health. Himalayan Siddha Akshar, Yoga Guru and Founder of Akshar Yoga Kendra in an interview with HT Digital compares Yoga and exercise and talks about benefits of both.

Yoga has overall benefits, exercise can help in functional fitness

Yoga looks after your overall health, including your physical, mental, emotional, and spiritual well-being. When you practise yoga, you'll discover that there is more to learn than simply the physical positions. Asanas have a plethora of advantages for you. Exercise promotes both muscular building and functional



fitness. Yoga teaches you how to increase your flexibility, strength, and focus on your breathing. Exercise is mostly focused on the element of your exterior look, but asanas are diverse forms and variations of postures done for the full body—internal and external.

Yoga can be done with minimum hassle, exercise needs specialised equip-

ment

Yoga may also be practised without any equipment and with minimum hassle on a yoga mat. Your mat is portable, so you can work out whenever you choose. However, certain workouts may need to be done in highly specialist facilities with a variety of equipment in order to increase your physical strength, flexibility, etc.

Yoga helps to control your mind and emotions

Yoga is a highly specialised spiritual practise that not only benefits the physical body but also the mind and emotions. Although yoga teaches physical poses for the body, it also teaches breathing techniques that may be used to control your thoughts. Yoga enables you to achieve control over your senses and emotions in this way.

Yoga can ease anxiety and depression

Yoga boasts an extensive heritage, including 84 lakh postures, 300 pranayama techniques, and numerous meditation exercises. This ancient art form dates back over 5,000 years. Exercise may not adequately address mental disturbances like anxiety and

depression. For mental well-being, yoga is recommended. A disturbed mind can lead to a lack of alignment with breath, potentially resulting in unsafe exercise practices and increased risk of injury. Yoga promotes overall well-being—physical, mental, emotional, and spiritual. Practicing yoga offers more than physical postures. Asanas offer numerous benefits, enhancing strength, flexibility, and breath control. In contrast, exercise concentrates on functional fitness and muscle training, primarily focusing on external appearance," says Akshar. "Exercise and yoga both offer effective fitness options. Each has distinct advantages and a variety of choices.

Benefits Of Consuming Fenugreek (Methi) Water

Fenugreek is a plant that is commonly used as a culinary spice and herbal medicine.

Its seeds have a slightly bitter taste and are often used in Indian, Middle Eastern, and Mediterranean cuisines. Fenugreek water, made by soaking fenugreek seeds in water, is believed to have several health benefits. Fenugreek is known to be rich in fibre, vitamins, and minerals, including iron, magnesium, and manganese. Some potential benefits include aiding digestion, improving blood sugar control, reducing inflammation, etc. Keep reading as we list some of the many benefits of adding fenugreek water to your diet and how you can prepare fenugreek water.

1. Improved digestion

Fenugreek water can help alleviate digestive issues such as indigestion, bloating, and constipation, thanks to its high fibre content. It can also promote better nutrient absorption.

2. Weight management

Fenugreek water can aid in weight loss by suppressing appetite, increasing metabolic rate, and reducing fat accumulation.

3. Lower cholesterol levels

Regular consumption of fenugreek

water may help lower LDL (bad) cholesterol levels and improve overall heart health.

4. Blood sugar control



Fenugreek water has been found to regulate blood sugar levels, making it beneficial for individuals with diabetes or insulin resistance.

5. Anti-inflammatory properties

Fenugreek water contains compounds that possess anti-inflammatory effects, helping to alleviate inflammation-related conditions like arthritis and asthma.

6. Hormonal balance

Fenugreek water is known for its phytoestrogen content, which can help regulate hormonal imbalances, particularly in women experiencing menopausal symptoms.

7. Improved skin health

Regular consumption of fenugreek water can enhance skin health by reducing acne, promoting a clear complexion, and providing a natural glow.

8. Improved hair health

Fenugreek water is believed to reduce hair loss, stimulate hair growth, and prevent scalp issues such as dandruff or itching.

9. Enhanced immune system

Fenugreek water contains antioxidants that help boost the immune system, protecting the body against various infections and diseases.

To make fenugreek water:
Soak 1 to 2 teaspoons of fenugreek seeds in a glass of water overnight (about 8 to 10 hours) or for at least 4 hours. Strain the water and drink it on an empty stomach in the morning.

If you prefer a milder taste, you can soak the seeds in warm water instead of overnight. Additionally, you can also boil the seeds in water for a few minutes to enhance the infusion. As for the preferred time to consume fenugreek water, many people believe that drinking it on an empty stomach in the morning is most beneficial.

6 Health-Boosting Products You Can Gift To Your Siblings This Rakhi

Raksha Bandhan will be celebrated on 30th August this year i.e. Wednesday. The purpose of the festival is to honour the relationship between a brother and a sister. Rakhis are tied by sisters on the wrists of their brothers in celebration of Raksha Bandhan. With the "bond of protection" known as Raksha Bandhan, brothers promise to shield their sisters from all hardships in life.

Raksha Bandhan rituals involve brothers giving their sisters thoughtful and loving presents while brothers are given candy or chocolates. The typical presents given on Raksha Bandhan have seen significant alteration in recent years. Nowadays, siblings want to give one other the most thoughtful and practical presents on the day they celebrate their relationship. One way we can promise our siblings to help protect them is by boosting their health. Keep reading as we share some simple healthy gifts you can give



to your siblings this Raksha Bandhan.

1. Dumbbells

By causing your body to burn calories and transform fat into a lean body, dumbbells aid in the development of your muscles. Additionally, dumbbell exercises make you exert a lot of energy, which raises your heart rate. Additionally, this helps your body's cardiovascular system function better. This makes dumbbells a great healthy gift. These can greatly help elevate a home workout experience.

2. Wireless earbuds

Listening to music when working out can not only

your sibling. However prolonged pain in the body should be treated according to the consultation provided by a health professional.

4. Healthy-sweets basket

Like most South Asian festivities, Raksha Bandhan calls for delicious and sugary sweets. Although these sweets are nostalgic of our childhood and are scrumptious, they are high in sugar and often cooked or fried in a lot of refined oil. Instead of opting for these sugary-fried treats, you can make a homemade basket of treats which can include nuts, seeds, dark chocolate, sugar-free healthier sweets, and so on.

5. Protein powder

Protein powders or supplements are often considered essential for people to work out extensively regularly. If your sibling enjoys working out regularly, a protein supplement might work as a great gift for them this Raksha Bandhan. Fortunately,

SRINAGAR CLINCHES 'MAJOR DHYAN CHAND' HOCKEY TROPHY

SRINAGAR, AUG 30: Team Srinagar clinched the 'Major Dhyan Chand' Hockey tournament trophy defeating Baramulla by 2-0 goals at Polo View hockey stadium here on Wednesday.

The tournament was organised by Headquarter 31 Sub Area of Chinar Corps in collaboration with J&K Sports Council and Hockey J&K, to commemorate National Sports Day 2023 in honour of Major Dhyan Chand, the greatest field hockey player of the country on his birth anniversary on Tuesday. The tournament finished with exciting final between Team Srinagar and Team Baramulla, which was won by Team Srinagar with a score of 2-0. This was the first major Hockey tournament in the newly built Astro turf Hockey Stadium in Srinagar.

A total of 10 teams from 10 Districts of Kashmir participated in the tournament and it was organized on knock-out cum league basis, a defence ministry spokesman said here today. Nine league matches were played for run up to the final match.

Gagandeep Singh (Srinagar Team) was awarded 'Man of the Match' medal for his outstanding performance in the final match



while Munif Farooq Bhatt (Kulgam Team) was awarded 'Best Goal-keeper' of the tournament and Arunpreet Singh (Srinagar Team) was adjudged as 'Player of the Tournament' for his exceptional performance throughout the tournament. To promote Women's

Hockey in Kashmir Valley, an exhibition match was also played between Srinagar and Budgam before commencement of the final match. Justice N Kotiswar Singh, Chief Justice of High Court of J&K and Ladakh was the Chief Guest for the event, Lt Gen Rajiv Ghai,

Chinar Corps Commander and Rajpal Singh, former Indian Hockey Team Captain were Special Guests for the final. Chinar Corps stands firm with its commitment towards promotion of sports and shaping the talent amongst youth in Kashmir, a statement said. UNI

KL Rahul to miss India's opening two Asia Cup games due to niggle

BENGALURU: Wicketkeeper-batter KL Rahul was on Tuesday ruled of the first two matches of the upcoming Asia Cup due to a "niggle", delaying his much-anticipated



return to the Indian team.

India head coach Rahul Dravid said the niggle is unrelated to the thigh injury that kept him out of action for months.

He was named in the Indian squad for the tournament, starting Wednesday.

"KL has had a good week with us, playing well, progressing really well but he will be unavailable for the first part of the Kandy leg of the trip," Dravid said at the pre-departure presser. The coach added that Rahul will be staying back at the NCA and a call on his participation in the tournament will be taken on September 4.

"The NCA will be looking after him for the next few days while we are travelling. We will reassess on the 4th (September) and take it from there. But the signs are looking good. He will be unavailable for the first two games," Dravid added. India take on Pakistan in their tournament opener on September 2 followed by Nepal on September 4.

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