



Srinagar

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Prithvi Shaw agrees
Northamptonshire return
for 2024

PJ12

DC Srinagar reviews
implementation of Mission
Poshan, Mission Vatsalya

PJ3



All individuals above 5 years of age to be made aware about digital initiatives in J&K: CS

■ HT News Network

NEW DELHI, AUG 31: Chief Secretary, Dr Arun Kumar Mehta today directed all the Deputy Commissioners to raise awareness amongst all the people above 5 years of age about the digital initiatives in J&K.

Dr Mehta was speaking in a function held to declare open the 'Digital Week' being organized by the IT Department and attended by thousands of individuals and school children throughout the length and breadth of the UT.

During his address, the Chief Secretary observed that the malaise of 'Corruption' can be largely addressed through 'Online Services' and digital services are best antidote to evil of corruption. He maintained that the digital services are not only accessible and transparent but also



non-discriminatory and more efficient, besides being less costly and cumbersome.

The Chief Secretary stated that the celebration of this week is only aimed at making people aware about their rights. He noted that only those favoring corruption are against such transformations. He advised people to seek their rights and avoid visiting offices physically by applying for services from the comforts of their homes. He also impressed upon the IT Department to devise the ways like that of establishing call center or sending messages to applicants about the status of their applications.

Dr Mehta reiterated that today J&K is at the top in adoption of IT-enabled solutions in governance. He called

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J&K polls may be held any time: Centre to SC

■ HT News Network

NEW DELHI, AUG 31: The Centre on Thursday told the Supreme Court that elections can be held in Jammu and Kashmir "anytime from now" with most of the work on the voters' list over, and the decision on specific dates depends on the Election Commission.

Addressing a five-judge bench headed by Chief Justice D Y Chandrachud, Solicitor General Tushar Mehta also said Jammu and Kashmir's union territory status is "a temporary thing" and restoration of complete statehood will "take some time".

Mehta told the bench, also comprising Justices Sanjay Kishan Kaul, Sanjiv Khanna, BR Gavai and Surya Kant, that elections in Jammu and Kashmir will be held in three stages — first panchayat, second municipal polls and third legislative assembly polls.



"The Central government is ready to hold elections anytime from now... It is for the Election Commission of India and Election Commission of State to take the call on which election will take place first and how. The updating process of the voters' list is almost complete and will be completely over in a month," he said.

Discussing the issue of statehood, Mehta said he had already made a statement and that apart was the statement of Home Minister Amit Shah on the floor of Parliament that "UT is a temporary thing in J-K".

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NEWS BRIEF

Man killed, 11 others injured in Tral accident

SRINAGAR, AUG 31: A man lost his life while 11 others were injured in a road accident that took place in Tral sub division of South Kashmir's Pulwama district on Thursday.

An official told the news agency—Kashmir News Observer (KNO) that a WagonR vehicle collided with Tavera at Baja Kol along Tral-Nowdal road, resulting in injuries to at least 12 persons.

He said that all of them were shifted to Sub District Hospital (SDH) Tral from where nine were referred to Srinagar for advanced treatment.

He added that Tariq Ahmad

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GDP Grows At 7.8 Pct In Apr-Jun, India Remains Fastest Growing Economy

NEW DELHI, AUG 31: India recorded an economic growth rate of 7.8 per cent in the April-June quarter of 2023-24 and remained the fastest growing large economy mainly due to better performance by agriculture and financial sectors, government data showed on Thursday.

The Gross Domestic Product (GDP) expanded by 13.1 per cent in the April-June quarter of 2022-23.

India remained the fastest-growing major economy as China posted a

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Govt calls special Parliament session from Sep 18-22

NEW DELHI, AUG 31: A special session of Parliament has been convened from September 18 to 22, Parliamentary Affairs Minister Pralhad Joshi said on Thursday.

In a post on micro-blogging platform X, Pralhad said, "The Special Session of Parliament (13th Session of 17th Lok Sabha and 261st Session of Rajya Sabha) is being called from September 18th to 22nd having 5 sittings".

"Amid Amrit Kaal looking forward to having fruitful discussions and debates in Parliament," Joshi said.

Earlier, the monsoon session of

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Longest ever Amarnath Yatra culminates with final rituals at Himalayan cave shrine

■ HT News Network

SRINAGAR, AUG 31: Mahant Deependra Giri, the custodian of

Chhari Mubarak or Silver mace, led the final puja at the cave shrine of Amarnath on Thursday in Kashmir Himalayas, culminating the longest-ever yatra.

The 62-day-long Amarnath Yatra commenced on July 1 and till August 22 more than 4.70 lakh people paid obeisance at the holy cave. Last year a total of over three lakh pilgrims took part in the Yatra. This year a good number of foreign devotees also made it to the holy cave shrine of Amarnath.

Special worship of the sacred mace of Lord Shiva, popularly known as Chhari Mubarak, was performed at the Holy Cave on Thursday.

Mahant Deependra Giri, accompanied by a group of monks and officials, led the Chhari Mubarak and reached the holy cave shrine of lord Shiva for the final pooja, coinciding with the Raksha Bandhan, marking the formal end of this year's Amarnath Yatra.

"Chhari Mubarak reached

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JAMMU AGNIVEER RALLY:

Beware of touts; do not bribe, selection is "purely" on merit: Army

■ HT News Network

JAMMU, AUG 31: Ahead of two-week long Agniveer Recruitment Rally scheduled at Akhnor Military Station here in the city outskirts, the Army has issued an advisory instructing the aspirants to beware of touts as the selection is based "purely" on merit basis.

"The candidates are advised not to pay bribes to anyone for recruitment as it is based purely on merit and the selection process during recruitment at all stages is computerised and transparent," Lt Col Suneel Bartwal, PRO Defence Jammu said.

He said that the candidates are strictly advised to beware of touts as they cannot help them at any stage.

The PRO said that the candidates are also advised not to carry fake admit cards as the same will disqualify their candidature.

He stated that the candidates who carry

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Sarthal, a tourist spot in Kathua, to get mobile network

■ HT News Network

SRINAGAR, AUG 31: Sarthal, a famous tourist spot along the Pathankot-Bhaderwah road in Kathua district, is set to receive mobile network facilities.

Officials told the news agency—Kashmir News Observer (KNO) that around one kanal and seven marlas of land at three spots in the Bani tehsil of the district are being transferred to BSNL for installing towers in the area.

He said the three spots where BSNL towers

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Handing phone to your babies could delay their speech, problem-solving skills: DAK

■ HT News Network

SRINAGAR, AUG 31: Doctors Association Kashmir (DAK) on Thursday said handing phone to your babies could lead to delay in their development.

"The more time babies spend on smartphones, the more likely they are to have developmental delay," said DAK President Dr Nisar ul Hassan in a statement issued to the news agency—Kashmir News Observer (KNO).

Dr Hassan said parents hand over phones to children to calm them.

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Health and Family Welfare workers in J&K without salaries since May

Employees will receive dues soon; we're finding permanent solution: Director

■ HT News Network

SRINAGAR, AUG 31: Thousands of employees of Health and Family Welfare in J&K are without salaries for the last

four months due to which they have been going through a "very tough time".

The employees, including Deputy Chief Medical Officers, educators and FMPHWs, told the news agency—Kashmir News Observer (KNO) that they have been without salaries since May this year and have been facing "hard times".

Official sources told KNO that

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Chota Amarnath Yatra resumes after decade in Bandipora

■ HT News Network

SRINAGAR, AUG 31: The much-anticipated Chota Amarnath Yatra resumes after a gap of almost a decade in Jammu and Kash-



mir's Bandipora district on Thursday.

Deputy Commissioner (DC) Bandipora, Owais Ahmed, flagged off the procession of devoted pilgrims, marking a spiritual journey to the revered Chota Amarnath Holy Cave at Arin Dardpora.

Chota Amarnath Yatra holds immense significance for the devout, as it provides an opportunity to pay homage at the holy cave, which is considered to be an abode of Lord Shiva in the woods of Arin Dardpora. Pilgrims were eager to embark on the

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China Yet To Confirm President Xi's In-Person Participation In G20 Summit

■ HT News Network

NEW DELHI, AUG 31: India has not yet received any confirmation on Chinese President Xi Jinping's in-person participation at the upcoming G20 summit, people familiar with the matter said on Thursday amid reports that he is likely skip the conclave.

A majority of G20 leaders including US President Joe Biden, French President Emmanuel Macron, Australian Prime Minister Anthony Albanese, German Chancellor Olaf Scholz,

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EDUCATION FOR ALL:

Kathua campus's 'donate stationery' drive to fulfil dreams of underprivileged

■ HT News Network

JAMMU, AUG 31: Initiating on the lines of 'Education for All' theory, the Kathua based Campus of University of Jammu have started two-week 'donate stationery' drive to fulfil the dreams of several underprivileged students at adopted village Kathera in Kathua district of Jammu and Kashmir.

Rector, Kathua Campus, University of Jammu, Dr Meenakshi Kilam on Thursday said that two week stationery donation drive-II has started at the Campus.

"The drive is aimed at providing essen-

tial learning tools to underprivileged children of the adopted village Kathera," said Dr Kilam stating that the initiative reflects the commitment for bridging educational gaps and fostering a brighter future for children who lack access to basic learning resources.

"Education is the cornerstone of a thriving society, and every child deserves the opportunity to learn and grow," said the Rector adding that many children from marginalised backgrounds face obstacles in their educational journey due to limited access to even the most

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CONTINUE FROM FRONT PAGE.....

All individuals.....

it a sheer commitment on part of the LG administration and gave credit to 'Team J&K' comprising of all the Deputy Commissioners, HoDs, all Administrative Secretaries and Secretary IT Department.

Dr Mehta noted that J&K has come a long way in transforming itself from a laggard to leader when it comes to bringing governance at the doorsteps of people. He hoped that the UT should emerge as a role model to other States/UTs in the country. He underscored that J&K has the required capacity, capability, drive and desire to be the best. He said that digital Governance is the new ethos and is the way forward to future ready J&K.

He also gave credit to the people of J&K who very ably adapted themselves with the brisk changes happening around them. He made out that in the months to come J&K is aiming at upgrading from the current tally of 1016 to nearly 1500. He made out that our slogan should be that "Digital hai to Sahi hai".

On the occasion the Commissioner Secretary, IT, Prerna Puri, who hosted the events virtually from Kala Kendra Jammu showed her gratitude to the Divisional and District Administrations for their unequivocal support in making this programme a grand success. She said that this digital journey of the UT would not have been possible without their active support. She thanked people for participating in huge numbers and showing their level of enthusiasm.

It was further informed that IT Department is going to announce the 'Digital J&K Awards' to recognize digital initiatives across the UT.

While giving their remarks the Divisional Commissioners and Deputy Commissioners informed about the steps they had taken to realize the objectives set out for the week long programme. They informed about the kind of stalls and information material prepared by them. They gave details about the activities planned for the week.

The week long mega awareness camps are to be simultaneously held at numerous places in every district where Deputy Commissioners and other district level officers, PRLs, students and general public are going to participate in large numbers.

J&K polls.....

"We are dealing with an extremely extraordinary situation," Mehta said.

"The exact time frame for restoration of complete statehood in J-K cannot be given at the moment. It might take some time. Various steps are being taken to restore the status of the state in Jammu and Kashmir."

Terror-related incidents, he said, had gone down by 45.2 per cent when compared to 2018. Infiltration, which was one of the biggest concerns in the erstwhile state, is down by 90.2 per cent, Mehta added.

Citing more data, he said, "Incidents of stone pelting and hartals which were 1,767 in 2018 are now nil. Casualty of security personnel has gone down by 60.9 per cent, organised bandhs, which were coordinated by secessionist groups, have gone down from 52 in 2018 to nil in 2023."

For restoration of statehood, he said several steps are being taken and investments of around Rs 7,000 crore have been promised out of which over Rs 2,000 crore has already been done.

He said several projects are underway and out of the 53 Pradhan Mantri Development Project, 32 have been completed.

"Peace does not merely come by policing," Mehta told the bench, which was recording the figures given by him.

Mehta added that as far as Ladakh is concerned, there are two areas of Leh and Kargil and for Leh, the elections for the Hill Development Council are over but for Kargil it will be held next month.

Senior advocate Kapil Sibal, appearing for Jammu and Kashmir National Conference leader Mohd Akbar Lone, objected to the bench recording the figure given by the Central government, saying it should not be taken on record as it will "affect the mind" of the court, which is adjudicating the constitutional issue of Article 370.

CJI Chandrachud assured Sibal that whatever data the Solicitor General has given will not have any bearing on the constitutional issue being adjudicated by the five-judge bench.

"What he has given is in pursuance to the court's query and what steps the Union of India has taken to restore the electoral democracy. We should be fair to the Solicitor General as he has only given the roadmap," the bench said, adding, "The nature of the development which the government says took place post August 2019, this may not be of relevance to your constitutional challenge and therefore, what they respond to constitutional challenge, that has to be dealt with independently."

Sibal told the bench that even otherwise the petitioners will have to counter these facts being brought on record by the Centre. "They are saying there were zero hartals. Five thousand people were put under house arrest. How will there be hartals, when you don't allow them to go to hospital. The proceedings of this court are televised and these figures may aid in creating an opinion," he said.

The CJI told Sibal, "These are matters where

there can be and should be policy differences but that can't affect the constitutional arguments. We place these facts in the perspective of the roadmap to statehood of J-K. This isn't a justification and cannot be to a constitutional challenge".

On August 29, the Centre had told the top court that the union territory status of Jammu and Kashmir is not a "permanent thing" and that it will make an elaborate statement on the vexatious political issue in the court on August 31.

The five-judge constitution bench, hearing the pleas challenging the abrogation of Article 370, had asked the Centre to set a specific time frame for restoration of electoral democracy in the erstwhile state.

"The union territory status of Jammu and Kashmir is not a permanent thing. So far as Ladakh is concerned, its UT status is going to remain for some time," Mehta had told the court.

On last Friday, the top court which was hearing Mehta's submissions defending the Centre's decision to do away with the special status of the former state and its reorganisation had told him, "Democracy is important, although we agree that in view of the national security scenario, reorganisation of the state can be done."

The court, however, said lack of electoral democracy cannot be allowed to go on indefinitely.

"This has to come to an end... Give us the specific time frame as to when will you restore actual democracy. We want to record this," the bench said, and asked Mehta and Attorney General R Venkataramani to seek instructions from the political executive and get back to the court. (Agencies)

Longest ever....

Panjtarni yesterday for the night halt and left for the cave shrine early today for the final rituals with the commencement of Purnima appearing with the rise of sun on Thursday", Giri said in a communiqué.

He said the pooja started at the Cave shrine on Thursday morning and lasted for two hours on the occasion of Shravan Purnima.

The pooja was started with Vedic hymns as per the age old traditions to bring the holy mace, one of Lord Shiva and another of Goddess Parvati, to the holy shrine of Swami Amarnath situated at 13,500 feet above sea level in Kashmir Himalayas.

He said "everything went well and the pooja is still on and we intend to start to return to Panjtarni within two hours from now", he added.

This year the administration made unprecedented arrangements for the devotees on both sides of the Yatra routes and the Yatra passed off peacefully.

Thousands of security personnel from Jammu and Kashmir Police, Army and Central Reserve Police Force (CRPF) and other agencies were deployed all along the route of pilgrimage from Jammu to the cave shrine with choppers and drones monitoring the movement of the cavalcade of pilgrims.

The authorities had on August 23 suspended the yatra temporarily amid low footfall of the pilgrims and to undertake the necessary repairs of the twin routes of the pilgrimage. UNI

Beware of.....

fake admit cards will be handed over to police for further disciplinary action, adding, "all candidates are requested to carry computerised admit cards at rally site as per the schedule given in the admit cards and also advised not to fold the admit cards near barcode line."

The Lt Col Bartwal said that the candidates who have applied for rally scheduled from November 21 to December 2 are advised to download their admit cards from their own registered email ID from November 7 onwards and carry it along with while attending the rally.

Candidates must keep the admit cards in plastic cover for prevention from rain and water, he added and said, "entry will start at midnight (4 am) and the gates will be closed at 7 am."

"The candidates are also advised to carry all the documents as per rally notification and no one will be entertained without admit card and mandatory documents," he said. UNI

Sarthal, a.....

will be installed include Dhar Sarthal, Koti and Sandhi.

Talking to KNO, the locals said that Sarthal, falling in the Bani tehsil of Kathua, witnesses a good rush of locals as well as tourists but they are suffering in the absence of facilities.

Mudasir Ali, a local social activist, said the area has the potential to emerge as a better tourist spot. Even without facilities, hundreds of people visit here, he said.

The place is at the tail end of Kathua and is "no less beautiful than Kashmir", he said, adding that the government is paying less attention to it.

The main issue, Mudasar said, is the lack of a mobile network. If any untoward incident happens, people are unable to contact their families and emergency departments, he said, adding that there is no mobile network for around 30 kilometres.

The locals from the Bani and adjoining areas said that as of now, there are mostly rocks at the spot. They said the government needs to take immediate steps for its development.

They thanked the government for announcing mobile network facilities for the area while requesting them to start work on them as soon as possible so that people living in Bani Tehsil and tourists visiting there won't suffer any more.

The residents also urged the government to take steps to provide toilet facilities along the road and night stay facilities so that the tourists visiting there won't face any kind of difficulty.

"In our area, most people belong to financially weak families and if this spot is developed on modern lines, it will help create livelihood opportunities for us," said a youth.

The Sarthal residents appealed to Lieutenant Governor Manoj Sinha and Director Tourism to take a thorough visit of the area and take steps toward the development of this tourist destination.

Handing phone.....

Also, it allows parents to get other tasks done like cooking, cleaning and washing.

"Letting your baby play with a phone may seem like a simple way to keep them occupied, but it could affect their development," he said.

"According to a new study published on August 21 in the Journal of the American Medical Association Paediatrics, babies who spent more time on phones at age one year were more likely to have delays in speech and problem-solving skills," said Dr Hassan.

"Researchers found that by age two years, babies who had spent up to 4 hours in front of the screen were 3 times more likely to have communication and problem-solving delays, while those who had spent 4 or more hours on screens were 4.78 times more likely to have underdeveloped communication skills, 1.74 times more likely to have subpar fine motor skills and two times more likely to have underdeveloped personal and social skills," he said.

"By age four years, risk remained only in the communication and problem-solving areas."

The DAK President said kids develop their language skills by interacting with others including parents and if they are just watching a screen they are not having an opportunity to practice talking.

"Babies need face to face interaction for social development. Looking at people's faces is when our brain turns on to figure out how to interact with them," he said

"Screens disrupt interactions and limit opportunities for kids to practice interactive problem-solving skills," he added.

"Parents should spend time with their kids and delay introducing phones to infants and young children," said Dr Nisar.

"World Health Organisation and American Academy of Paediatrics recommend that children under age 2 should not be exposed to screens at all and limit screen time to one hour per day for children aged 2-5 years," he said.

Health and.....

thousands of employees working in Health & Family Welfare across J&K under a centrally sponsored scheme have never received their salaries on time.

They said the employees working under 2,210 head never face such issues and get salaries on time but those working under 2,211 head have to bear the issue of delay in salaries.

They said despite being permanent employees of the Union Territory (UT), they have to come on the roads for salaries.

The employees said the education of their children is being affected since they are not able to pay their fees regularly. Despite putting in our best efforts during the COVID pandemic, we have to literally beg for salaries, said one of the employees.

"Neither DPCs are being considered in stipulated time nor salaries are being released in time," they said, adding, "Some of our employees are suffering from chronic diseases but they too are facing problems and their treatment gets delayed in the absence of salaries."

Vice President of Health and Family Welfare J&K Masarat Jabeen told KNO that the employees had to wait for DPC and salaries years together. "The claims of women empowerment and Beti Bachao, Beti Padhao are proving to be a hoax on the ground as despite providing primary promotive and curative healthcare for almost all the national health programs, we have to suffer," she said.

We have never received salaries on time and despite working day and night like other employees, we are being given a step-motherly treatment due to unknown reasons, Jabeen said, adding, "We are unable to submit the fee of our children, bring clothes and other necessary items in the absence of salaries since May 2023 and some even from April."

The other members of the association said that despite meeting the Chief Secretary, Secretary Health and other higher officials in this regard, nothing is being done on the ground.

The employees have sought the intervention of LG Manoj Sinha to get their issue

resolved once and for all.

Director Health and Family Welfare J&K Dr Tabassum Jabeen said the salary issues of health and family welfare employees are old but the department is looking for a permanent solution.

"This problem is old and their salaries are coming up but that is not the permanent solution as it is for the time being only," she said.

We are onto it to find a permanent solution to the issue, she said, adding that the employees will get pending salaries very soon.

Chota Amarnath.....

spiritual journey, an official spokesman said.

This year, the yatra was meticulously planned meticulously by district administration Bandipora after a round of deliberations with the local Kashmiri Pandit community.

Many developmental works were done for the first time along the yatra route so as to help the pilgrims.

Recent initiatives include the development of a track until Maha Daneshwar Temple, also known as Chota Amarnath Cave, the setting up of washrooms and langar facilities, the deployment of medical teams, and the provision of other basic amenities.

Besides local residents, many people from outside J&K also took part in the yatra, and efforts were made by the administration for the safe journey of such yatis.

A festive atmosphere was witnessed across Bandipora town and especially at Dardpora village, which is the start point of the yatra.

The DC informed that the 15-kilometre-long yatra will take place through the Arin-Dardpora route via Shamthan and finally to Chota Amarnath Cave. UNI

Kathua campus's.....

fundamental tools and Kathua Campus recognises the challenge and always takes the initiatives to make a positive impact.

She reiterated that through this stationery donation drive, the institution aims to provide the children in the adopted village with the resources they need to excel in their studies and pursue their dreams.

Convener of the Stationery Collection Drive and In-charge Head, Computer Science, Kathua Campus, Dr. Sourabh Shastri urged everyone to contribute new or gently used stationery items such as notebooks, pencils, pens, erasers, rulers, art supplies etc.

He further said these seemingly small contributions can make a significant difference in the lives of these children, helping them to unleash their creativity and potential. UNI

China Yet To.....

UK Prime Minister Rishi Sunak, Japanese Prime Minister Fumio Kishida and Brazilian President Luiz Inacio Lula da Silva have already confirmed their participation at the summit.

Russian President Vladimir Putin has already conveyed to Prime Minister Narendra Modi that it will not be possible for him to travel to India to participate in the summit.

In its capacity as current president of G20, India is hosting the annual summit of the influential grouping in New Delhi on September 9 and 10.

"There is no confirmation yet on the Chinese president's in-person presence at the summit," said one of the persons cited above.

Another person said on condition of anonymity that there is uncertainty on whether the Chinese president will attend the summit or another leader may travel to India for it.

There was no official word on the issue from the Indian side.

Asked about a report by Reuters that said Xi is likely to skip the upcoming G20 summit in India, Chinese Foreign Ministry spokesperson Wang Wenbin said at a media briefing in Beijing that he has nothing to offer on it now.

"On the Chinese leaders attending the G20 summit, I have nothing to offer at the moment," Wang said.

The ties between India and China have been under severe strain since the deadly clashes in eastern Ladakh's Galwan Valley in June 2020.

The Indian and Chinese troops are locked in an over three-year standoff in certain friction points in eastern Ladakh even as the two sides completed disengagement from several areas following extensive diplomatic and military talks.

India has been consistently maintaining that peace and tranquillity along the LAC were key for normalisation of overall ties.

On its part, China has been arguing that the boundary question does not represent the "entirety" of the bilateral

relations, insisting that the two sides should move forward on overall relations.

Modi and Xi held a conversation on August 23 on the sidelines of the BRICS (Brazil, Russia, India, China, South Africa) summit in Johannesburg.

Following the conversation, India's Foreign Secretary Vinay Kwatra had said Modi conveyed to Xi India's concerns on the "unresolved" issues along the Line of Actual Control (LAC) in eastern Ladakh, underlining that maintenance of peace and tranquillity in border areas was essential for normalisation of India-China ties.

Kwatra said the two leaders also agreed to direct their relevant officials to intensify efforts at "expeditious disengagement and de-escalation".

However, the Chinese readout did not have any mention of this.

The Chinese statement said Xi conveyed to Modi that both sides should "bear in mind" the "overall interests" of the ties and "properly" handle the border issue.

On Monday China released a so-called "standard map" laying claim over Arunachal Pradesh and the Aksai Chin drawing a strong protest from India.

The "map" also showed the entire South China Sea and Taiwan as part of China as it featured in the previous editions of the 'map'. (Agencies)

Man killed.....

Bhat, Farooq Ahmad Bhat and Asadullah from Sharifabad Tral, Raja Noor ul Hassan and Rutba Zehra from Paneer Jagir, Showkat Ahmad Bhat Satoora, Javid Bhat from Lalpora Kahlil and Bazila Jan from Lalgam Tral were shifted to Srinagar's SMHS hospital for treatment after getting first aid at SDH Tral.

However, the official said that Asadullah Bhat from Sharifabad Tral succumbed to his injuries at SMHS hospital.

He further added that Fayaz Ahmad from Sharifabad Tral has been referred to Bone and Joint hospital Tral while three others including Iqra Jan from Shahabad Tral and Leenah Jan from Bahoo Awantipora are undergoing treatment at SDH Tral.

Meanwhile, police have taken cognizance of the incident and started investigation into the matter.

GDP Grows.....

6.3 per cent growth in April-June 2023. According to the National Statistical Office (NSO) data, the agriculture sector gross value added (GVA) recorded growth of 3.5 per cent, up from 2.4 per cent in the April-June quarter of 2022-23.

The expansion in 'financial, real estate and professional services' GVA was 12.2 per cent, up from 8.5 per cent in the year-ago quarter.

However, the GVA in the manufacturing sector decelerated to 4.7 per cent in the first quarter of the current fiscal compared to 6.1 per cent in the year-ago period.

The growth in Gross Domestic Product (GDP) during the January-March quarter of 2022-23 was 6.1 per cent and 4.5 per cent during October-December.

"Real GDP or GDP at constant (2011-12) prices in Q1 2023-24 is estimated to attain a level of Rs 40.37 lakh crore, as against Rs 37.44 lakh crore in Q1 2022-23, showing a growth of 7.8 per cent as compared to 13.1 per cent in Q1 2022-23," NSO said in a statement.

It further said the nominal GDP or GDP at current prices in the first quarter of 2023-24 has been estimated at Rs 70.67 lakh crore, as against Rs 65.42 lakh crore in the year-ago period, showing a growth of 8 per cent as compared to 27.7 per cent in Q1 2022-23.

The NSO will release quarterly GDP estimates for the July-September, 2023 (Q2 2023-24) on November 30, 2023.

As per the data, the output (GVA) in the 'mining and quarrying' decelerated to 3.8 per cent in the first quarter from 9.5 per cent a year ago, 'electricity, gas, water supply and other utility services' to 2.9 per cent from 14.9 per cent, and 'construction' to 7.9 per cent from 16 per cent. (Agencies)

Govt calls.....

Parliament, which began on July 20, concluded on August 11.

During the monsoon session, the Lok Sabha passed 22 bills while the Rajya Sabha cleared 25. Both Houses approved 23 Bills.

The monsoon session witnessed acrimonious exchanges between the government and the opposition I.N.D.I.A. (Indian National Development Inclusive Alliance) bloc, primarily over the issue of ethnic violence in Manipur.

I.N.D.I.A also introduced a no-confidence motion against the Modi government, which was defeated with the opposition walking out of the Lok Sabha during prime Minister Narendra Modi's address. UNI

DC Srinagar reviews implementation of Mission Poshan, Mission Vatsalya and Social Security measures

92267 beneficiaries benefited under various social welfare and ICDS schemes

SRINAGAR, AUG 31: In order to review the implementation of welfare schemes run by ICDS & Social Welfare Department and extension of benefits of different Government schemes in District, a meeting was held under the Chairmanship of Deputy Commissioner Srinagar, Mohammad Aijaz Asad here at Meeting Hall of the DC Office Complex.

At the outset, the Deputy Commissioner took a Project wise appraisal of the implementation of beneficiary-oriented schemes including Supplementary Nutrition Programme, Immunization, Referral Services, Pre School Education, Nutrition & Health Education and Health Checkup implemented by Integrated Child Development Service (ICDS) Programme in Srinagar District.

While reviewing the functioning of ICDS, the Chair was apprised about the functioning of the ICDS and targets achieved so far in improvement of Nutritional Status of Children from 0-6 years, Adolescent Girls, Pregnant Women and Lactating Mothers under POSHAN Abhiyaan through a detailed PowerPoint presentation.

The DC also reviewed implementation of Poshan Abhiyaan, Pradhan Mantri Matru Vandana Yojana (PMMVY) and Ladli Beti.

While reviewing the Status of Poshan Projects for 2023-24 in Srinagar, Batwara, Khanyar and Eidgah Projects, the DC was informed that as many as 33651 beneficiaries are being provided Nutrition in Srinagar

District through 1183 Anganwari centers and expenditure of Rs 1.57 crore has been made during current financial year till date.

The DC was informed that under Ladli Beti Scheme, the financial assistance is being provided to beneficiaries through Jansugam portal and as on date as many as 5342 applications have been received of which 5022 applications stand forwarded to higher authorities for approval.

On the occasion, the Deputy Commissioner stressed on timely extension of benefits of different Government schemes to all genuine beneficiaries to ensure holistic development and adequate nutrition for pregnant women, mothers and children in the District.

The DC also emphasized on improved Nutrition & Health status of child 0-6 years, Reduce incidence of mortality, morbidity, mal-nutrition and school drop-outs. He also laid stress on enhancing the capability of the Mother and Family to look after the Health, Nutrition and Development needs of the Child to promote child development.

The DC stressed upon the Officers to take comprehensive measures to reach out to all eligible beneficiaries, besides making the Welfare schemes easily accessible to the people so that maximum beneficiaries of the district can acquire the benefits of all the Government launched welfare schemes. He also asked the officers to conduct capacity building pro-



grammes for Anganwari Workers in order to make them behave with registered children in a compassionate manner.

Similarly, the Deputy Commissioner also took a detailed review of the progress achieved by the Social Welfare Department in the implementation of National Social Assistance Program, Integrated Social Security Scheme, Scholarships, Prosthetic Aid and State Marriage Assistance (SMAS) like schemes launched for privileged, vulnerable,

down trodden and weaker sections of society.

The District Social Welfare Officer, Srinagar through a PowerPoint presentation apprised the DC about the functioning of the Department and targets achieved so far. He informed that as many as 31471 pension cases (beneficiaries) have been registered under revised guidelines in Srinagar District under Integrated Social Assistance Scheme (ISSS) through which a monthly pension of Rs. 1000 is given to old age BPL per-

sons, having age of 60 years for men and 55 years for women, persons having disability 40% or more and widows, divorcees and destitute having meagre source of income beneficiaries categories.

The meeting was also informed that as many as 14147 cases verified in the District are being provided scholarships under different categories including Post Matric Scholarship to Minority Students, Merit Cum Means Scholarship to Minority Students and Pre Matric Scholarship to

Minority Students.

Similarly, under the State Marriage Assistance scheme, 1077 cases have been sanctioned and payments were disbursed among the beneficiaries. Under the scheme every household girl of marriageable age belonging to PHH/AA category is eligible to receive marriage assistance of Rs 50000 after fulfilling eligibility conditions.

With regard to providing prosthetic Aids to the physically disabled persons, it was given out that during the current year 52 Motorized Tri-cycles, besides Hearing aids, Wheel-chairs have been distributed among the beneficiaries of the District.

Likewise, the DC also took appraisal of UDID Cards (Unique ID for Persons with Disabilities) and was informed that 6792 UDID cards have been issued to beneficiaries in the District as on date.

During the meeting, the functioning of Mahila Shakti Kendra (MSK) and One Stop Centre also came under discussion. The DC asked the concerned Officers to ensure these centres are functioning properly to provide timely assistance to the needy women.

Among others the meeting was attended by Programme Officer, ICDS, Syed Sajad Qadri, Chief Planning Officer, Mohammad Yaseen Lone, District Social Welfare Officer, Dr Mukhtar Ahmad, Chief Education Officer, Mohammad Shabir, All CDPOs and Officers of Social Welfare Department.

Afreen Hyder makes J&K proud, gets selected for National Games 2023

SRINAGAR, AUG 31: Eyeing big in the National Games 2023, a talented taekwondo athlete—Afreen Hyder has made the entire Jammu & Kashmir proud as she has won a gold medal in the Senior State Championship held in Jammu.

Afreen won a gold medal in the Senior State Championship that was organised by J&K Taekwondo Association, the selection trials for the Senior National tournament.

As a result, Afreen has been

selected to represent Jammu & Kashmir in the prestigious event, officials told the news agency—Kashmir News Observer (KNO).

Securing a spot in the senior national tournament not only recognizes Afreen's skills and dedication but also provides her with an excellent opportunity to qualify for the National Games in 2023.

This is a significant step for any budding athlete as it opens doors to higher levels of com-



petition and exposure, the officials said, adding that the J&K Taekwondo Association's decision to select Afreen showcases their confidence in her abilities and potential.

With this achievement, Afreen has proven her talent and determination in her chosen sport.

She will now have the chance to compete alongside other top athletes from across the country, further enhancing her skills and experience.

Afreen's success serves as an inspiration to other aspiring taekwondo athletes in Jammu and Kashmir and highlights the importance of providing platforms and opportunities for young talents to showcase their skills.

Her journey in the senior national tournament will be watched closely, as she strives to secure a place in the National Games 2023 and make her state proud.

SIA arrests 8 absconding terrorists involved in terror crimes 3 decades ago in Doda

SRINAGAR, AUG 31: State Investigation Agency on Thursday said that it arrested 8 absconding terrorists and their associates involved in serious crimes of terrorism and disruptive activities involved in TADA cases registered around three decades ago in district Doda.

According to a statement issued to the news agency—Kashmir News Observer (KNO) a spokesperson said that all the arrested persons have been chargesheeted in the TADA Court Jammu.

The statement reads that these absconding terrorists had managed to escape from the clutches of law for decades by going underground and remaining untraced for sometime and then resurfaced to enjoy normal family life at their native or some distant places.

"Some of these absconders have managed to get government services and contracts, others found engaged in private businesses and even working in the Court. These apprehended eight absconders include Adil Farooq Faridi son of Abdul Ghani Faridi (Government employee presently posted in JK BOSE, Jammu), Mohd. Iqbal @ Javed son of Sikander Khan, Mujahid Hussain @ Nisar Ahmed son of Abdul Rasheed Gathwan, Tariq Hussain son of Ghulam Ali Misger, Ishtiaq Ahmed Dev @ Ajaz son of Mohd. Ayoub Dev, Ajaz Ahmed @ Mohd. Iqbal son of Abdul Rehman, Jameel Ahmed @ jugnu @ Chika Khan son of Faiz Ahmed and Ishfaq Ahmed son of Ghulam Ahmed Sheikh (working as writer in Court Complex Doda)," reads the statement.

It reads that they will be produced before the TADA / POTA court Jammu in pursuance of warrants issued against the aforementioned absconder terrorists.

"These terrorist absconders were involved in kidnapping for ransom and threat to kill one Ghulam Mohd Wani resident of Doda on gun point (Case FIR No. 158/1992 under sections 3, 4 of TADA, 364 RPC, 3/25 Arms Act of PS Doda), kidnapping for ransom and killing of Mohd Sadiq and Tariq Hussain of Doda from their home on intervening night of 23/24 April 1993. Tariq Hussain was later killed and Mohd Sadiq seriously injured (Case FIR No. 48/1993 u/s 3, 4 of TADA, 302, 307 of RPC, 3/25 Arms Act, PS Doda), instigating people by setting false narrative during the ongoing prayer of Shabae-e-Qadir in Jamia Masjid Doda and other Masjids of Doda that atrocities are committed on the innocent people of Kashmir and motivated them to observe strike in Doda on the gun point by these terrorists (case FIR No. 58/1991 u/s 3 and 4 of TADA, 153/194-A RPC of PS Doda), and recovery of huge cache of Arms and ammunition on 22 June 1994 concealed by these terrorists under the ground at Shambaz area (case FIR No. 101/1994 u/s 3, 4 of TADA, 3/25 Arms Act, PS Doda)." It added that in pursuance of its larger objective and mandate of achieving zero terrorism in Jammu and Kashmir, SIA has initiated a special drive to trace and produce before the concerned court all absconders of terrorism related cases for facing the trial under law.

"SIA has so far verified and identified 369 (215-Jammu and 154-Kashmir) absconders out of 734 absconders (317 in Jammu and 417 in Kashmir) in 327 TADA/POTA cases. Out of 369 verified absconders, 127 remained untraced, 80 have died and 45 are residing in Pakistan/Pok and other countries abroad and 4 are lodged in jail." It further reads that how these terrorists managed to escape from the law and live normal life at their native place without being traced for so long and other aspects of larger criminal conspiracy will also be investigated by the SIA

SSP Srinagar chairs crime-cum-security review meeting

SRINAGAR, AUG 31: Senior Superintendent of Police Srinagar on Thursday chaired a crime-cum-security review meeting in his office.

In a tweet, as per the news agency—Kashmir News Observer (KNO), Srinagar police informed that a crime-cum-security meeting was chaired



by SSP Srinagar Rakesh Balwal in his office today. Police said that the meeting was attended by all SPs, DySPs, CPO, SHOs & DOs.

It said that focus was on combating menace of drugs with full force of law, while general security, law & order was also discussed in detail.

J&K Bank Branch Mir Bazar Anantnag faces staff shortage, consumers suffer

ANANTNAG, AUG 31: The local residents of Mir Bazar in South Kashmir's Anantnag on Wednesday said that they are facing tremendous hardships as the J&K Bank's Mir Bazar branch grapples with a staff shortage.

Speaking to the news agency—Kashmir News Observer (KNO), the residents said they are facing a problem as they have to stand in long queues for a long time due to the Bank's very limited staff.

"I visited the Bank to deposit my money,

but it took me almost half an hour because the waiting queue was very long," said Meer Shabnum, a local from the area.

"I visited the Bank in the morning and was in a hurry to get to my office. However, the shortage of staff here at the bank consumed too much of my time," said another local resident.

"As a local, I would like to request the concerned authorities of J&K Bank to look into the matter at an earliest," he added.

North Kashmir Premiere League Baramulla 2023

Low Scoring Thrilling Climax, BCC Reds Defeats Gani Auto Wheels by 39 Runs To Qualify For Semi-Final

■ Lone Musaib

BARAMULLA, AUG 31: In a low Scoring thrilling Climax, BCC Reds Baramulla defeated Gani Auto Wheels Cricket Club by 39 runs in a quarter final today at Jehlum stadium Baramulla here.

Batting first the hosts set up a low total of 122 runs on the board. BCC Reds batting was trumbled but the Captain Zubair Dar take a lead like warrior and played a Captain's Knock of 36 runs off 41 balls with Waseem Lone's 38 runs off 29 balls. Lone Momin took 3 wickets for Gani Auto Wheels CC. In reply Gani



Auto Wheels CC feel they Can chase this low total easily and half of the home work was done

by the frontline batters. The Spinners of the BCC Reds turned this low Scoring match dramatically on their side and beat the guests by 39 runs. Gani Auto Wheels CC was bundled-out for 83 runs in 16.1 overs. Tawseef Ramzan took 3-wickets While Muntazim Bashir and Nasir Ganie took 2-wickets each and Mehraj and Khalid took 1-wicket each for BCC Reds Baramulla. Tawseef Ramzan was adjudged player of the match for his match winning bowling Performance. It is mention to here that the tournament is organised by Baramulla Cricket Forum (BCF).

DC Kupwara reviews progress under Capex Budget, District developmental deliverables

■ HT News Network

Kupwara, Aug 31: To review the progress of District Capex Budget 2023-24, CSS and deliverables for the year 2023-24, the Deputy Commissioner, Kupwara, Ms. Ayushi Sudan Thursday convened a meeting of the officers of different departments here in the Meeting Hall of DC office Complex. The DDC took a comprehensive review of District Capex Budget and progress of Deliverables of all the departments and directed the officers concerned to adhere to the timeline set by the government. The concerned officers



apprised the District Development Commissioner about the progress made so far and future action plan under Capex Budget and Deliverables.

The DDC directed CEO Kupwara, ACD, CMO and SE, JJM and R&B to complete all tendering process within two days and also review

the progress of District Capex and UT Capex on weekly basis. Regarding the District Deliverables pertaining to Animal Husbandry, Sheep Husbandry and Fisheries Department, The DDC directed, KVK Kupwara to make a nodal point of contact for these departments and also undertake

proper Handholding of agriculture and allied departments on technical aspects. She directed all the HODs to nominate a Nodal officer for inter-departmental coordination and coordination with CPO office for speedy progress of the district deliverables. On the occasion, the DDC directed SE, JJM and EXen PDD to make available water supply and electricity in transit accommodations at Nutnosa and Kulangam within one week's time. The DDC directed all departments to put in extra efforts to further improve the Ranking of District Kupwara on the performance index and work in full tandem.

DDC Chairperson kick-starts Digital Week celebration at Ganderbal

Mega digital mela held at Mini Secretariat Ganderbal

■ HT News Network

GANDERBAL, AUGUST 31: The District Administration Ganderbal today facilitated live streaming of the launching of Digital Week in the UT of J&K by Chief Secretary, Dr. Arun Kumar Mehta.

In this regard District Administration Ganderbal organized a mega digital mela in the lawns of Mini Secretariat which was presided over by the Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq.

President Municipal Council Ganderbal, Altaf Ahmad, PRI members besides ADDC Ganderbal, Mushtaq Ahmad Simnani, ADC Ganderbal, Mehraj-ud-Din Shah, CPO and other district officers were present on the occasion.

Stalls were set up by different departments at the venue aimed at creating



awareness regarding online services launched by the government and providing online services on the spot among the general public.

Meanwhile, Chairperson DDC along with other dignitaries inspected the stalls and enquired about the online services offered by the departments.

The first day of the Digital Week witnessed immense public response and officers, experts and resource persons were seen imparting awareness

among people about the available online services and information regarding Digi Locker, RAS, Awam-KeAwaz, eUnnat and Mobile Dost Application.

On the occasion departments had prepared banners and distributed pamphlets showcasing the online services pertaining to their departments.

Addressing the gathering, the Chairperson DDC said that with an aim to bring transparency and ease for the public, the Government

has started online services and to generate mass awareness about the online services delivery.

The Additional Deputy Commissioner Ganderbal gave a crux of the activities to be carried out during the week at district, sub-division, block and Panchayat levels. He informed that awareness programs will also be organized in schools and colleges to generate awareness regarding online services besides essay competitions, painting competitions and other activities related to e-governance would also be held in education institutions.

He also appealed to the citizens of Ganderbal to join these celebrations for availing online services and receive awareness about the services.

Later, sanction letters under various schemes including PMAY-G, Old Age Pension, RBA certificates, ST certificates.

DC inaugurates Digi Mela at Kulgam; flags-off CSC Digi van, Bike rally

■ Farooq Rather



KULGAM, AUGUST 31: The digital week celebration commenced today at Kulgam with the inauguration of Digi Mela by Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat at the mini-secretariat here.

PRI members, students and locals participated in the programme and got acquainted with various online services available.

During the mela, different departments had set up stalls to generate awareness regarding online services offered by them to the public and facilitate spot delivery of such services.

The first day of the mela witnessed overwhelming response and officers, experts and resource persons were seen imparting awareness among people about the available online services at their respective stalls.

Moreover, departments had prepared hoardings/banners showcasing the online services pertaining to their departments.

The DC also inspected these stalls installed by various departments within the premises of the mini-secretariat. Addressing the gathering, the DC said that the aim of the Digital Week celebration is to bring transparency, promote digital literacy and empower the people of the district with online services in public service deliverance.

He said more than 450 services are available online and online services have greatly benefited the public, adding that programmes will also be carried out in Panchayats and blocks in the last four days of digital week.

Meanwhile, theme based cultural programmes were presented by students from schools and local artists during the digi mela function.

On the occasion, ADDC Showkat Ahmad Rather also enumerated in detail the benefits of online services and asked for maximising the usage of the digital services.

Chairperson DDC, DC inaugurate Digital Week Campaign at Shopian

■ HT News Network

SHOPIAN, AUGUST 31: The Chairperson, District Development Council (DDC) Shopian, Bilqees Jan and Deputy Commissioner, Shopian, Faz Lul Haseeb today inaugurated Digital Week Campaign at Mini Secretariat, Shopian amid a vast gathering of public, students and PRIs.

Chairperson DDC and DC inspected the stalls, installed by various departments disseminating the awareness regarding various government services available online.

Speaking on the occasion, the DC said that the Digital Week campaign will showcase citizen centric online initiatives and services of the govern-



ment to the public, aimed at bringing transparency and ease of living for citizens.

He said now the people of the district can avail the schemes of each and every department at the click of the button.

The programmes and initiatives launched are part of the government's efforts to bring ease, transparency &

convenience in public service delivery, DC added.

On the occasion, the Chairperson DDC also flagged-off Digi Van, aimed at creating awareness on digital services and spreading information regarding Digital India campaign and making the people aware about benefits they can achieve through digital systems.

Digital Week programmes shall be held across all the blocks, panchayats, schools and colleges of the district.

President, Municipal Council Shopian, Subhash Koul; JDP, Khurshid Ahmad Khatana, SDM, Zainapora, Mushtaq Ahmed, ACR, Shahbaz Ahmed Bodha, ACD, Hilal Ahmed Jeri, District/Sectoral Officers were present along with other officials.

Handwara Police organised Thana Diwas at Police Station Qalamabad, Vilgam, Kralgund, Magam, Chogul, Langate and Zachaldara.

■ DR.AB QAYOUM

Handwara, Aug. 31: Thana Diwas' was organised at Police Stations Qalamabad, Vilgam and Kralgund and Police Posts Magam, Chogul, Langate and Zachaldara. In Police Post Langate, the meeting was conducted by SDPO Handwara Ms. Syed Sleet Shah-JKPS while in other Police Stations and Police Posts, concerned SHOs and IC PPs chaired meetings respectively. The events were attended by respect-



able citizens, civil society members, members of the trading community, among others. Issues related to enforcement of law, drug abuse, domestic violence, cyber crime and responsible internet usage were discussed at length. The participants were urged to remain vigilant against social evils in society. They were also urged to identify signs of drug abuse among their family and acquaintances and seek medical help for timely intervention.

UNION TERRITORY OF JAMMU & KASHMIR. OFFICE OF THE EXECUTIVE ENGINEER RURAL ENGINEERING WING BARAMULLA.

E-NOTICE INVITING TENDER(2ND CALL)

E-NIT No:- 203/Xen/Rew/Bla/2023-2024 Dated.29/08/2023

For and on behalf of Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on percentage basis from approved and eligible Contractors Regd. With J&K State Govt. CPWD, Railways and other State/Central Governments for each of the following work:-

S. No	Name of Work	Est. Cost (in Lacs)	Cost of T/Doc. (In Rs.)	EMD AMOUNT	Time of completion	Class of Contractor	Major Head of Account	Position of AAA/TS
1	2	3	4	5	6	7	8	9
1	Construction of plastic management waste unit during the year 2023-24 in Block Lalpora	40.57	1600	81140	90days	AAA	SBM	AAA Accorded

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities SSSS(B.O.Q), Set of terms and conditions of contract and other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per the scheduled date given below.

1	Date of Issue of Tender Notice	29-08-2023
2	Period of downloading of bidding documents	From 29-08-2023 to 04-09-2023 up to 6:00 PM
3	Bid submission Start date	29-08-2023
4	Bid Submission End Date	04-09-2023 up to 6:00 PM
5	Date and time of Opening of Bids (Online)	Technical Bids will be opened on 05-09-2023 at 11:00 AM in the office of the Executive Engineer REW Baramulla and Financial Bid opening will be declared online.

The G.O No.238-F OF 2021 DATED:07.09.2021 issued by the Govt(Finance deptt)that the participation in the tendering process of works upto an amount of Rs 3.00 lacs is restricted to the resident of concerned panchayat. In the event of inadequate response to a tender, participation from adjoining panchayat shall be permitted & participant to upload Panchayat certificate necessary.

If the Bidder quotes his Bid exceeding the tendering Cost, his bid will be automatically rejected.

In case of dilemma/confusion, the rate and the unit against any item shown in Boq, the SOR rate along with its unit will be applicable. 1.Bids must be accompanied with cost of Tender document in shape of treasury challan/receipt under HEAD 0515 mentioning therein Name of work and NIT No. in favour of the Executive Engineer, REW Division Baramulla (Tender inviting Authority).

2.The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site at the office of the Executive Engineer, REW Division Baramulla.

3.Instruction to bidders regarding e-tendering process. 3.1.Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

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

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

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

3.5.Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid be submitted physically by the bidder who is declared as L1 immediately after opening of financial bid.

3.6.Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.

3.7.DOCUMENTS TO BE UPLOADED IN SOFT: Scanned copy of valid registration card along with Latest Renewal, EMD/TR as per NIT, GST, Latest clearance, PAN.

3.8.The earnest money in favour of non-successful/ non-responsive bidders shall be released only after ensuring submission of tender document fee in original, irrespective of Hard copies, failure of submission of tender document fee by the bidder using site shall entail him for blacklisting.

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

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

5.Scanned copy of cost of tender document in shape of treasury challan/receipt in favour of the Executive Engineer REW Division Baramulla and Earnest Money/Bid Security in shape of CDR/FDR/BG if applicable pledged to Executive Engineer, REW Division Baramulla (Tender receiving Authority) must be uploaded with the documents of the bid. The original treasury challan/receipt (cost of tender document), CDR/FDR/BG (earnest money/bid security) and relevant bid documents etc be submitted to the tender opening authority by the bidder who is declared as L1 immediately after opening of financial bid. The tender receiving authority reserves the right of opening of the tenders on due date or any other convenient available date or rejecting any or all the tenders without assigning any reason thereof.

6.Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.

7.Price escalation & taxes: The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes up to completion of the work unless otherwise, specified deductions on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

8.Bidders are advised to use "My Documents" area in their user on e-Tendering portal to store such documents as are required.

9.In case of CRF & any other specified project the relevant guidelines/ standard bidding documents shall be followed

10.Instructions to Bidder (ITB)

10.1.All bidders shall upload the following information and documents along with qualification criteria/ qualification information with their bids

a. Copies of original documents defining constitution/ legal status, place of registration and principal place of business.

b. Valid GST No. & Pan No. along with the latest GST Return form GST-3/ GSTR-3B.

c. Copy of earnest money deposit & tender document fee indicating name of work therein.

10.2.The bidders at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid.

10.3.Nonattendance of pre-bid meeting will not be cause of disqualification of the bidder.

10.4.All documents relating to the bid shall be in the English language

11.If the bidder does not quote rate for any item of the rate list / quantity schedule, cost of such item/ items shall be deemed to be part of the overall/ total contract value. No rates shall be allowed for such item/ items in the allotment of contract.

12.The tender/ bid is liable to rejection if it does not fulfill requirements as laid down in NIT.

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

No: 1575-1582
DIPK-8078/23
Dated: 31-08-2023

Sd/-
Executive Engineer.
REW Baramulla

PUBLIC NOTICE

I have applied for the issuance of DEE Class Contract card. If anybody having any objection in this regard He / She may contact with Concerned Department within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name: MANZOOR AHMAD RATHER
S/o:.....ABDUL GAFFER RATHER
R/o.....WAGOORA Block.....WAGOORA Distt.....BARAMULLA

Office of the Assistant Regional Transport Officer Pulwama



Whereas joint application has been received from MUNAWARALI SAIYAD S/O NAZIRALI SAIYAD R/O 370 KHWAJANAGAR, JAHAN-GIRPURA HADGOOD, ANAND-GUJARAT-388110

(TRANSFEROR) And MOHD AYOUB KHAN S/O MOHAMMAD MOSSA KHAN S/O WAKHERWAN PULWAMA (Transferee) for transfer/Re- registration of Vehicle No GJ06HD 5479.

Now therefore it is notified for general information that objections if any to the proposed re-registration of the said vehicle shall be filled in writing in the office of the Assistant Regional Transport Officer Pulwama within a period of 15 (fifteen) days of publication of the notice in the daily newspaper

No.: ARTO/PUL.NOC: GJ2023 NOC-8017A
Dated:..25 /08/2023

Assistant Regional
Transport Officer Pulwama

PUBLIC NOTICE

The candidate whose particulars are given below has reported That He has lost his Class 7th Pass Discharge Certificate have following Description.

Class.....7th
Year & Session...2022
Admin no...2372/19
Name... Mohammad Paras
Parentage...Javid Ahmad Khan
Mothers Name.....Salma Begum
ResidenceCheepora Lolab Kupwara
D.O.B ...01.04.2011

Now The Candidate has Applied for issuance of duplicate/Discharge Certificate recessed under rules . If any person having any objection shall report to the Principal Scholars School Natipora Srinagar within one week from the date of issuance of this notice.

The original certificate/s issued to the candidate be treated as cancelled

Name... Mohammad Paras
Parentage...Javid Ahmad Khan
Mothers Name.....Salma Begum
ResidenceCheepora Lolab Kupwara



Digital J&K Week 2023, Tech Expos hosted across Jammu Division on inaugural day

HT News Network

JAMMU, AUGUST 31: Setting the stage for week-long promotional activities, Digital J&K Week commenced across Jammu division with the hosting of Digi Mela, which was virtually inaugurated by the Chief Secretary, Dr. Arun Kumar Mehta.

At Udhampur: To promote Digital services in the district, the Digi mela was organized by District Administration Udhampur at Riwayat Banquet Hall Udhampur. District Development Council, Chairperson Lal Chand was the chief guest.

BDC Chairman, Balwan Singh, DDC Member, Puran Chand and Senior functionaries as well as general public attended the mela

At the onset, ADC, Udhampur Joginder Singh Jasrotia briefed about the various digital services and other e-services in the District

The chief guest expressed happiness over the initiative to organise such digital mela and to bring services at the doorsteps of masses. He added that the "Digital India" campaign was launched by the government of India to promote usage of technology and its interface for the welfare and transparency in official functioning.

At Reasi: District Administration Reasi organized the Digital Mela in the DC Office complex today, which witnessed enthusiastic participation of school students and people from all walks of life.



The event began with a live telecast of inauguration of Digital J&K Week by Chief Secretary Dr. Arun Kumar Mehta. DDC Chairperson Sarf Singh Nag was the chief guest on the occasion.

As many as 25 stalls were put up by different departments,

Banks, BSNL etc. to create public awareness about 289 online services launched by the government. The Chairman inspected the stalls and enquired about the services being delivered to the general public through online mode. He asked

the line departments to put in extra efforts to spread awareness about the online services among the general public so that the real aim and objective of the initiative is realized in letter and spirit. The Digital J&K Week will continue till September 6th.

At Samba: The eagerly awaited Digital Week celebrations commenced in District Samba with the grand inauguration of DigiMela in the presence of esteemed guests, including the DDC Chairperson, Keshav Dutt Sharma, DC Samba, Abhishek Sharma, SSP, Benam Tosh.

Speaking on the occasion, the DDC Chairperson said during the DigiMela, citizens will have access to a plethora of digital services at their doorsteps.

He inspected departmental stalls put up to provide people firsthand knowledge about the diverse range of online services. He expressed his appreciation for the positive transformation brought about by the digital revolution in the region. The convenience and efficiency of

online services are set to improve the lives of the people in Jammu and Kashmir.

DC Samba flagged off the Digi-van. The Digi van service will traverse across the district to deliver online services to citizens. At Doda: To celebrate the digital initiatives and achievements made under the Digital India campaign and foster a digitally empowered society, Digital week and Digi- Mela was held in Community Hall Doda with Chairman Municipal Council Doda Ved Prakash Gupta as the Chief Guest.

Several departments have installed their stalls showcasing initiatives under the Digital India campaign. The departments provided on spot e-services being offered by them.

Financial Literacy camp held at ZPHQ Jammu

HT News Network

JAMMU, AUGUST 31: A Financial Literacy camp was organized in the office of G.P. Fund Provincial Police Cell ZPHQ Jammu on the directions from Finance Department and Director General J&K Funds Organization.

Monika Hans, Financial Advisor/CAO of G.P. Fund Police Cell ZPHQ Jammu hosted the Literacy Camp along with A.Os and other staff members in the presence of Neeraj Gupta Bakshi, Director General Funds Organization J&K as the Chief Guest.

A large number of Accounts Personnel and other police officials participated in the Camp. Apart from the interaction session, different issues were discussed which included G.P.F subscription, S.L.I, D.L.I and income tax.

The chief guest appreciated and asked to conduct more such camps in future also.

NIT Srinagar completes B.Tech admissions for year 2023

HT News Network

Srinagar, Aug 31: National Institute of Technology (NIT) Srinagar has successfully completed B.Tech admissions for the year 2023 in a smooth and efficient manner.

The admissions to various B.Tech programs across the nation, including prestigious institutes such as IITs and NITs, are administered by the Joint Seat Allocation Authority (JOSAA).

The 2023 admission cycle witnessed six regular rounds of seat allocation by JOSAA, commencing on June 30, 2023, and concluding on July 28, 2023. Following this, two special rounds were conducted by the Central Seat Allocation Board (CSAB) to allocate remaining seats across different institutions.

Under the esteemed leadership of Prof. (Dr) Sudhakar Yedla, Director NIT Srinagar, the institute undertook a pioneering approach to streamline the admission process, ensuring convenience and a seamless experience for the newly admitted students.

An essential aspect of this admission process was the rigorous online scrutiny of documents to verify the eligibility and qualifying credentials of allocated candidates. NIT Srinagar played a pivotal role in this process by ensuring that candidates met the necessary criteria and confirming their seat allotments.

To facilitate a smooth transition for the newly allotted candidates, NIT Srinagar announced its physical reporting schedule on July 24, 2023. The institute went above and beyond by providing transportation facilities from the Airport and Tourist Reception Center (TRC) to the NIT Srinagar Campus. Dedicated counters were set up at both locations, adorned with NIT banners, to guide and assist the incoming students and their parents.

A meticulous survey was conducted to identify suitable accommodations for students and their families. A list of nearby hotels offering discounted rates was made available on the institute's website.

Programme on Drugs Abuse Awareness & Prevention held at Anantnag

HT News Network

ANANTNAG, AUGUST 31: An awareness programme on Drug Abuse and its prevention was held at SRJ Higher Secondary School Anantnag to generate awareness among the parents of the younger generation who are the future responsible citizens of the society.

The awareness programme was conducted by Social Welfare Department Anantnag under the initiative of District Administration Anantnag to reach out to the parents of the students enrolled in different schools of the district.

During the awareness programme, Experts/Resource Persons spoke about the harmful effects of

Substance Abuse among youth. They also discussed measures required to curb the burning societal issue. The participants, particularly the parents, were also sensitized about the means to prevent the spread of drugs in the district to save the precious lives and families from destruction.

The Role of Parents in handling Substance Abuse was also highlighted in detail. On the occasion, Secretary DLSA, Tabasum Qadir; A Hamid, Principal SRJ HSS, District Social welfare officer Anantnag, Malik Muzaffar and other experts shared their expertise and professional knowledge and proceeded on early identification and signs of drug abuse, impact of substance use and disorders of families and children.

District admin takes Historic Initiative to promote tourism in Poonch

HT News Network

POONCH, AUGUST 31: Deputy Commissioner Poonch, Yasin M. Choudhary has taken a significant step towards attracting tourists to the beautiful Pir Panjal region in Poonch district.

In collaboration with the Poonch Development Authority (PDA), the Deputy Commissioner Poonch today flagged off a trekking expedition aimed at promoting tourism in the area and attracting visitors from all over the country to discover places of adventure, heritage and religious landmarks of the district.

The trekking expedition, organized in partnership with Indiahikes, saw the participation of trekkers from different states who



were specially invited by Deputy Commissioner Poonch to experience the mesmerizing beauty of Poonch. The group started its journey to Peer Panjal Lakes from Noorichamb Behramgala, near Chandimarih Tourist Park, at 7 am this morning.

A total of fourteen (14) trekkers will explore the seven (07) famous lakes as

well as other nearby lakes in the region.

The event was graced by Dr. Mohammad Tanveer, CEO of the Poonch Development Authority, Rizwan Asgar, SDM Surankote, and several others.

On the occasion, Deputy Commissioner Poonch, Yasin M. Choudhary, addressed the gathering and appreciated the trek-

kers and their commendable efforts towards promoting Poonch as an attractive tourist destination. He emphasized the importance of showcasing the district's religious sites and trekking trails to visitors at the national level, thereby raising awareness about the rich historical heritage of Poonch.

Dr. Mohammad Tanveer, CEO Tourism at PDA, highlighted that the main objective of the trekking expedition was to promote the breathtaking Pir Panjal region and its natural beauty. By creating national awareness, he expressed optimism that Poonch would experience a surge in tourism, thereby boosting the local economy and preserving the district's cultural significance.

ADDC discusses strategies for implementation of "Ayushman Bhava" campaign at Ganderbal

HT News Network

GANDERBAL, AUGUST 31: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today convened a meeting to discuss and strategize the implementation of the "Ayushman Bhava" campaign in the district.

At the outset, Dr Afroza Shah, Chief Medical Officer Ganderbal gave a detailed presentation of the campaign, indicating a focused and time-bound approach to achieving the objectives of the campaign that will provide all health related benefits and access to healthcare services to beneficiaries.

The meeting discussed the planning and execution of a campaign related to the Ayushman Bhava which is a flagship healthcare initiative of all health schemes aimed at providing health coverage to all sections of society, role of BMOs and District Program Management Unit in execution of a campaign at grassroot level.



Interacting with the officers, ADDC asked them to strategize and align efforts among various stakeholders to effectively implement the Ayushman Bhava flagship to maximize its benefits for the residents of Ganderbal district.

The meeting was attended by the Chief Planning Officer, Ganderbal, Programme Officer ICDS, CEO, CDPOs, Social Welfare Officers, Medical Superintendent SDH Kangan, Block Medical Officers and District Programme Management Unit Ganderbal.

Director Employment inaugurates 03 Months Skill Development Course in Baramulla

HT News Network

BARAMULLA, AUGUST 31: The District Employment and Counseling Centre (DE&CC) Baramulla in collaboration with CIIT, Govt Polytechnic College Baramulla today organized an inaugural session of 3-Months long Skill Development Training Course on 'Electric Vehicle Repair' to facilitate the aspirants to enhance their skills. The training programme was inaugurated by Director Employment Jammu and Kashmir, Nisar Ahmad Wani in presence of Principal Government Polytechnic College and Assistant Director Employment, Career Counseling Officer, EO of DE&CC and faculty of



CIIT Baramulla. Pertinently, this course initiates candidates into the emerging area of Electric Vehicles and helps learn the basics of Battery driven Electric Vehicle and its dynamics.

Under the programme, participating candidates are being provided free of cost Skill Training along with monthly stipend of Rs 1000. Moreover, a robust monitoring mechanism has

been put in place by the department to ensure the skill training being imparted under the programme is up to mark. On the occasion, Director Employment, J&K highlighted the importance of such initiatives to bridge the skill gap and talked about the role which the Employment Department is playing in guiding and empowering the youth in securing sustainable.

SMVD Gurukul dedicates 'Sanskrit Play' on World Sanskrit Day

HT News Network

Katra, August 31: To mark the occasion of World Sanskrit Day, students of the Shri Mata Vaishno Devi Gurukul presented an impressive Sanskrit play at Auditorium of Spiritual Growth Centre, Katra for commemoration and revival of the ancient Indian language.

World Sanskrit Day, also known as Vishva-sanskritadinam, is an annual event focused around the Sanskrit language that aims to promote its revival and maintenance. Every year on Sawan Poornima in the Hindu calendar, World Sanskrit Day (also known as

Sanskrit Diwas) is observed.

While extending greetings on the World Sanskrit Day, Mahamandleshwar Shri Swami Vishveshvaranand Giri Maharaj, Hon'ble Member, SMVDSB & Chairman, SMVD Gurukul said that "Bharatasya Pratishtha Dve Sanskritam Sanskritistatha" which signifies that India's pride is from Indian culture and Sanskrit. He added that the efforts being made by the Shrine Board for the preservation of Devvani Sanskrit through Gurukul are commendable and it is a matter of great pleasure that the students of Shri Mata Vaishno Devi Gurukul are celebrating World Sanskrit Day by dedicating Sanskrit



Play on the occasion. He also congratulated the Chairman, Shri Mata Vaishno Devi Shrine Board (Hon'ble Lieutenant Governor Sh. Manoj Sinha), Sh. Anshul Garg, Chief Executive Officer and management of SMVD Gurukul

for their sincere efforts in preserving and promoting Sanskrit language in the entire region of Jammu and Kashmir.

Sh. Anshul Garg, Chief Executive Officer also extended his greetings on

auspicious day underscoring that from the last 13 years the Gurukul is paving the way to develop the students with high moral values well accustomed with the Modern, Traditional, and Spiritual Education for the strong spiritual-cultural foundation of J&K and the affiliation of Gurukul with Central Sanskrit University, New Delhi are some of the important step towards revival of Sanskrit in J&K and connecting students with science and spirituality. Under the constant guidance and directions of Chairman, Shri Mata Vaishno Devi Shrine Board (Lt. Governor, JKUT Sh. Manoj Sinha) and close monitoring of Mahaman-

dleshwar Shri Swami Vishveshvaranand Giri Maharaj, Member, SMVDSB and Chairman of the Governing Council, the Gurukul has earned a name not only at regional level but has proved its metal at National level as well by showing its excellence in imparting quality education and exuded confidence that very soon it will emerge as a centre of excellence for imparting education in Sanskrit/Vedic studies. He also said that we must not only strive to nurture but also seek to preserve the country's rich cultural heritage and legacy based on Sanskrit and Vedic education in a well-coordinated manner in tandem to become

Financial Literacy Camp organised at panchayat Sarora-Marh

HT News Network

JAMMU, AUGUST 31: A "Financial Literacy Camp" was today organised by the Chief Accounts Officer, District Fund Office, Jammu in collaboration with Jammu and Kashmir Bank and with the assistance of Sarpanch Panchayat Sarora in Block Marh.

Vinod Sharma, Compiler described about the latest GP Fund Rules and Circular about G.P Withdrawal, State Life Insurance (SLI) which is mandatory for every Government Employee and Deposit Linked Insurance (DLI) for those who have not submitted the DLI. The Jammu and Kashmir Bank, representatives from Social Welfare, Aadhaar Center and CDPO/ICDS were also invited to enlighten the General Public about their well-being. Rahul Dev, Assistant Manager, J&K Bank, Tehsil Marh apprised the participants about different schemes of the Bank. In response, many individuals, present in the camp, raised different queries regarding the schemes.

Religion of Love, Peace and Harmony...

Dr Nazir Ahmad Zarrgar

Love and compassion is the soul and spirit of the true religion of man. In fact the divine guidance has come out of Allah's boundless love and compassion for man. The gist of the universal divine guidance is two things: worship and love—the first being the right of the Creator and the second, the right of the creation. And, as we must know, true religion is nothing but to fulfill these two rights.

The divine attributes Rahman (the Compassionate) and Rahim (the Merciful) imply that Allah . . . Gg is Oft Forgiving, protecting His creatures, "preserving them, guiding them, and leading them to clear light and higher life." The word Rahman expresses Allah's love for man. Therefore, Allah's relation to man is the relation par excellence of love, sympathy, concern, solicitude, compassion and mercy."

Both the words Rahman and Rahim are derived from Rahmah 'which signifies tenderness, requiring the exercise of beneficence and thus comprising the idea of love and mercy.' While Rahman donotes Allah's tenderness towards all His creatures in general, Rahim denotes His tenderness towards His worshippers in particular. All this implies that the soul of Islam is two things: Respect-ing the Commandments (i.e. the Islamic Shara'ah) of Allah and showing compassion towards His creatures.

Allah says:

"Whoever honours the sacred rites of Allah, for him it is good in the sight of his Lord." (22:30)

And Rasulullah (sallallahu alayhi wa sallam) has said: "Behave well towards people." (Al-Arba'in al-Nawawiyyah)

Allah's love for His creatures is so great that any harm done to any single creature amounts to as if whole of His creation has been harmed and similarly any good done to any single creature is as if the whole creation has been benefited. He says:

"If any one slew a person—unless it be for murder or for spreading mischief in the land—it would be as if he slew the whole people. And if any one saved a life, it would be as if he saved the life of the whole people." (5:32)

I will here prefer teachings regarding people, the orphans the ones subjected to times in our society.

The orphan needs must perform our Allah says:

"Therefore, treat not ness, nor repulse him Love and mercy demands that he jected to any injus- "To orphans restore they reach their age), worthless things for devour not their sub-up) with your own. For sin." (4:2)

Allah's Messenger creatures—Al-Qur'an, laid tremendous stress orphans, girls, the lowly, women and upon them. He has also the virtuous, aged, and never be persecuted. as under:

"By Allah in whose not enter the Paradise Islam), and you will not one another. May I tell you something "I and one who takes care of an orphan, whether related to him or a stranger, will be like these two (like the forefinger and the middle finger of Allah's Messenger) in Paradise." (Muslim)

"I and one who takes care of an orphan, whether related to him or a stranger, will be like these two (like the forefinger and the middle finger of Allah's Messenger) in Paradise. (Muslim)

"He who works hard on behalf of old women and the indigent, is like a Mujahid in the cause of Allah; and the narrator thinks, he added: "and like the person standing in prayer and who never tires, and like one who observes the fast and does not break it." (Bukhari and Muslim)

"One who brings up two girls right from their childhood till their maturity, will appear on the Day of Judgment attached to me like two fingers of hand and he joined his fingers." (Muslim)

Hadrat A'ishah, mother of the believers, relates:

"A poor woman came to me with her two daughters. I gave her three dates. She gave one to each girl and wanted the third to eat herself. The two girls asked her for this also. So she divided it into two parts and gave one to each of the girls. I was much impressed by her action and mentioned all this to Allah's Messenger . He said: "Allah has ordained Paradise for her in consequence of this action; or 'Allah freed her from the hell on account of this gesture." (Muslim)

"Look for my pleasure among the weak ones, fo you are helped (against our enemies) and provided (your substinence) on account of the weak ones among you." (Abu Dawud)

In his farewell address on the eve of his last Pilgrimage, after glorifying and praising Allah he cautioned his followers thus:

"Listen! Treat women with kindness..." (Tirmidhi)

"The most perfect Mulsim in the matter of faith is one who has an excellent behaviour; and the best among you are those who Behave best towards their wives." (Tirmidhi)

Dr Nazir Ahmad Zargar is a well known orator, working as Assistant Professor at Central University of Kashmir is a regular contributor to HEADLINES TODAY.

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Cardio Ranger In Case Of Stranger, The Heart Pumping Game

{THERE IS NO STRANGER IN THIS WORLD, IT IS ALL LOVE, CARE & RESPECT}

{THE HEART WILL TAUGHT YOU TO FEEL & WILL BROUGHT TO CLOSER}

Shahnaza Ishfaq

What is the "disparity" between 'HEART & MIND', "HEART" will "CATCH" SOMEONE, but "MIND" will "WIND" someone. Simply capturing & memory, the stranger & the blood relationship of a specific dynasty has no difference of opinion in case of marital or marriage. The "mind" works all over the world, but the "heart" works on something special, when we go for shopping in a store, we have millions of collections, our mind keep track of millions of things, but at the end, our heart give "credence" to only one thing, the mind is a part of the human being, which is given "compel" & also given "avarice", it will be corrupted, but the heart is a part of human being, which is neither "forced" nor is given "greed", rather it works on its own way. Mind accepts something with force, but heart never accepts something with force, that's why, we always say that a person's heart should be pure, so the person is perfect & complete.

The mind takes a long time to "ponder", because it's bewildered, it creates confusion, the heart percieves in less time, because there is no confusion. A person

perception", weak exposure have have low "visual cliff", not depth perception, they cannot ascertain the environment & the things affiliated with the environment at all, therefore children transmutes anxiety, irritable, temper tantrum, because they endure a lot. Parental exposure is the fortitude of developmental stage in children, it adjudicates "supernova" & "delinquency", only 10% children, who spawns strong exposure within yourself, when they will face petty parental exposure, to become successful in their life, then they persist to give this exposure to the subsequent generation.

A mother said to me, what do you prefer to enunciate about it, I want to "indoctrinate" my daughter in my own village until eighth class, then I will leave her outside the home, because the environment is not so plausible, I verbalised her, that the environment is the same far & wide but the parental strictness or parental care is different that's parental firmness/strictness & parental care motifs, environment doesn't matter, known as "INDOOREXPOSURE/HOMEEXPOSURE", whereas a mother can't go all day like a security guard with her child, they go by themselves

Context of the Verse

In earlier verses of Surah an-Nur, Allah divulge, when the parenthetic of false accusations against HZ Aisha (RA) happened. Such aspersion was made by the hypocrites on the honor of Hz Aisha (RA), the wife of Prophet Muhammad (PBUH), in connexion with an incident which occurred while he was returning from a campaign.

Allah Himself revealed her innocence and preclude Muslims against accusing innocent and austere women without proof.

Now on to the Tafsir of the verse.

Tafsir

"Pure" and "impure" in this verse do not mean pure and impure in their general meaning. Even more so, "purity" does not imply virginity. Looking at the subject and context, the "impurity" spoken of here refers to adultery in this verse, because it was revealed in connection with the accusation of adultery.

Furthermore, "pure" in this verse refers to purity and goodwill of one's aspect. Allah would not have made Hz Aisha (RA) the wife of His Messenger (PBUH) unless she had been good, because he (PBUH) is the best of mankind. Had she been evil, she would not have been a pertinent partner either according to His Laws or His behest.

The first part of the verse does not state an actual scripture; rather it states and prompt a moral and a social principle. Impure men are a fit match for impure women and pious men are a fit match for pious women.

The verse is simply saying that good and righteous men and women only be worthy of each other just as immoral men and women deserve each other.

The final part of the verse that says "These are not affected by what people say" connects the verse to the incident of the false accusation against Hz Aisha (RA). When Hz Aisha (RA) was accused, Allah Himself proclaimed her innocence and declared her free from the charge that ignorant people, falling prey to rumours, had levied against her.

Conclusion

Therefore, as per Islamic principles, chaste people who are wrongfully criminate of adultery out of hostility are innocent in the Sight of Allah. As a result, as Muslims, we must endeavour to chorus from following rumours and false information.

Verse 26 of Surah an-Nur enjoins us to be very restrained when dealing with matters pertaining charges of adultery against anyone. We should never indulge in gossip or question the character of anyone without good reason.

At first, I was "conjecturing" that with whomever Allah would make my relation will be lucky one, but "Almighty Allah" also proved to me that you are also lucky, "Almighty Allah" gave us mutual blessings. He is always with us.

{JUST UNDERSTAND THAT EVERYTHING IS STRANGER TO THE MIND}
{BUT NOTHING IS STRANGER TO THE HEART}

The author is a Former BSC student of Govt women's college MA road Srinager. Registered Dental Assistant from GMC Srinager. Mental Health counsellor



in the world devotes their time with thousands of people in every field or in departments, yet none of them come in close proximity to him/her, but the one you don't spend time with at all, the one you don't even acquaint becomes a stranger, & becomes a connection forever, that's "MEMORY" with known persons & "FEELING OF ACCEPTANCE" with unknown persons, so the "HEART & MIND" are two different tasks.

I will give my example to practical up, we bond within our own "caste" & affiliation more with our own relatives, the one with whom 'ALLAH' & my 'FAMILY' created my relationship, it was utterly arranged, not a relative but a stranger. At first my mind was only perceiving, that how will I spend my entire life with this stranger, how will I be competent to be satisfied, how will I prompt myself? But when a lot of time has been elapsed, my mind felt nothing like that, what my heart thought, but I felt my own newness, which I didn't feel with any of the person, with whom I shared my entire life, at the end, it was nothing rather, a "phobia". After all your mind will not tell you, who is yours, but your heart will give essence to you, in which you will feel your identity. A husband gets very close to his wife, just as a wife gets very close to her husband, therefore, they get to know & understand each other, no power in the world will be able to understand them.

{MONEY IS ILLUSION OF MIND, BUT LOVE IS REALITY OF HEART}

There are three things in the world, that money might not buy "HEALTH, LOVE & RESPECT". Money engenders 'DELUSIONAL DISORDER' is a type of 'PSYCHOTIC DISORDER' unshakable belief, wants to come into possession of everything with the obsession of money, but they can certainly not acquire humanity, love & respect. Money is challenged by love, character & purity of person. There is a considerable variance between your status, dignity/identity & money, that's a person is the whole lot with their "status" & "character", not everything with money alone.

As our environment works "eco-friendly", people are also eco-friendly with each other, that's why 'HUMANITY' is known only by good people, & 'INHUMANITY' is known only by worst people, eyes have even been called "THE WINDOW TO THE SOUL", key part of human interaction & connection, this is called "POWER OF VISION". I will give you an example, if you open the window, the people you will see, will have the same image in your mind, this is known as, {EXPOSURE THERAPY OR EXPOSURE OF MENTALITY}

Exposure, inspiration & motivation is very dominant in a society. One has money in crores, but doesn't know how to "avail" oneself of it, because of "dearth" of exposure, such people aren't "adroit" to give all these things to the new generation, so there are many "hurdles" in their life & they have to "confront" many problems. Strong exposure parents have "depth

& come by themselves, only matters what kind of software is loaded into the "blank slate/Tabula rasa", they will function according to their external software, because internal software is totally blank/empty without thoughts, ideas & memory..

Surah an-Nur Ayah 26:

الْغَيِّبَاتُ لِلْغَيْبِ وَالْخَبِيرَاتُ لِلْخَبِيرَاتِ وَالطَّيِّبَاتُ لِلطَّيِّبِينَ وَالطَّيِّبُونَ لِلطَّيِّبَاتِ أُولَئِكَ مُّرَّغُونَ بِمَا يَقُولُونَ فَهُمْ مُّعْتَفَرُونَ وَلَوْ رَدُّوهُ كَرِهَ



Women impure are for men impure, and men impure for women impure, and women of purity are for men of purity, and men of purity are for women of purity: these are not smitten by what people say: for them there is pardon, and a provision honourable.

MP Rajya Sabha, Er. Gulam Ali Khata- na chairs review meeting at Pulwama

■ HT News Network

PULWAMA, AUGUST 31: Member Parliament (Rajya Sabha), Er. Gulam Ali Khata-na today chaired a meeting to review the progress of various Centrally Sponsored Schemes (CSS) and other development works in Pulwama at Circuit House, here.

Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, SSP Pulwama, ADDC Pulwama and other District and sectoral officers attended the meeting.

The chair took department wise extensive review and stressed for enthusiasm and dedication amongst the officers and a problem solving approach.

MP stressed for switching over to renewable sources of energy and for exploring and utilising the religious tourism potential of the District.

The DC informed the chair that work on various Development Projects is going on speedily in the district to facilitate the general public and proper dissemination of information is also carried out regarding benefits of renewable sources of energy and for



developing tourism potential homestays have been developed.

SSP Pulwama apprised the chair that War Against Drugs is going on in the district and involvement of different departments has resulted in curbing this menace. District Administration Pulwama not only has acted against the Drug peddlers but also focussed on rehabilitation of individuals.

CPO Pulwama apprised the chair about ongoing development projects of the district and the implemen-

tation status and progress under Centrally Sponsored Schemes (CSS). He highlighted the achievements, special initiatives, best practices of the District Administration under different schemes.

Member Parliament appreciated the efforts of District Administration headed by DC Pulwama for making significant improvements in social, economic and development indicators of the District.

He asked all the officers to remain in touch with the people, pay regular visits

and organise camps in all the remote and far flung areas so that the people can avail maximum benefits of the schemes meant for the welfare of the people and act as a friend to the applicants with a problem solving approach. SSP Pulwama apprised the chair that War Against Drugs is going on in the district and involvement of different departments has resulted in curbing this menace. District Administration Pulwama not only has acted against the Drug peddlers but also focussed on rehabilitation of individuals.

CPO Pulwama apprised the chair about ongoing development projects of the district and the implementation status and progress under Centrally Sponsored Schemes (CSS). He highlighted the achievements, special initiatives, best practices of the District Administration under different schemes.

Member Parliament appreciated the efforts of District Administration headed by DC Pulwama for making significant improvements in social, economic and development indicators of the District.

Baramulla hosts multifarious events to kick-off the celebration of Digital J&K Week

■ HT News Network

BARAMULLA, AUGUST 31: In an effort to enhance online service delivery mechanism and expand internet accessibility among citizens to bring all front-end government services online, the Digital J&K Week celebration today took-off with the hosting of DigiMela-2023 at Baramulla.

On the occasion, a grand function was organized at Indoor Sports Stadium Baramulla wherein Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar in presence of Additional Deputy Commissioner Baramulla, Zahoor Ahmad Raina, Assistant Commissioner Revenue and other concerned officers inaugurated the Digi Mela 2023 and took part in other series of activities at the venue.

The event witnessed massive public participation along with PRIs, students and civil society members.

Addressing the gathering, Dr Sehrish highlighted the objective of celebrating Digital Week and said that the week-long event will showcase citizen centric IT initiatives that have helped



in bringing about greater transparency in governance and ease of living for citizens besides generating awareness about digital solutions and new technologies.

On the occasion, the DC said that a Digital Programme has been launched across J&K with a vision to transform J&K into a digitally empowered society. She also exhorted the concerned department heads to activate their online services and promote them by organizing campaigns in coordination with District Administration during celebrations of the Digital Week.

Later, Dr Sehrish paid inspection of various stalls

installed by many departments including District Administration/Revenue Department, Agriculture, Horticulture, District Treasury, Motor Vehicles Department, District Industries Centre, banks and other to impart awareness to citizens about different government schemes and services being delivered. On the occasion, a grand function was organized at Indoor Sports Stadium Baramulla wherein Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar in presence of Additional Deputy Commissioner Baramulla, Zahoor Ahmad Raina, Assistant Commissioner Revenue and other concerned offi-

cers inaugurated the Digi Mela 2023 and took part in other series of activities at the venue.

The event witnessed massive public participation along with PRIs, students and civil society members.

Addressing the gathering, Dr Sehrish highlighted the objective of celebrating Digital Week and said that the week-long event will showcase citizen centric IT initiatives that have helped in bringing about greater transparency in governance and ease of living for citizens besides generating awareness about digital solutions and new technologies.

Prez Murmu's Chhattisgarh visit itinerary

■ HT News Network

Raipur, Aug 31 (UNI) President Droupadi Murmu is scheduled to commence a two-day visit of Chhattisgarh later Thursday, a Rashtrapati Bhavan communique said.

On the inaugural day of her sojourn, the First Citizen will grace the state-level launch of the theme 'The Year of Positive Change' of Brahma Kumaris in the state capital.

On Friday, Mrs Murmu shall participate in the 10th convocation of the Guru Ghasidas Vishwavidyalaya at Bilaspur. Later, she will interact with tribal groups at the Raj Bhavan here.

Meghalaya Assembly building project cost escalates to Rs 200 crore

■ HT News Network

Shillong, Aug 31 (UNI) The cost for constructing a new building of the Meghalaya Legislative Assembly has increased to Rs 200 crore from the earlier estimate of Rs 141 crore, Assembly Speaker Thomas Sangma said on Thursday.

He justified the cost escalation on grounds of the increase in the structural area as the floor area is now bigger.

"From the earlier Rs 141 crore, now the total cost has gone up to Rs 200 crore," Sangma said.

Stating that the new Assembly building is likely to be completed within a year, the Speaker said the construction of the new dome design has started.

"Now, the work has started and we are hopeful that the Assembly building will be completed within a year's time," Sangma voiced optimism.

On May 2022, a 70 tonne steel dome of the under-construction new assembly building at Mawdiangdiang in the New Shillong Township collapsed due to faulty design.

"We have slightly modified the new dome and it has been made lighter," Sangma said.

Construction of the new Assembly building on 80 acres of land at Mawdiangdiang is being undertaken by Uttar Pradesh-based Rajkiya Nirman Nigam Ltd.

The 125-year-old Burmese teak building at Khyndai Lad was reduced to ashes in a fire on January 9, 2001.

UP set to showcase food, agri products during trade show from Sep 21

■ HT News Network

Lucknow, Aug 31 (UNI) The Uttar Pradesh government is all set to solidify the state's presence as the Food Basket of India on the global stage through the International Trade Show to be held in Greater Noida.

In this mega trade show to be held at the India Expo Center and Mart of Greater Noida from September 21 to 25, the food, dairy, and sectors and the state companies having a wide presence will be provided a big and significant platform.

While companies from various sectors worldwide will participate in this trade show, those from UP in the food, dairy, and agriculture domains will receive priority. This not only enhances the branding of these companies from UP but will also pave the way for their products to reach a broader global market.

Rahul Gandhi demands JPC probe into fresh allegations against Adani

■ HT News Network

Mumbai, Aug 31 (UNI) Congress MP Rahul Gandhi on Thursday demanded a joint parliamentary committee (JPC) probe into the fresh allegations against the Adani Group.

Addressing a press conference here ahead of the I.N.D.I.A alliance meeting, Gandhi presented the clippings of two foreign newspapers on Adani and said the publications have raised serious allegations against the Adani Group with evidence which needs a detailed probe.

"These are not random newspapers. These newspapers affect investment in India and the perception of India in the rest of the world. They are stating that over a billion dollars of money went from India, was circulated in different places and then came back to India," he said.

"The first question arises - whose money is this? Is it Adani's or someone else's? The mastermind behind this is a gentleman called Vinod Adani who is the brother of Gautam Adani. There are two other people who are involved in this round-tripping of money.

"One is a gentleman called Nasir Ali



Shaban Ali and another is a Chinese gentleman called Chang Chung Ling", he said.

"So, the second question arises - why are these two foreign nationals being allowed to play with the valuation of one of the companies that controls almost all of Indian infrastructure", Rahul Gandhi added.

"The gentleman who conducted SEBI investigation and gave a clean chit to Adani Group is now a director of a media company owned by the same group", the Congress leader claimed. "So, the second question arises - why are these two foreign nationals being allowed to play with the valuation of one of the companies that controls almost all of Indian infrastructure", Rahul Gandhi added.

Intellectuals should cooperate in promoting state govt's schemes: Yogi

■ HT News Network

Balrampur, Aug 31 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on the second day of his tour on Thursday offered prayers at Devipatan Temple in Balrampur district on the holy occasion of Raksha Bandhan.

During his visit, the CM appealed to the intellectuals of the district to cooperate in promoting the state government's schemes.

"The intellectuals (Prabuddha Jan) should play their role in ensuring that government schemes reach those in need. Connect as many people as possible with the schemes, and identify those who should benefit from them," he said. The Chief Minister emphasised that people should be informed about the schemes being implemented at the governance level. "At the individual level, doctors, professors and other intellectuals should make use of their skills to benefit the common people," Yogi said.

While interacting with intellectuals from various backgrounds, he urged them to ensure that the benefits of their expertise reach the common people. Yogi also encouraged them to raise awareness about government schemes. Interacting with the doctors, the CM suggested that they con-



tinue working for public welfare alongside their private practice and help those in need. Yogi said that efforts should be made for anyone who requires the assistance of a government program for treatment. He said that the government is implementing various schemes, including Jan Arogya and Ayushman Bharat and people can play a crucial role in ensuring these benefits reach eligible individuals. The Chief Minister appealed to self-help groups of women to promote government schemes and involve others. He called upon 25 intellectual individuals, including retired teachers, professors, farmers, people associated with FPOs and sports persons to contribute to society at their respective levels and promote government schemes.

Supreme Court Warns Of Fake Website Stealing User Details, Card Information

■ HT News Network



The Supreme Court has flagged the phishing attack to law enforcement agencies.

In a sign that no person or institution is too big for scammers, the name of the Supreme Court is now being misused to steal people's personal details and confidential data. The registry of the Supreme Court has issued an advisory and warned people about the scam.

The registry said it has been made aware of a phishing attack in which a fake website, impersonating the official Supreme Court website, has been created and hosted on the URLs <http://cbins.scigv.com> and <https://cbins.scigv.com/offence>.

The second URL, which has the header 'Offence of Money-Laundering' is being used to steal people's personal details, internet-banking and credit and

debit card information. The official-looking website details the offence and then has space for the user to fill in various boxes, including bank name, phone number, permanent account number (PAN) 'online banking user ID', 'log-in password' and 'card password'.

"Any visitor on the above URLs is strongly advised not to share and divulge any personal and confidential information, as the same shall enable the perpetrators to steal the information. Please note that the Registry, Supreme Court of India, will never ask for per-

sonal information, financial details or other confidential information," the advisory states.

The registry said the Supreme Court of India has flagged the phishing attack to law enforcement agencies so that they can investigate it and "bring the perpetrators to justice".

The advisory highlighted that the Supreme Court of India's official domain is www.sci.gov.in and asked people to verify URLs before clicking on them.

"In case you have been a victim of the above phishing attack, please change your passwords for all your

online accounts and also contact your bank and credit card company to report such unauthorised access," it states. The official-looking website details the offence and then has space for the user to fill in various boxes, including bank name, phone number, permanent account number (PAN) 'online banking user ID', 'log-in password' and 'card password'.

"Any visitor on the above URLs is strongly advised not to share and divulge any personal and confidential information, as the same shall enable the perpetrators to steal the information. Please note that the Registry, Supreme Court of India, will never ask for personal information, financial details or other confidential information," the advisory states.

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Prez Murmu expresses concern over pupils' suicides

■ HT News Network

Raipur, Aug 31 (UNI) Highlighting the grave and poignant issue of students' suicides, President Droupadi Murmu averred on Thursday that she feels extremely pained when such youngsters end their very existence.

Addressing the state-level launch of the theme 'The Year of Positive Change' of Brahma Kumaris at the Chhattisgarh capital's Shanti Sarovar, the First Citizen said, "In the recent past, a couple of candidates preparing for the NEET ended their lives. Competition is a positive sentiment that embellishes life but defeat and victory are part of the game that should lead from failure to success. I appeal to one and all to comprehend these youngsters' mentality and help them advance with self-confidence. If competition is causing pressure, then the latter can be tackled through positive thinking. Life's challenges should be confronted with steely determination. Today's theme is helpful in that direction especially for the country's children who are leading incomplete existences. Everyone is unique. Deriving inspiration from others is fine but communication with one's own self is imperative. In this scientific era, intelligent minors have to be mentally more robust. Non-negative thinking enshrines the potential to improve our lives and those of the people in our vicinity," she said. Emphasising that the nation is attaining dizzying heights, the President mentioned the success of Chandrayaan-3 and achievements in the global sports arena. "The Indian scene is witnessing transformation. As an institution, the Brahma Kumaris are organising numerous programmes in more than 100 countries for the welfare of humanity. They helped me when I was living in hardship. Last month, I participated in a similar event in Odisha. The right path is easy to enunciate but difficult to fulfil. However, kasht karne se hi Krishna milte hain.

US approves first arms to Taiwan under foreign aid programme

■ HT News Network

US President Joe Biden's administration has for the first time approved direct US military aid to Taiwan under an assistance programme aimed at foreign governments, officials said on Wednesday, as worries grow over China.

The State Department informed Congress on Tuesday of the \$80 million package, which is small compared with recent sales to Taiwan but marks the first assistance to Taipei under the Foreign Military Financing programme, which generally involves grants or loans to sovereign countries.

The move is sure to anger China. For five decades, the United States has officially recognised only Beijing although Congress, under the Taiwan Relations Act, requires the supply of weapons to the self-governing democracy for its defense.

Successive US administrations have done so through sales rather than direct aid to Taiwan, with formal statements speaking in the tone of business transactions with the island's de-facto embassy in Washington.

The State Department insisted that the first-ever aid under the programme did not imply any recognition of the sovereignty of Taiwan.

"Consistent with the Taiwan Relations Act and our longstanding One China policy, which has not changed, the United States makes available to Taiwan defense articles



and services necessary to enable it to maintain a sufficient self-defense capability," a State Department spokesperson said.

"The United States has an abiding interest in peace and stability in the Taiwan Strait, which is critical to regional and global security and prosperity."

Taiwan's defense ministry expressed gratitude. "The aid will help in regional peace and stability," it said in a short statement.

The State Department did not formally announce the aid or give details, but a person familiar with the notice said the assistance would involve support to

improve awareness at sea.

Growing tensions

The assistance needs approval from Congress, which is virtually certain as lawmakers from both parties widely support Taiwan.

Representative Mike McCaul, the Republican chair of the House Foreign Affairs Committee and frequent critic of Biden's foreign policy, praised the step.

"These weapons will not only help Taiwan and protect other democracies in the region but also strengthen the US deterrence posture and ensure our national security from an increasingly aggressive

CCP," he said, referring to the Chinese Communist Party.

China and the United States in recent months have resumed dialogue with hopes of bringing greater stability to the turbulent relationship between the world's largest developed and developing nations.

But Taiwan remains a clear point of friction, with Chinese officials repeatedly issuing warnings and viewing the United States as bent on supporting formal independence by the island.

China has carried out major military exercises three times in little more than a year in response to Taiwanese leaders' interactions with the United States, raising the prospect it is practicing moves for an invasion.

Senior US officials have said they believe Chinese President Xi Jinping is taking steps away from the status quo in Taiwan, although American analysts debate to what extent both China's recent economic concerns and Russia's struggles to subdue Ukraine will dissuade Beijing.

It is the second time in as many months that the Biden administration has broken new ground in supporting Taiwan.

In July, Biden approved \$345 million of military aid to Taiwan from leftover US stockpiles, taking a cue from one means of US support to Ukraine as it fights off a Russian invasion.

Israel is the top recipient of Foreign Military Financing, to the tune of more than \$3 billion a year.

Military topples Gabon president after disputed polls

■ HT News Network

LIBREVILLE: Rebel officers in the oil-rich central African state of Gabon announced on Wednesday they had seized power following disputed elections in which President Ali Bongo Ondimba, in power since 2009, had been declared victor.

Bongo, 64, whose family has ruled Gabon for over 55 years, was placed under house arrest and one of his sons arrested for treason, the coup leaders said.

A worried-looking Bongo, in a video from an unidentified location, appealed to "all friends that we have all over the world... to make noise" on his behalf.

In a dramatic pre-dawn address, a group of officers declared "all the institutions of the republic" had been dissolved, the election results cancelled and the borders closed.

Internet services restored after TV address by coup leaders

"Today, the country is going through a serious institutional, political, economic and social crisis," according to the statement read on state TV.

It was read by an officer flanked by a group of a dozen army colonels, members of the elite Republican Guard, regular soldiers and others.

The elections "did not meet the conditions for a transparent, credible and inclusive ballot so much hoped for by the people of Gabon", the statement said.

"Added to this is irresponsible and unpredictable governance, resulting in a continu-



ing deterioration in social cohesion, with the risk of leading the country in chaos.

"We — the Committee for the Transition and Restoration of Institutions (CTRI) on behalf of the people of Gabon and as guarantors of the institutions' protection... have decided to defend peace by putting an end to the current regime," it said.

Television images later showed the head of the Republican Guard, General Brice Oligui Nguema, being carried in triumph by hundreds of soldiers, to cries of "Oligui president".

Bongo's son and close adviser Nouredin Bongo Valentin, his chief of staff Ian Ghislain Ngoulou as well as his deputy, two other presidential advisers and the two top officials in the ruling Gabonese Democratic Party (PDG) "have been arrested", a military leader said.

They are accused of treason, embezzlement, corruption and falsifying the president's signature, among other allegations, he said. Bongo appeared in a video appeal that gave no indication of when or where it was recorded.

US space force plans to track North Korea projectiles

■ HT News Network

SEOUL: The US and South Korean militaries want to more closely integrate their systems for tracking North Korean missile launches, an effort that may soon see more cooperation with Japan as well, US Space Force officials said on Wednesday.

Led by a small contingent of US Space Force personnel — the branch's first official component set up overseas — the allies see closer space integration as key to better tracking North Korean threats and responding to a conflict.

US President Joe Biden agreed with South Korean President Yoon Suk Yeol and Japanese Prime Minister Fumio Kishida at an Aug 18 summit that by the end of this year the three countries would share North Korea missile warning data in real time.

The exact details of that trilateral cooperation are being worked out at higher levels, Space Force officials told reporters at a briefing at Osan Air Base, south of Seoul.

Pyongyang conducts missile launch into sea

"My understanding is there are future bilateral agreements and possibly trilateral agreements that are in the works, especially on the missile warning piece... with sharing that data," said Major Matt Taylor, deputy commander of US Space Forces — Korea.

There are gatherings planned for personnel to collaborate and share processes and procedures, he said. "None of those details and have been refined or decided at this



point but those discussions are being had," Taylor added.

So far the Space Force component in South Korea, which began operating in December, has focused on closer integration with the South Koreans and ensuring that US troops there have more access to space-based assets, the officials said.

Missile tracking data, including information from the US Space-based Infrared System (SBIRS), which can detect missile launches, is already being automatically shared with US allies through early warning systems, said Master Sergeant Shawn Stafford.

South Korea and Japan rely mostly on land and sea-based radars to track launches, but South Korean Air Force Space Operation Squadron commander Lieutenant Colonel Kim Jong Ha said that adding space-based capabilities would provide a "3D" view of the threats.

Kremlin says Prigozhin plane may have been downed on purpose

■ HT News Network

MOSCOW: The Kremlin said on Wednesday that investigators were considering the possibility that the plane carrying mercenary chief Yevgeny Prigozhin was downed on purpose, the first explicit acknowledgement that he may have been assassinated.

"It is obvious that different versions are being considered, including the version — you know what we are talking about let's say, a deliberate atrocity," Kremlin spokesman Dmitry Peskov told reporters when asked about the investigation.

Asked if the International Civil Aviation Organisation would investigate the crash, Peskov said that the



circumstances made it different, though he cautioned that investigators had made no formal conclusions yet about what exactly took place. "Let's wait for the results of our Russian investigation," Peskov said.

The private Embraer jet on which Prigozhin was travelling to St Petersburg from Moscow crashed north of Moscow killing all 10 people on board on Aug

23, including two other top Wagner figures, Prigozhin's four bodyguards and a crew of three.

The cause is still unclear, but villagers near the scene said they heard a bang and then saw the jet plummet to the ground.

The plane crashed exactly two months since Prigozhin took control of the southern city of Rostov in late June, the opening

salvo of a mutiny which shook the foundations of President Vladimir Putin's Russia.

Russia has informed Brazil's aircraft investigation authority that it will not probe the crash of the Brazilian-made Embraer jet under international rules "at the moment", the Brazilian agency said.

Asked about that report, Peskov said: "First of all, the investigation is under way, the Investigative Committee is engaged in this." "In this case there can be no talk of any international aspect," Peskov said.

The day after the crash, Putin sent his condolences to the families of those killed and said he had known Prigozhin for a very long time, since the chaotic years of the early 1990s.

Switzerland drafts tighter rules to combat money laundering

■ HT News Network

ZURICH: Switzerland said on Wednesday it had drafted new rules to tighten perceived cracks in its money laundering regulations, holding lawyers and consultants accountable for reporting risks and stepping up oversight of legal entities, such as trusts.

The new rules, drafted by the Swiss government, will be presented to parliament in 2024 following consultation. Switzerland, whose banks make it the world's biggest manager of offshore wealth, has long sought to fight its old image as a place for criminals to stash ill-gotten gains. It routinely exchanges bank account information with over 100 countries.

But it has faced international pressure to shed more light onto the shadowy world of corporate ownership, where many companies and entities like trusts cloak the identity of real beneficiaries.

If the new rules are accepted, lawyers, accountants and other company consultants who set up trusts, or holding companies, or arrange real estate deals, will also become subject to due diligence rules and reporting obligations.

The government also detailed its plans to create a central registry to track who actually owns legal entities in a move to fight money-laundering via shell companies, first floated last October.

Indonesia arrests 88 Chinese nationals over love scams

■ HT News Network

BATAM: Dozens of Chinese nationals were arrested in Indonesia on suspicion of running an online love scam syndicate that ensnared hundreds of victims in China, police said on Wednesday.

Acting on a tip-off from their Chinese counterparts, Indonesian police arrested 83 men and five women at an industrial park in Batam city in Riau Islands province on Tuesday.

Police said the syndicate blackmailed hundreds of victims in China, many of whom were public officials.

"We are investigating if there are any Indonesians among the victims. If there are none, the scammers will be deported immediately," Riau Islands police spokesman Zahwani Pandra Arsyad said on Wednesday. The alleged scammers pretended to have romantic feelings for their victims during video calls.

The women scammers are accused of seducing the victims before asking them to engage in sexual acts during the calls while other suspects recorded the videos. The suspects then allegedly blackmailed their victims, threatening to release the videos on social media if they refused to send them money.

Officer, 3 soldiers injured in explosion in West Bank

■ HT News Network

Ramallah, Aug 31 (UNI) An Israel Defense Forces (IDF) officer and three soldiers were injured in an explosion in Nablus in the West Bank, the IDF said in a statement on Telegram.

"An IDF officer and three soldiers were injured during activity to secure the coordinated entrance of Israeli civilians to Joseph's Tomb in the city of Nablus as a result of an explosive device detonating next to them. The soldiers were evacuated to a hospital to receive medical treatment, their families have been informed. The officer was lightly injured, two of the soldiers were apparently lightly injured, and an additional soldier was moderately injured," the IDF said.

It said the blast had occurred when the security forces were operating to secure the route, adding that the coordinated entrance of Israeli civilians to Joseph's Tomb would continue to operate as usual.

The Palestinian Red Crescent said in a statement 39 Palestinians had been wounded during clashes with the Israeli forces in Nablus

N Korea conducts tactical nuclear strike drill simulating strikes at S Korea

■ HT News Network

Pyongyang, Aug 31 (UNI) North Korea, in response to the US-South Korea drills, has carried out a tactical nuclear strike drill simulating nuclear strikes at the territory of South Korea, the General Staff of the Korean People's Army (KPA) said Wednesday.

"On August 30 the U.S. imperialists let a formation of B-1B nuclear strategic bombers conduct a joint attack formation drill against the DPRK together with fighters of the military gangsters of the 'Republic of Korea' in the sky above the East and West Seas of Korea... To cope with this, the KPA staged a tactical nuclear strike drill simulating scorched earth strikes at major command centers and operational airfields of the 'ROK' [the Republic of Korea, South Korea] military gangsters on Wednesday night," Pyongyang-run Korean Central News Agency quoted the general staff's statement as saying.

The North's military said that the US and South Korea's Ulchi Freedom Shield exercise is a serious threat to North Korea "as it was just pursuant to the scenario for a preemptive nuclear strike" and "opened this fact to the press and loudly advertise it as a 'demonstration of the implementation of the extended deterrence'" against Pyongyang.

The military confirmed that a missile unit had fired two tactical ballistic missiles northeastward and "correctly carried out its nuclear strike mission through air bursts at a preset altitude of 400 meters above the target island."

On Wednesday, the Joint Chiefs of Staff of South Korea said North Korea had launched two ballistic missiles toward the Sea of Japan, which flew some 360 kilometers (223 miles) before falling into the sea. The military added that the detailed characteristics of the missiles were being analyzed by South Korean and US intelligence agencies.

Malaysia celebrates 66th anniversary of independence

■ HT News Network

Kuala Lumpur, Aug 31 (UNI) Malaysia celebrated the 66th anniversary of its independence with parades, fireworks and large scale gatherings on Thursday under the theme of unifying ties between its diverse groups.

Shortly after midnight Wednesday, thousands of Malaysians marked the occasion through the singing of patriotic songs and other activities, with the festivities culminating in a parade overseen by King Sultan Abdullah Sultan Ahmad Shah at the administration center of Putrajaya on Thursday morning.

The Malaysian monarch was joined by Prime Minister Anwar Ibrahim, members of the cabinet and other officials, with thousands of military and civilian personnel participating in the parade besides dancers and other performers.

Digital Week Celebrations 2023: DC Bandipora inaugurates Mega Digital Mela at Bandipora

Launches 'PARVAZ' Mobile App; says 200 plus Citizen Centric Services available through online mode in the district

■ **Surkhab Zehra**

BANDIPORA, AUGUST 31: In an initiative towards digital empowerment, the Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Thursday inaugurated a spectacular Mega Digital Mela at Bandipora, which is being conducted as a part of Digital Week Celebrations 2023.

The event marked the launch of the 'PARVAZ' mobile application, designed by District Administration Bandipora, a pioneer platform to provide easy access to government schemes and services for the people of District Bandipora.

The event witnessed the participation of government officials, including ADDC Bandipora Ali Afsar Khan, Nodal Officer Coordination Mohammad Ashraf Hakak, JD Planning Imtiyaz Ahmad, educationists, senior citizens, technology enthusiasts and media personnel.

The Mega Digital Mela featured 35 informative workshops/stalls and demonstrations aimed at enhancing digital literacy among attendees.

The DC, during the inaugural ceremony, expressed his enthusiasm for the objectives of the mega event. He stated that the Mega Digital Week is our commitment to embrace technological progress and to improve vari-



ous sectors of our society. He said that presently, there are more than 200 citizen centric services available through online mode in the district.

Dr Owais said that the weeklong event shall foster digital literacy, encourage the utilization of e-governance services and promote transparency in governance.

He further said that the Digital Week serves as a platform for knowledge-sharing, networking, and collaboration among the stakeholders of technology and innovation. With stress on encouraging entrepreneurship and fostering digital literacy, the event aims to position Bandipora as a hub of technological advancement in the region, he added.

The main highlight of the event was the launch of the 'PARVAZ' mobile application, which serves as a one-stop solution for citizens of Bandipora to access a wide array of government initiatives and services. The application features an intuitive user interface that simplifies the process of navigating through the various services, making it accessible even to those with limited technological proficiency. Dr Owais, on the occasion flagged-off the vibrant and interactive School Education Jhanki, designed to replicate a digital classroom atmosphere. The Jhanki provided an immersive experience of the potential of digital technology in revolutionizing the traditional education system.

Director JKEDI conducts extensive tour of Shadab Karewa; reviews progress of vital developmental projects

■ **HT News Network**

SHOPIAN, AUGUST 31: Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), Ajaz Ahmad Bhat, who is also the Prabhari Officer of Shadab Karewa, Shopian today conducted a comprehensive inspection of various developmental projects in the area.

The primary objective of this inspection was to evaluate the progress of important initiatives, with

a primary focus on the ongoing construction of a 50000 Gallons water service reservoir at Mir Mohalla and the laying of water supply pipes falling under the ambit of the Jal Shakti Department. During his visit, the Director closely examined the construction of the water reservoir at Mir Mohalla which holds paramount importance in ensuring a consistent and reliable water supply for the residents of the tail end areas of Shadab Karewa.

While reviewing the



ongoing works, Bhat emphasized the significance of completing this vital infrastructure before the onset of winter. He stressed on the essential

role, the reservoir would play in ameliorating water scarcity issues in the area. The Prabhari Officer also assessed the progress of the water supply pipe

laying project, an integral component of the Jal Jeevan Mission. It was reported that a commendable milestone has been achieved, with 3 kilometers of water supply pipes successfully laid out of the targeted 5 kilometers. He urged the concerned agencies to expedite their efforts to accomplish the remaining portion of the project before the onset of harsh winter.

As the winter season draws near, the focus must shift towards ensuring the prompt completion of these

projects. This will guarantee enhanced and enduring amenities for the residents of Shadab Karewa, said Bhat. He added that the administration remains resolute in fulfilling the aspirations of the community. The Prabhari Officer also paid a visit to Government High School, Shadab Karewa where he interacted with the students. During this interaction, he motivated the students to cultivate self-reliance and nurture an innovative mindset from a young age.

LCMA conducts demolition drive in several Srinagar areas

■ **HT News Network**

SRINAGAR, AUGUST 31: The Enforcement Wing of Lake Conservation & Management Authority Thursday under took a demolition drive in the areas of Chandpora Harwan, Dalgate, Nishat & WFR areas.

During the drive, several illegal constructions were demolished/ removed which include 01 2nd storey, 02 single storeyed structures, 01 single storey column structure, 01 Plinth and internal bathroom. Further legal action against the violators was also initiated.

People within LCMA Jurisdiction are time and again warned not to resort any illegal construction/ encroachments within LCMA Jurisdiction. Further, before taking any construction work in hand they are requested to get proper building permission from the competent Authority, otherwise, strict action shall be taken against the violators.

DC Bandipora flags-off pilgrims towards the Sacred Cave

■ **HT News Network**

BANDIPORA, AUGUST 31: The much-anticipated Chota Amarnath Yatra was resumed after a gap of almost a decade at Bandipora, marking a spiritual journey to the revered Chota Amarnath Holy Cave.

The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmed flagged-off the procession of devoted pilgrims, who had gathered from various corners to seek blessings and embark on the sacred pilgrimage.

The Chota Amarnath Yatra holds immense significance for the devout, as it provides an opportunity to pay homage at the holy cave, which is considered to be an abode of Lord Shiva in the woods of Arin Dardpora, Bandipora. Pilgrims were eager to embark on the spiritual journey.

CUK's DMS and IIC jointly organise entrepreneurship fest 'Tabsur-BizTALK'

■ **HT News Network**

Ganderbal, Aug 31: The Department of Management Studies (DMS) in collaboration with the Institution's Innovation Council (IIC), Central University of Kashmir (CUK) organised an Entrepreneurship Venture Fest (Tab-sur-BizTALK) at varsity's Green Campus here on Thursday.

Scores of stalls containing eatables, clothing and other merchandise were erected by the alumni and students of the university which were thronged by the students from different departments, faculty members and other staff.

Addressing the participants, Dean School of Business Studies, Prof. Fayaz Ahmad Nikka, said, the aim of holding the fest is to bring the students out of the classroom and acquaint them with the experiential learning. "Such activities are significant for the holistic development of the students, pursuing professional programmes" Prof. Fayaz Ahmad Nikka said. He asked the students to come out of their comfort zones and use innovative methods and ideas to start the entrepreneurial units. "The Government of India has launched several schemes for promotion of entrepreneurship and those intending to start their ventures can avail these, thus becoming job creators", he further added. He congratulated the faculty members and volunteers for making the event a grand success.

Learning by Seeing: MCSS's Educational Field Trip to Dal Lake

■ **HT News Network**

Awantipora, Aug 31. Mantaqi Centre for Science & Society, IUST organized an educational field trip for the students to Dal Lake. The event aimed to provide students with an opportunity to gain insights into the challenges of sustainable development in Kashmir, with a special focus on understanding water pollution issues in the iconic Dal Lake of Srinagar. During the field trip, students were guided by Mr. Showkat Rashid Wani, former Power Development Commissioner, Kashmir, and curator of the Nostalgic Kashmir exhibition. Mr. Wani guided the students through a historical journey, tracing the condition of Dal Lake and other major water bodies in Kashmir, dating back to the 1850s.

GDC Ajas organises Mega "Nasha Mukht Bharat Abhiyan" event under NAPDDR

■ **HT News Network**

BANDIPORA, AUGUST 31: The Government Degree College (GDC) Ajas today organized a mega "Nasha Mukht Bharat Abhiyan" event under National Action Plan for Drug Demand Reduction (NAPDDR) in collaboration with the District Administration Bandipora, District Social Welfare Office Bandipora and District Drug De-Addiction Centre (DDAC), Bandipora.

The event aimed to raise awareness about the harmful effects of substance abuse and promote a drug-free society witnessed a remarkable turnout of participants, including students, staff members etc.

The event was presided over by Principal of GDC Ajas, Prof. (Dr.) Parveen Kousar.

A pivotal highlight of the event was the presentation delivered by a team of Drug De-Addiction experts from the District Drug De-Addiction Centre (DDAC), Bandipora.

The 'Nasha Mukht Bharat Abhiyan' event proved to be an impactful platform for participants to gain valuable insights into the complexities of substance abuse and its detrimental impact on individuals, families, and society as a whole.

The experts' presentations shed light on the available avenues for seeking help and guidance for those struggling with addiction, emphasizing the importance of support networks and professional intervention.

Participants had the opportunity to engage in meaningful discussions, address queries, and exchange ideas related to drug de-addiction and the path towards a healthier lifestyle. The event fostered a sense of community involvement and a shared commitment.

DC Kupwara kickstarts digital Week celebrations in Kupwara district

■ **HT News Network**

Kupwara, Aug 31: The digital Week celebrations -2023 in Kupwara district were Kickstarted today with the inauguration of Stalls set up by various departments showcasing their digital/Online services at playground of Govt. Higher Secondary School Kupwara by District Development Commissioner Kupwara, Ms. Ayushi Sudan (IAS).

The event witnessed massive participation of public, PRIs and students.

During the event, different departments of put up their stalls depicting varied online services offered by them. The resource persons of the departments motivated the public to avail the benefits of the same.

The resource persons also highlighted the e-governance initiatives launched by the government to promote transparency, accountability and responsive working culture in departments.

Sensitizing the people about the objectives of the digital services, they maintained that the celebrations are aimed at making the public aware of the digital initiatives of Government.



Mobile vans were also flagged off today by ARTO Kupwara in collaboration with District Information Centre Kupwara disseminating the information regarding digital transformation.

The Deputy Commissioner on the occasion said that during the weeklong celebration, the citizens would be imparted awareness about online services being provided by different departments.

She also said that the Government has launched many digital services in all the major departments which will bring ease to the public and transparency in delivery of ser-

vices to the citizens.

The Deputy Commissioner said that the e-services have greatly benefited the public and brought transparency in the working of public offices.

The Week long activities "Celebration of digital week 2023, a step towards " Digital Empowerment of Citizens" are being organised w.e.f 31 Aug, 2023 to Sep 6th in the premises of Govt. Degree College Kupwara, Degree College Tangdhar, Degree College Langate, Degree College Kralpora, Degree college Sogam, and Environmental Hall and in all Panchayats of the district Kupwara.

Secretary RDD visits Kupwara, take review meeting with officers, inspects Amritsarovars, SBM- G

■ **HT News Network**

Kupwara, Aug 31: Secretary, Rural Development Department (RDD), Tariq Ahmad Zargar today visited Kupwara district, and convened a meeting of Officers and Engineers of Kupwara district to review the progress of on different RDD schemes and programmes.

Secretary, RDD reviewed MGNREGA, CD-Pyts, Mission Amritsarovar and SBM-G phase- 2 and other schemes at Mini Meeting Hall of DC Office.

While reviewing MGNREGA, Secretary RDD gave clear cut instructions to the concerned officers for ensuring completion of all the ongoing works before the end of fiscal year.



Tariq Ahmad Zargar then visited Hiri Qadirabad block where he inspected the cleanliness and other SBM-G initiatives at Hiri-A Panchayat which along with other panchayats of the district have been declared as ODF Plus and shortlisted for SSG 2023 Award.

Tariq Ahmad later visited Sogam Block where he inspected Amrit Sarovar at Lalpora.

He also interacted with PRIs and locals.

Secretary was accompanied by ACD Kupwara, Hilal Ahmad Mir, EXen REW Kupwara and other officers.

Empowering School Libraries: DIET Doda organises 3-Day Workshop

■ **HT News Network**

DODA, AUGUST 31: To rejuvenate and enhance the management of school libraries, the District Institute of Education and Training (DIET) Doda organised a comprehensive three-day workshop.

The event, held from August 28th to August 30th, 2023, took place at the DIET Doda ICT lab. Impressively, out of a target of 50, 49 participants actively engaged in the workshop.

The inauguration of this vital workshop was conducted by Varinder Singh, Head of DIET Doda and featured Kismat Singh, Lecturer at DIET, as the resource person.

The success of this initiative was made possible with the dedicated contribution of Zakia Khanum, Librarian at DIET, Musarat Jahan, Senior Lecturer at DIET and Hans Raj, Librarian GDC Doda.



The primary objective of this workshop was to sensitize participants about the strategies necessary for revitalizing and managing libraries that have fallen into disuse and dormancy. A

Additionally, the event aimed to raise awareness about fostering interest and motivation among children to cultivate a habit of reading within the library's serene environment. Participants were also enlightened on how to transform the library into a hub for recreation, amusement, and learning.

Postprandial Blood Sugar: Tips to manage post-meal blood sugar

Postprandial blood sugar, also known as post-meal blood sugar, refers to the level of glucose in the blood after consuming a meal so monitoring postprandial blood sugar is essential for individuals with diabetes, as it provides valuable information about how the body responds to different foods and helps in managing blood sugar levels effectively. Read on as we delve into postprandial blood sugar levels, tests used to measure it, what the results reveal and expert tips to manage it.

Postprandial Blood Sugar Levels:

In an interview with HT Lifestyle, Dr Vigyan Mishra, Chief of Lab at Neuberg Diagnostics, said, "Normally, blood sugar levels rise after eating and then gradually decline as the body uses the glucose for energy or stores it for future use. For healthy individuals, postprandial blood sugar levels should typically stay below 140 mg/dL (milligrams per deciliter) two hours after a meal. However, for individuals with diabetes, these levels can be higher, indicating difficulties in regulating blood sugar."

Postprandial Blood Sugar Tests:

According to Dr Vigyan Mishra, there are two primary methods to measure postprandial blood sugar levels -

Fingerstick Blood Sugar Test:

This is a simple and common test that can be performed at home. A person pricks their finger using a lancet to obtain a small blood sample and then uses a glucose meter to measure their blood sugar level. The test is usually done before eating (fasting blood sugar) and again one to two hours after the start of a meal to measure postprandial blood sugar.

Oral Glucose Tolerance Test (OGTT):

This test is often conducted in a medical setting. The person fasts overnight, and their fasting blood sugar level is measured. Then, they consume a specific amount of glucose solution, and blood sugar levels are monitored at regular intervals, usually at one hour and two hours after consuming the glucose solution. This test is more comprehensive and can help diagnose diabetes or pre-diabetes.

What Results Reveal:

Asserting that interpreting the results of postprandial

blood sugar tests is crucial for individuals with diabetes and their healthcare providers, Dr Vigyan Mishra revealed what the different results may indicate -

Normal Postprandial Blood Sugar:

For individuals without diabetes, a postprandial blood



sugar level below 140 mg/dL (or below 7.8 mmol/L for countries using the metric system) after two hours is considered within the normal range. This suggests that the body is efficiently managing glucose levels.

High Postprandial Blood Sugar:

A postprandial blood sugar level exceeding 200 mg/dL (or 11.1 mmol/L) after two hours may indicate poorly controlled diabetes. Consistently high post-meal blood sugar levels can increase the risk of diabetes-related complications over time.

Prediabetes:

If the postprandial blood sugar level falls between 140

mg/dL and 199 mg/dL (7.8 mmol/L and 11.0 mmol/L), it may suggest prediabetes. This condition means the individual is at increased risk of developing type 2 diabetes and other health issues.

Gestational Diabetes:

Pregnant women may undergo an OGTT to diagnose gestational diabetes. Elevated postprandial blood sugar levels during pregnancy can pose risks to both the mother and the baby.

Managing Postprandial Blood Sugar:

Bringing his expertise to the same, Dr Shrey Srivastav, Assistant Professor, Internal Medicine at Sharda Hospital in Greater Noida, insisted that for individuals with diabetes, managing postprandial blood sugar is essential to prevent complications and maintain overall health. He recommended some strategies -

Balanced Diet:

Consuming a balanced diet with appropriate portions of carbohydrates, proteins, and fats can help stabilize blood sugar levels after meals.

Regular Exercise:

Physical activity can improve insulin sensitivity and aid in regulating blood sugar levels.

Medication:

Some individuals may require diabetes medications or insulin therapy to control postprandial blood sugar effectively.

Stress Management: Stress can influence blood sugar levels, so practicing stress-reduction techniques can be beneficial.

Monitoring postprandial blood sugar levels is crucial for individuals with diabetes to manage their condition effectively. The tests help identify how the body responds to different foods and aid in making necessary lifestyle changes and medication adjustments.

By understanding and managing postprandial blood sugar, individuals can reduce the risk of complications and improve their overall quality of life. Regular communication with healthcare providers is vital in achieving optimal blood sugar control.

NEWS

7 Immunity-Building Indian Foods for Individuals with Diabetes



In the wake of the ongoing pandemic and rising health concerns, building a strong immune system has become more crucial than ever. For individuals managing diabetes, striking a balance between immunity-boosting foods and blood sugar control is essential. The Indian culinary palette offers a rich variety of flavours and ingredients that can contribute to both aspects of health. Here we explore seven immunity-building Indian foods that are particularly beneficial for people with diabetes, promoting overall well-being.

1. Turmeric:

This vibrant spice contains curcumin, a compound known for its anti-inflammatory and antioxidant properties. Turmeric consumption has been linked to improved immune response and blood sugar regulation.

2. Yogurt (Curd):

Rich in probiotics, yoghurt helps maintain a healthy gut, which plays a crucial role in supporting the immune system. Opt for unsweetened yoghurt to keep a check on sugar intake.

3. Garlic:

A staple in Indian cooking, garlic is celebrated for its immune-boosting properties. It can also assist in managing blood sugar levels and improving heart health.

4. Spinach:

Packed with vitamins, minerals, and antioxidants, spinach is an excellent addition to any diet. Its low glycemic index makes it suitable for those with diabetes.

5. Fenugreek:

Fenugreek leaves and seeds are known to aid in blood sugar control due to their soluble fibre content. These ingredients can be incorporated into curries or consumed as herbal teas.

6. Bitter Gourd (Karela):

Despite its bitter taste, bitter gourd has been linked to improved insulin sensitivity and reduced blood sugar levels. It can be cooked in various forms, such as stir-fries or stuffed dishes.

7. Nuts:

Almonds, walnuts, and pistachios are packed with immune-boosting nutrients and healthy fats. They also have a minimal impact on blood sugar levels when consumed in moderation.

As individuals with diabetes strive to enhance their immunity, it's important to consider the impact of their dietary choices on blood sugar control.

Stress, Insomnia Linked To Irregular Heart Rhythms Following Menopause: Study

About 1 in 4 women may develop irregular heart rhythms after menopause, with stressful life events and poor sleep being leading factors, finds a new study. Known as atrial fibrillation, it may lead to blood clots, stroke, heart failure, or other cardiovascular complications. "In my general cardiology practice, I see many postmenopausal women with picture-perfect physical health who struggle with poor sleep and

negative psychological emotional feelings or experience, which we now know may put them at risk for developing atrial fibrillation," said lead study author Susan X. Zhao, a cardiologist at Santa Clara Valley Medical Center in San Jose, California. "I strongly believe that in addition to age, genetic and other heart-health related risk factors, psychosocial factors are the missing piece to the puzzle of the genesis of atrial fibrillation," Zhao said. In the study, published in the



Journal of the American Heart Association, researchers reviewed data from more than 83,000 questionnaires by women ages 50-79. During approximately a decade of follow-up, the

study found about 25 per cent or 23,954 women developed atrial fibrillation. For each additional point on the insomnia scale, there is a 4 per cent higher likelihood of developing atrial fibrillation. Similarly, for each additional point on the stressful life event scale, there is a 2 per cent higher likelihood of having atrial fibrillation. "The heart and brain connection has been long established in many conditions," Zhao said. "Atrial fibrillation is a disease of the electrical conduction system

and is prone to hormonal changes stemming from stress and poor sleep. These common pathways likely underpin the association between stress and insomnia with atrial fibrillation." Researchers noted that stressful life events, poor sleep and feelings, such as depression, anxiety or feeling overwhelmed by one's circumstances, are often interrelated. It's difficult to know whether these factors accumulate gradually over the years to increase the risk of atrial fibrillation.

Blood sugar management to cancer prevention, nutritional benefits and recipes of sweet potatoes or shakarkand

Since ancient times sweet potatoes, or shakarkand as they are called in India, have been a staple cuisine in many cultures and due to the variety of nutrients they contain, sweet potatoes have acquired the moniker "superfood". They are cherished not only for their delightful flavour but also for their remarkable nutritional profile hence, sweet potatoes stand as a versatile and nourishing inclusion in your dietary choices.

According to health experts, these vibrant root vegetables extend an array of advantages, spanning from delivering vital vitamins and minerals to endorsing digestive well-being. Read on to know more about the nutritional merits inherent in sweet potatoes, alongside a selection of delectable recipes destined to etch them as a cornerstone in your culinary repertoire.

In an interview with HT Lifestyle, Dr Archana Batra, dietician and certified diabetes educator, revealed the nutritional benefits of sweet potatoes as -Helps to have a healthy vision: Beta-carotene, a type of vitamin A, is abundant in sweet potatoes. Bright orange-fleshed veggies typically contain this antioxidant. Beta-carotene is processed by your body into vitamin A, which is then utilised to create light-detecting receptors in your eyes.

Improves gut health and digestion: Dietary fiber-rich sweet potatoes are also well known for enhancing digestion and gut wellness. Sweet potatoes'



high fibre content can also aid in reducing constipation in both kids and adults. Dr. Batra adds that it possesses a significant amount of phyto-sterol, which protects the digestive system. Duodenal and stomach ulcers may be prevented and treated with it.

Can help to prevent the risk of cancer: Purple-fleshed sweet potatoes are essential in the fight against cancer, according to several studies. Carotenoids found in sweet potatoes may help prevent cancer, including male prostate cancer.

Can help to maintain a healthy weight: You would not associate any type of potato with weight reduction due to their high carbohydrate content but sweet potatoes can actually help you lose weight. Sweet potatoes can help you feel satisfied in between meals; their substantial fiber helps you reach your daily goal (38 grams for men and 25 grams for women).

Adding to the list, Dt Vidhi Chawla, Founder of Fisco Diet and Skin Clinic, highlighted -

Nutritional powerhouse: Sweet potatoes are a nutritional powerhouse, offering an array of vitamins, minerals, and antioxidants. They are particularly rich in beta-carotene, a precursor to vitamin A, which supports vision, skin health, and immune function. A medium-sized sweet potato can fulfill your daily vitamin A needs. Additionally, sweet potatoes contain vitamin C, which boosts immunity, and vitamin E, known for its antioxidant properties.

Fiber and digestive health: Fiber is an essential component of a healthy diet, aiding in digestion and promoting a feeling of fullness. Sweet potatoes are an excellent source of dietary fiber, which supports a healthy gut and regular bowel movements. Consuming fiber-rich foods like sweet potatoes can help.

Traumatic Childhood Experience Increases Heart Disease Risk: Study

Cardiovascular disease continues to be the largest cause of mortality disparities. These health disparities may be exacerbated by parental incarceration, according to recent research from the University of Chicago Medicine. Adverse childhood experiences (ACEs) are traumatic events that can have long-term impacts on one's physical and mental health. Parental figure incarceration is an ACE that disproportionately affects underserved groups, but little is known about its physical effects.

"There was very little data on its association with cardiovascular risks," said Elizabeth Tung, MD, Assistant Professor of Medicine at UChicago and the lead author on the study. "We set out to fill that gap in understanding."

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Tung pointed out that these numbers reflect the high rates of incarceration throughout the 1980s and 1990s when the study's participants were under the age of 18. These individuals had greater levels of high-sensitivity C-reactive protein (hs-CRP), an indicator of inflammation that medical professionals use to calculate the risk of future cardiac events, than their peers and were more likely than their peers to acquire hypertension as adults. When the researchers looked at additional car-

diovascular risk indicators such as diabetes, hyperlipidemia, and heart disease, they found no association between parental incarceration and those conditions. Tung noted that whereas hypertension often appears in young adulthood - the age group addressed in this study - these markers are more likely to appear in middle age and beyond. "From a societal perspective, it's important to consider our approach to incarceration in the U.S. and how racial disparities in incarceration may be contributing to health disparities," said Tung. She pointed out that there are multiple areas where resources can prove helpful to families affected by incarceration. Legal aid partners can provide legal support and also connect families to social services and public benefits, which may in turn be able to address some of the economic insecurities that often arise. On the healthcare side, clinicians can offer family counselling and mental health resources to affected children.

The non-medical elements that affect health outcomes, known as social determinants of health, have drawn the attention of policy and healthcare organisations alike.

In order to inform patient care, clinicians who screen for social determinants of health frequently inquire about issues like housing and food insecurity.

10 BN SSB Batmaloo bserve Rashtriya Khel Divas pays tribute to legendary hockey player Major Dhyani Chand

Ishfaq Aziz

SRINAGAR, AUG 31: Rashtriya Khel Divas has been observed on 29th August 2023 as a tribute to legendary hockey player Major Dhyani Chand who was born on this day in 1905.

To commemorate the day, 10 BN SSB Batmaloo, Srinagar (J&K) organized various sports events like Volleyball, Cricket, Tug of War, Plank challenge, Football, Kho-Kho etc. at Battalion HQ Batmaloo, these events got started from 22/08/2023 and culminated with "Fit India Fitness Pledge" and celebration of National Sports Day 2023 on 29/08/2023.

All the officials of the unit participated in various events with great fervor, zeal and enthusiasm.

Sh. R. S. Rawat, Second-In-Command on this occasion emphasized that sports are very important aspect of our life, it not only keep us physically but also



mentally fit. He also conveyed that we should play a lot of games

regularly and promote it among the people in the area of deploy-

ment, it will help building a healthy and prosperous society.

Prithvi Shaw agrees Northamptonshire return for 2024

LONDON, AUG 31: Prithvi Shaw will return to Northamptonshire next summer after signing for the second half of the season. The India international is expected to be available to play in the County Championship and One-Day Cup.

Shaw scored 429 runs in four innings for Northants - including a record-breaking 244 off 153 balls against Somerset - earlier this month before a knee injury cut short his stay. He has signed a new deal despite interest from other counties. "I'm so excited to be heading back to Northamptonshire next summer," Shaw said. "Even though it was over quickly I really enjoyed my time there, it's a great club to be a part of and I felt so welcome by everyone immediately. I can't wait to get back over."

"My goal is always to help win games for the team and it was so disappointing to get injured and have to leave early this time."

"I had a few teams contacting me after the tournament wanting to talk about playing for them next year, but I feel like I still have more to achieve with Northamptonshire. They gave me the opportunity this year and I'm very happy to be coming back."

Shaw, whose most-recent international appearance came in 2021, is set to arrive for his second spell in June 2024 and stay with the club until the end of the season.

Northamptonshire's chief executive, Ray



Payne, said: "We saw the impact Prithvi made in his short stay this year and how well he was received by supporters."

"To have secured him again for next year already and for so much of the season is really pleasing. I think he was just as keen to come back as we were to have him, so it's worked out brilliantly."

Northants head coach, John Sadler, added:

"Prithvi is a phenomenal talent and what he delivered for us in such a short space of time was incredible."

"He was utterly disappointed not to stay longer due to his injury as he wanted to play some red-ball cricket, so the chance for him to do this next year is really exciting for us all."

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