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Lt Governor addresses **Teachers' Day celebration** at Srinagar

# Funds will be provided for upgradation of 7000 schools: LG Manoj Sinha

HT News Network

**SRINAGAR, SEP 05:** Lieutenant Governor Shri Manoj Sinha today attended the Teachers' Day celebration at Srinagar, paid tribute to former President and great educationist Dr. Sarvepalli Radhakrishnan and felicitated the award-winning teachers from across the Kashmir division.

In his address, the Lt Governor extended his hearty greetings to the teaching community and recalled the immense contribution and dedicated service of teachers who are igniting young minds.

"Teacher is the biggest revolutionary and courageous person of this world. He breaks the

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Today, it is important that we create an ecosystem of education: LG Sinha

HT News Network

**JAMMU, SEP 05:** Lieutenant Governor Shri Manoj Sinha led the celebration of Teachers' Day in the UT of J&K. After Srinagar, the Lt Governor joined the celebration at Jammu and felicitated the outstanding teachers for their admirable initiatives in school education.

Paying tributes to former President, Dr. Sarvepalli Radhakrishnan on his birth anniversary, the Lt Governor said the occasion provides us an opportunity to acknowledge

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## Lt Governor hands over appointment letters to NoKs of three civilians killed in Shopian in 2020

HT News Network

**JAMMU, SEP 05:** Lieutenant Governor Shri Manoj Sinha today handed over the appointment letters to the

next of kins of three civilians killed in Shopian in July 2020.

The appointment letters on compassionate ground were handed over to

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### NEWS BRIEF

#### 20-year jail sentence to two J&K narcotics smugglers

**SRINAGAR, SEP 5:** A court in Jammu Kashmir's Kupwara district awarded 20-year rigorous imprisonment to two narcotics smugglers on Tuesday.

In a landmark verdict, the Court of Additional Sessions Judge issued judgment against two individuals involved in a narcotics smuggling case, sentencing them to 20 years of rigorous imprisonment, along with a rupees two lakh fine for each of the two accused.

The convicted individuals, Syed Ishfaq Shah and Khurshid Ahmad Gojar, both residents of Jabdi Karnah, were arrested in connection with FIR No.56/2019 at Police Station Karnah. Their arrest followed the recovery

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#### J&K receives light rainfall, MeT predicts dry weather for next 2 weeks

**SRINAGAR, SEP 05:** After a long dry spell, Jammu & Kashmir parts received fresh snowfall in the intervening night of Monday-Tuesday while the weatherman here has predicted dry weather conditions till September 11.

In a daily advisory issued by the Meteorological department, the weatherman has stated that the weather conditions in the next two weeks are favourable for harvesting of crops and outdoor activities.

According to the news agency—Kashmir News Observer (KNO), the

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#### Hideout busted in Kishtwar

**JAMMU, SEP 5:** Security forces on Tuesday busted a hideout of Hizb-ul-Mujahideen terrorist in Kishtwar district of Jammu and Kashmir.

Senior Superintendent of Police, Kishtwar Khalil Poswal said that in a significant breakthrough, police in collaboration with Army and CRPF successfully dismantled a hideout belonging to the Hizbul Mujahideen terrorist Jhangir Saroori.

He added that acting on credible intelligence, joint operation was planned that uncovered and neutralized the hideout located in the Paribag area of Bhatat Saroor, where Jhangir Saroori was suspected to have been hiding and planning subversive

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#### Police Bust Fake Recruitment Scam In MES, 5 Arrested

HT News Network

**SRINAGAR, SEP 5:** Police on Tuesday claimed to have busted a fake recruitment scam in Military Engineering Services (MES) when they arrested five persons in Jammu Kashmir's Kupwara district.

In a significant breakthrough, the Kupwara Police has successfully dismantled a fraudulent recruitment scam preying on the aspirations of young job seekers in MES.

Police said, on September 1, 2023, one Mum-



taz Ahmad Mir, residing in Gund Zonareshi Chowkibal, lodged a formal complaint with the Kralpora Police Station, alleging that his son, Mohaammad Sami Mir, had fallen victim to a recruitment scam orchestrated by a person

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#### J&K CEO unveils draft reservation proposal of 77 Municipalities

HT News Network

"Seeks objections/suggestions from public within 7 days; 25 wards reserved in SMC, 37 in JMC"

**SRINAGAR, SEP 05:** In a first step towards holding urban local bodies' polls, Jammu & Kashmir's chief electoral officer on Tuesday unveiled draft reservation proposal of 77 municipalities in the Union Territory.

The draft proposal accessed by news agency—Kashmir News Observer (KNO) proposes reservation of wards for



women, scheduled castes and scheduled tribes in J&K's 77 urban local bodies (ULBs) including two municipal corporations.

According to the proposal, the number of reserved wards for women, scheduled castes and scheduled tribes in each ULB has been fixed on the basis of prescribed ratio for each category under the municipal laws. The proposal was unveiled

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#### Embracing Solitude: Solo trips in Kashmir gain popularity amongst adventure enthusiasts

HT News Network

**SRINAGAR, SEP 05:** For years, Pooja Verma, a doctor from Maharashtra has been travelling solo to many countries. However, she couldn't make a visit to Kashmir, which was in her bucket list for long, due to the negative publicity related to the valley.

Earlier, this year when she heard that Kashmir received record breaking tourists, she also made a plan for a trip to the valley.

"I visited Kashmir in March this year

and the trip was an eye opener for me. I realized that people here were very generous and this place was safer compared to the rest of the states," Pooja told news agency—Kashmir News Observer (KNO).

In August she again visited the valley but this time solo, to explore the offbeat places in Kashmir.

"Last time I could visit some of the main tourist spots. This time I went all alone and explored Gurez, Karnah and other places. It was a fun-filled trio

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#### IAF to host air-show in Jammu

Apache, Sukhoi, Rafale jets to hover in skies near western border

HT News Network

**JAMMU, SEP 05:** Indian Air Force (IAF) is all set to enthrall people with maneuvering of fighter aircrafts like Sukhoi, Rafale and war-helicopters like Apache with jet speed near Western Border in Jammu on September 21.

Sources told news agency—Kashmir

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#### Reviving 'Bande Pather' an uphill task but not impossible, say folk artists

HT News Network

**SRINAGAR, SEP 05:** Bande Pather, a traditional medium of information and entertainment, is facing an uphill task for its revival in this digital age.

The artists of Wathora area of central Kashmir's Budgam district which used to be the hub of this folklore have expressed concerns over the fading

legacy of the art form.

Rayees Wathori, a famous artist from Hanjigund, while talking to the news agency—Kashmir News Observer (KNO) said "Bande Pather is an integral part of our cultural heritage. It used to be the heartbeat of our village gatherings. But today, it is struggling to compete with smartphones and television. We fear it

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#### 'Man-eater' leopard still out of sight, villagers fear safety in Sumbal

HT News Network

**BANDIPORA, SEP 5:** Even after a week when a man-eater leopard mauled a kid to death, authorities in Sumbal Sonawari area of North Kashmir's Bandipora district have failed to trap the said wild beast, much to the concern of the locals. On 28 August last month a leopard in

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#### "Recognise Tibet As An Occupied Nation": Tibetan Delegation Appeals Indian Govt In Srinagar

HT News Network

**SRINAGAR, SEP 5:** Concurring with the Tibetan Parliament-in-Exile's ongoing advocacy tour in Jammu and Kashmir, the delegation consisting of parliamentarians Dawa Tsering, Yeshi Dolma, and Tenpa Yarphe continued their Tibet advocacy campaign in Srinagar.

In a press conference held in Srinagar, the delegation urged the Indian government to recognise Tibet as an occupied nation with its own independent and sovereign past, backed by historical evidence on Tuesday.



During the conference, the Tibetan just cause of Tibet and presented the lawmakers advocated support for the

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#### Committee Set Up To Monitor 'Fake News' On Social Media In Kishtwar

HT News Network

**JAMMU, SEP 5:** Kishtwar authorities have constituted a three-member committee to monitor social media in an effort to curb 'false and unfounded' news aimed at maligning the image of the government.

According to an order issued by Kishtwar Deputy Commissioner Devansh Yadav, the committee would be headed by Additional Deputy Commissioner Inderjeet Parihar, with Deputy Superintendent of Police Ishan Gupta and District Information Officer Munit Sharma as members.

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**Funds will.....**

barriers, old methods and gives a new shape, a new direction to the children, a new resolve and sparks new thinking in the minds of the children," the Lt Governor said.

The Lt Governor highlighted the different roles a teacher plays simultaneously throughout his life.

"A teacher is an explorer who discovers hidden diamonds, gems and pearls in the form of students. As a gemologist, a teacher examines and shapes the diamonds carrying diverse talents. He is a jeweler and gives perfect shape and shine to precious gems," the Lt Governor added.

The role of a teacher is to also bring creativity inside the classroom. A teacher should be courageous enough to break the stereotypes and let young minds develop their own creative, innovative ideas and critical thinking. Only the teacher has the ability to know the value of hidden talents, he said.

At the function, the Lt Governor impressed upon the teaching community to promote individuality and uniqueness of students and make teaching-learning process more interactive.

Goal of education is not to create a competitive mind but to create a creative and curious mind. We need a fine balance between competition and creativity. Test should not be based on competition but it should be based on originality, experiment, creative and scientific activity.

"I believe today we need teachers to instill creativity, curiosity, teamwork, leadership qualities and civilizational values of harmony, brotherhood and compassion in our children. We need to evolve new methods to create effective approaches to lifelong learning," the Lt Governor said.

The Lt Governor reiterated the commitment of the UT Administration for upgradation of schools including manpower and infrastructure in a holistic manner. I assure you that funds will be provided for upgradation of 7000 such schools which lack basic facilities (6000 this year and 1000 during the next year), he said.

On this day, let us strengthen our resolve and ensure that every child, especially the girls, have access to quality education, the Lt Governor said.

Renowned educationist, Padma Shri Prof. JS Rajput; Dr Arun Kumar Mehta, Chief Secretary; Sh Alok Kumar, Principal Secretary, School & Higher Education, senior officers, Heads of Departments, large number of teachers and students were present.

**Today, it is.....**

the significant contribution of teachers to the society and the nation.

"Teachers create a system that is appropriate to the needs of the time and requirement of the society. They are the creators of real strength of the nation and pave the way for rapid social and economic progress of the future," the Lt Governor said.

In his address, the Lt Governor called upon the teaching community to develop curiosity and inquisitiveness among the students and nurture their unique creativity and talent.

All the experiments and inventions, which brought a new revolution in the world, were started with curiosity and that is why teachers should create such an environment in the schools where students are encouraged to ask questions, he said.

"Society can discover new solutions when students develop curiosity, collaborate, become more creative and learn the values of teamwork. For lifelong learning, both teachers and students should have thirst for knowledge and intense curiosity that is not confined to the classroom," the Lt Governor said.

We need to stop comparison, burden of tests and curriculum on students. Every child is unique. We need to remind children to be yourself. If we want to secure the future of this nation and create new possibilities, then we must provide an opportunity to their uniqueness to blossom, he added.

At the function, the Lt Governor highlighted the importance of developing schools as a very foundation for shaping the future of the younger generation.

Today, it is important that we create an ecosystem of education. Schools should become part of the ecosystem of a city or a village, connected to the local community, local businesses and other institutions so that the students are aware about local problems and possibilities, he said.

"Schools should prepare for future proofing of education so that they are empowered, anticipate change, develop a system for adjustment and students are encouraged for lifelong learning skills, combination of basic knowledge and applied skills," the Lt Governor said.

The Lt Governor inaugurated 790 civil works under Samagra Shiksha and laid e-foundation of 376 Astrophysics Labs and 10 Virtual Reality Labs across J&K.

He also initiated the process for engagement of 15017 Aaya/Helpers for schools with pre-primary section.

Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Padma Shri Prof. JS Rajput; Padma Shri Prof. Vishwa Murti Shastri; Padma Shri Dr SP Varma; Sh Alok Kumar, Principal

Secretary, School & Higher Education, senior officers, teachers and students were present.

**Lt Governor.....**

Mtr. Shareen Akhter, wife of Sh Mohd Abrar, a resident of Tarkassi, Kotranka, Rajouri; Sh Mohd Arif, brother of Sh Mohd. Imtiyaz, resident of Dhar Sakri Kotranka, Rajouri and Sh Farayaz Ahmed, brother of Sh Mohd Abrar of Kotranka Rajouri.

The Lt Governor also handed over the appointment letter under SRO-43 to Smt Neeta Devi, widow of Chager Kumar of Dhandal, Ramnagar Udhampur who was killed in an IED blast in Udhampur in 2022.

The Lt Governor interacted with the family members of the deceased civilians and assured all possible assistance by the administration in the future.

Sh Mukesh Singh, ADGP Jammu and Sh Ramesh Kumar, Divisional Commissioner Jammu were also present.

**Police Bust.....**

identified as Nazir Ahmad Khan, a resident of Doolipora Trehgam.

The complainant asserted that his son had been swindled of Rs. 70,000 under the false pretense of securing employment within the MES, accompanied by a counterfeit appointment letter.

Responding swiftly to this complaint and supported by credible intelligence from the Military Intelligence (MI), the Kralpora Police Station initiated legal proceedings by registering a case under relevant sections of law and started a thorough investigation.

During the investigation process, statements from key witnesses were recorded, and counterfeit appointment letters were seized as evidence.

Khan was subsequently apprehended in connection with the scam and further revelations unfolded as the accused disclosed his affiliation with a group of scammers employing a distinctive modus operandi to defraud unemployed youths eagerly seeking positions within MES.

He also divulged the identities of his four collaborators as Zahoor Ahmad Mir, resident of Rawathpora, Shakeel Ahmad Makroo, resident of Awantipora, Feroz Ahmad Khashu, resident of Shaltang Srinagar and Shafkat Ahmad Shah, resident of Pampore Pulwama.

Utilizing the evidence at hand, special police teams dedicated to this case swiftly apprehended all the four individuals, police said.

Notably, Shakeel Ahmad Makroo emerged as the mastermind, operating under the alias "Raju," presenting himself as an influential Kashmiri Pandit and an MES officer stationed at Rangreth Srinagar.

He enlisted the assistance of Zahoor Ahmad Mir, Feroz Ahmad Khashu, and Nazir Ahmad Khan as field agents, entrusted with the task of extracting money from unsuspecting job seekers, promising them MES positions.

Shafkat Ahmad Shah, the technical expert of the operation, was responsible for fabricating and printing counterfeit appointment letters and other documentation. He operated from the "Helpline advertising agency" in Rangreth Srinagar, where he manufactured these fraudulent documents, Police said.

As of now, the gang has duped approximately eight innocent unemployed youths hailing from North Kashmir, amassing an illicit sum of roughly Rs. 25 lakh.

Substantial evidence, including counterfeit appointment letters, gate passes, laptops, desktops, printers, and cellphones, have been seized from the possession of the accused.

The investigation remains ongoing, with expectations of additional arrests and further financial recoveries as the case unfolds, Police added. UNI

**J&K CEO.....**

by the CEO's office to seek objections/ suggestions from the general public over it.

"The Chief Electoral Officer, J&K invites objections/ suggestions in relation to aforesaid proposed notification. Any objections/ suggestions should reach the chief electoral officer, J&K, Nirvachan Bhawan, Rail head complex, Jammu or Darul Intikhab M.A. Road, Srinagar within seven days from issuance of this notice, i.e. 09.09.2023 after which no objections/ suggestions will be entertained," reads the notification.

According to the proposal, 25 wards will be reserved for women in Srinagar Municipal Corporation while 37 seats would be reserved for women, SCs and STs in Jammu Municipal Corporation.

Of which 25 will be reserved for women, 10 for SCs and two for STs in Jammu Municipal Corporation, the notification states.

While SMC has 74 wards, JMC has 75 wards. The term of the incumbent Municipal Corporations and other Municipalities is ending in the month of October- November. The last ULB polls in Jammu & Kashmir were held in the month of October 2018 when the erstwhile state was under Governor's Rule. The polls were boycotted by National Conference and Peoples Democratic Party, citing "legal assaults" on Article 35A.

**Solo trips.....**

for me," she said. Like Pooja scores of solo travelers are visiting the valley, which for the last two years has been recording a huge growth in the number of arrivals.

From students to professionals and explorers, Kashmir is providing a safer destination for solo travelers across the world.

A report has revealed that Jammu and Kashmir is one of the most sought destinations for solo traveling.

A research by travel fintech 'SanKash' has revealed that almost "35 percent" of solo travellers prefer Jammu and Kashmir for vacationing.

Kashmir is followed by Manali (25 percent) and Shimla (14 percent).

Umar Ahmad, a travel agent, told Kashmir News Observer that Kashmir has received a good number of solo travellers for the last two years.

"Solo trips are a new trend among GenZ. They like exploring places by either booking a trip or simply hitchhiking. We have witnessed that many explorers visited Kashmir on bikes or bicycles to explore the valley. Kashmir is a safe place and has many to offer for backpackers," she said.

He said some of the most popular destinations booked by solo travellers include Bangus Valley, Doodhpathri, Gurez, and Sinthan Top. "I have received many tourists who booked their solo trip to Kashmir. They get a budget package with affordable stay and food here," Ahmad said.

**IAF to host.....**

News Observer (KNO), that the Indian Air Force (IAF) hosted a first of its kind air-show in Jammu on September 21 as part of its 91st anniversary on October 8, 2023.

Sources said that around two dozen fighter planes and choppers will show their skills by playing tricks in the sky. Some of these aircraft are going to fly from different air Bases in the North like Ambala, Jallander, Chandigarh and reach Jammu to bang the skies near the Pakistan Border.

This is the first time such an event is going to be held in Jammu. Special arrangements will be made by district administration for those watching this air show.

Sky-diving will be an added attraction at the air show. Sources said that military personnel will jump from a plane with parachutes. With clear skies, it's a sight never to be forgotten. This is the first time that Jammu will be able to see an air show and sky diving on such a large scale simultaneously.

Sources said that IAF is looking forward to greeting and enthralling the local populace with its exciting range of aerobatic performances in Jammu. The previous edition of the Air Force Day Parade was held at Bhopal, with the flypast being conducted over the Sukhna Lake there.

Meanwhile, Deputy Commissioner Jammu, Sachin Kumar Vaishya chaired a meeting to discuss the arrangements for the event. He said that the Airshow would be a spectacular occasion for children, youth, and all local citizens. He urged the stakeholders to ensure that the event is a success and is widely publicised to encourage maximum public participation. The meeting was attended by Additional Deputy Commissioner (L&O), Harvinder Singh; AOC Airforce Jammu, SSP Jammu, Joint Director Information Jammu, Atul Gupta besides, other officers of concerned department.

**Reviving 'Bande.....**

may vanish if we don't take action." "Efforts are being made by local cultural organisations to preserve and revive Bande Pather. We hope that with the right support, this centuries-old folklore can regain its place in the 21st century while staying true to its roots," he added.

Rayees said wherever people are involved in this art, they try to include youth in it and prepare them to carry this work forward to the next generation. Wathora is considered an epicentre for this culture and we want other people belonging to this art to rejoin it as we have seen some areas of Kashmir where people have completely abandoned this culture, he lamented.

The artist said it is a challenge to win hearts through Bande Pather in the same old traditional way.

Wathori further said that Bande Pather is still alive and even some educated youth are participating in it to keep the art alive. "Creating new scripts, dialogues and stages will help get people's attention towards it. Wherever we (artists) have performed, we have been appreciated because now we give something new to the people with a good message," he said.

Rayees said that cultural policy and theatre as subjects should be added to the school curriculum and some modern techniques should be implemented by the government to save Bande Pathir.

Another artist Younis said Bande Pather once used to be a cherished tradition in Kashmir. This art involving storytellers reciting tales and legends accompanied by folk music has been losing its audience to modern forms of entertainment and

communication.

Whenever these programs were happening, people in hundreds used to gather and share things with each other but all have been taken from us by the internet, he said, adding, "We must find ways to promote Bande Pather without losing its essence otherwise, a valuable piece of our culture will be lost forever."

**'Man-eater'.....**

the Nesbal area of Sumbal dragged a 7-year-old kid identified as Zaid Bashir to a nearby hillock and the next morning locals found his dead body.

After the incident, the Wild Life team arrived in the area to catch the said leopard, however, even after over a week there is no trace of the said leopard.

"After the unfortunate incident, a couple of cages were installed by the Wild Life team, but there are no employees present in the area," a local Aijaz Ahmed told news agency Kashmir News Trust adding that District administration Bandipora has already permitted wildlife teams to trap or neutralize the wild beast.

Another local Rayees Ahmed said that the wildlife team should take the help of local hunters but it seems authorities are not serious about the issue and probably waiting for another mishap to happen.

He said locals are scared and don't allow kids to venture out from their homes after the sunset. "The fear psychosis has hit the religious and mundane education of kids as they have stopped to attend 'darsgahs' and private tuition centres.

When contacted, an official said that efforts are on to track down the 'man-eater' leopard. He said wildlife teams have been deployed in the area.

**"Recognise Tibet.....**

ten-point appeal letter from the Tibetan Parliament-in-Exile.

In a list of ten proposed appeals to the Government of India, the delegation urged, "Recognise Tibet as an occupied nation with its own independent and sovereign past, backed by historical evidence."

The delegation also appealed to abstain from endorsing China's false narrative of labelling Tibetans as a minority.

The pointers included, "Pressure China to ensure access to independent human rights organizations to monitor and report on the human rights situation, and likewise extend standing invitations to UN Special Rapporteurs, in particular those focusing on freedoms of opinion and expression, peaceful assembly and association, and human rights defenders, facilitating their visits to Tibet as soon as possible", said the release from Tibetan parliament-in-Exile.

The delegation also appealed to urge the People's Republic of China to unconditionally release all Tibetan political prisoners including Gedhun Choekyi Nyima, the 11th Panchen Lama, whose whereabouts and well-being have remained unknown since 17 May 1995.

It called on the People's Republic of China to re-engage in substantive dialogue with the representatives of His Holiness the Dalai Lama without preconditions to resolve the Tibet-China conflict through the Middle Way Policy of seeking genuine and meaningful autonomy within the framework of the PRC's constitution.

The statement delegation said, "Establish a national legislative framework to tackle China's networked authoritarianism and disinformation campaign which causes public mistrust in democratic institutions, political polarization, and threatens regional and global geopolitical stability and peace."

The delegation underscored the need to expand bilateral ties between India and Tibet.

They added, "Expand and deepen your official and diplomatic engagements with the Central Tibetan Administration-which is the continuation of the former government of independent Tibet in Lhasa-as the legitimate representative of the Tibetan people."

On 4th September, the Tibetan MPs delegation called on Taj Mohiuddin, four times Minister and former MLA; Showkat Bhat, President of Congress J-K; Jibrin Dar, Youth Leader of Aam Aadmi Party J-K; G.M Shaheen, President of JDU J-K; and Tarig Ahmad, Village Sarpanch; and Tapper Abdul Natalie, Social Worker in Pattan, informed press release Tibetan parliament official site.

The Tibetan MPs also paid a visit to Srinagar's Tibetan Public School, a school of the Tibetan Muslim community, and interacted with the teachers and students there.

They were also presented with a Tibetan ceremonial scarf (Khata), and TPIE documents outlining the issue of Tibet. (AGENCIES)

**Committee Set.....**

"The committee shall keep overall vigil/monitoring overall social media portals on a daily basis and shall furnish/recommend the cases of false media reporting/portals to undersigned for taking further necessary action," the order read.

It said the head of the committee can co-opt any other officer or official in the 'Social Media Monitoring Cell' after prior permission.

Yadav in his order said it has been observed that a number of online social media portals have been found to be reporting fake news.

"... a number of instances have been reported with regard to fake and frivolous reporting, particularly against the government functionaries by some media persons which malign the image of the government machinery.

"Such social media handles and media persons need to be monitored to put curbs to false and unfounded reporting/news," the deputy commissioner said.

He asked all media persons to follow the necessary guidelines of Information Technology (Intermediary Guidelines and Digital Media Ethics Codes) Rules in letter and spirit. (Agencies)

**20-year jail.....**

of 15 kilograms of brown sugar, obtained from them after their confession in the Karnah area, Kashmir Zone Police said on X.

Further investigation conclusively established that the duo intended to transport the narcotics consignment from Karnah to Punjab.

Police said it was also proven that both smugglers had procured the narcotics consignment from across the Line of Control (LOC) through Bashir Ahmad, who is presently settled in Pakistan-occupied Jammu and Kashmir (POJK) and is known to be a cousin of Khurshid Ahmed.

Police led the thorough investigation of the case and the legal battle was effectively fought on behalf of the Union Territory of Jammu and Kashmir. The case was expedited and heard on a fast track basis, with the Pairvi cells, established under the guidance of the Police Headquarters, ensuring the timely presence of witnesses and their testimonies.

The judgment underscores the unwavering commitment of the criminal justice system to combat narcotics smuggling and uphold the law.

The exemplary teamwork exhibited by the investigative agencies and the legal counsel played a crucial role in bringing these narcotics smugglers to justice, police added. UNI

**J&K receives.....**

light rainfall was recorded at several places including the summer capital of J&K, Srinagar in the intervening night of Monday-Tuesday.

However, the weatherman has stated that there is no forecast of any major rainfall in the next two weeks, saying that the weather would remain mainly dry till September 11 in J&K.

Mainly clear & dry weather is expected for the next one week while a brief spell of light rain may occur at isolated places on certain occasions, although chances are very less, the MeT official said.

He further said that overall, there is no forecast of any major rain/snowfall for next two weeks, but subdued rainfall will continue for another two weeks in J&K.

**Hideout busted.....**

activities. During the search operation, he said that two blankets, edible items and personal use items from the hideout, indicating the presence of the terrorist in the hideout were recovered.

He said that the recovery of these items underscores the importance of this operation in disrupting unlawful activities in the region.

Entire area has been cordoned and searches being conducted, said the SSP, adding, "our mission is to ensure the safety and security of our citizens, and the operation is a resounding success in our ongoing efforts to eradicate terrorism from the region."

Kishtwar Police urge citizens to remain vigilant and report any suspicious activities or information that could aid in maintaining peace and thwarting the designs of anti-social elements.

The police department remains committed to upholding the law and ensuring the safety and well-being of all residents, he added. UNI



# DC Srinagar visits Indian Institute of Carpet Technology

Course Completion Certificates in Skill upgradation in Carpet Technology distributed among the Trainees

SRINAGAR, SEP 05: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today undertook a visit to Indian Institute of Carpet Technology (IICT), Baghi Ali Mardan Khan, Nowshara and took stock of the functioning of the Institute established to provide necessary technical support to Carpet Industry.

During the visit, the Deputy Commissioner inspected the different Units of the IICT and took stock of GI Tagging of Hand Knotted Carpet Laboratory, Design Development of Carpets through Software Technology, Preservation of Old Traditional Carpet Design into Digital Form, New Innovative Prototypes/Products developed at the Institute.

The Director IICT apprised the DC about the ongoing projects of the Institute. He was informed that a Modern Dye House is being set up in the Institute which shall start functioning by October 2023.

The DC appreciated the initiatives taken by the Institute and hoped that these initiatives will go a long way in reviving the Car-



pet Industry of Jammu and Kashmir particularly in Srinagar District which has remained the hub of carpet industry.

During the visit to IICT, the Deputy Commissioner distributed Course completion certi-

ificates in Carpet Technology among 20 pass-out candidates of Government Industrial Training Institute (Women), Bemina who have completed one month "Short Term Skill Up-gradation and Capacity Building Training Pro-

gramme" conducted by the Institute in collaboration with District Skill Committee, Srinagar under SANKALP Scheme of Ministry of Skill Development & Entrepreneurship, Government of India. On the occasion, the DC also

interacted with the pass outs and enquired about their learning from the specialized programme. The DC advised them to implement and execute their skills in real life to become successful entrepreneurs.

The Training programme was coordinated by Mahatma Gandhi National fellow, Srinagar Ms. Syed Jaasirah Syedian.

The DC said the IICT has been established to develop trained human resources for the carpet Industry by upgrading the skill and knowledge level of semi-skilled/skilled Artisans, besides promoting the products through publicity campaigns.

On the occasion, the DC stressed the IICT management to provide quality education and training along with other technical services to stakeholders to their satisfaction so that they are able to set up income generating units to earn their livelihood.

During the visit, the DC was accompanied by Director IICT, Mohammad Ashraf, Chief Planning Officer, Mohammad Yaseen Lone, Tehsildar Eidgah, Ishfaq Ahmad Khan and other concerned.

## J&K Bank launches Mpay Delight +

Important milestone in our digital journey to ensure ease-of-banking for our valuable customers: Baldev Prakash

SRINAGAR, SEP 05: As a major step towards realizing its digital banking objectives, J&K Bank launched the first phase of its new mobile banking app Mpay Delight + to provide 'Bank-in-a-Pocket' experience to its customers.

MD & CEO Baldev Prakash formally launched Mpay Delight + today in presence of General Managers, Deputy General Managers and senior officers of the Bank here at the Bank's corporate headquarters.



While congratulating the participants for the new application, MD & CEO J&K Bank, Baldev Prakash said, "Today I am happy to see that the first-phase of Mpay Delight + is in our pockets and well ahead of the timeline. With the new app we have overcome the most severe pain-point in our banking services while covering an important milestone in our digital journey to ensure ease-of-banking for our valuable customers."

"The second phase will be completed by December this year with all the necessary digital banking features like online journeys for loans, deposits and investment product line. Thereafter, the customer won't have to go to branch any more as all the core functions of the branch will be managed on Mpay Delight + with much ease and efficiency," he added.

In his remarks on the occasion, MD & CEO further said, "Best quality products and timely delivery of services are the two critical components of a good strategy that enables organizations to thrive in any kind of competition. And when it comes to banking, the new-age customer is not ready to compromise on either of the two."

He urged the entire staff to promote the app aggressively so that the Bank's valuable customers can enjoy the ease, convenience and safety of managing their bank accounts anytime, anywhere without any hassles.

"With so many digital initiatives of the Bank currently in 'work-in-progress' stage, I assure all our stakeholders that J&K Bank will be one of the digitally best banks in the country by the end of current financial year", he asserted while appreciating the entire team of Mpay Delight + for their hard work in devising a highly competitive and feature-rich mobile banking application.

"All of us should continue to do the good-work as a team because the new-age banking calls for more of an advanced and integrated mode of functioning possible only through team-work", he added.

Earlier, in his welcome address Bank's General Manager (Strategy & IT) Intiyaz Ahmad gave an overview of the new application along with its features. He said, "Our previous application has 2 million users which makes it evident that of all the digital banking channels, J&K Bank's mPay is the mostly used platform by the common people. Today, as of now, the Mpay Delight + has already been downloaded by 1 Lakh Ten thousand users."

"And with enhanced features and ease-of-function, I am sure we will cross the 2 million mark sooner than we expect after this formal launch", he added.

The function ended with a vote of thanks presented by the DGM (IT & BPR) Mohammad Muzaffar Wani, wherein he expressed gratitude to all the dignitaries for sparing their valuable time besides thanking organisers of the event. "It might look a very small tool or app that every other bank has. But for us, Mpay Delight + will be a vehicle for achieving our digital transformation goals and it is going to help us in scripting a new business growth story of the Bank", he said.

Notably, Mpay Delight + is a state-of-the-art mobile banking application with an intuitive and user-friendly interface, making it easy for customers to navigate and access various banking functions. Some of the prominent features include easy account/s management, debit card management, utility bill payments, mobile deposits, alerts and notifications, loyalty management, Chatbot etc. The app has robust security measures in place such as encryption, biometric authentication (like fingerprint or facial recognition), and two-factor authentication (2FA) to protect user data and transactions.

## GDC Tral celebrates Teachers Day at Nagbal school

TRAL, SEP 5: In a heartwarming display of appreciation, the faculty members of Government Degree College Tral came together to celebrate Teachers' Day 2023 at Government Upper Primary School Nagbal. This noble initiative, driven by the college's principal, Prof. (Dr.) Mushtaq Ahmad Malik, aimed to honor the tireless efforts of elementary school teachers, often overlooked by society.

Bridging the Gap Prof. Ishaq Ahmad Wani, the program's leader, emphasized the invaluable role played by government schools, especially those in remote areas.

He highlighted the importance of this humble initiative in bridging the gap between school education and higher education, ultimately contributing to the holistic development of human resources.

A Community United The headmaster of Government Upper Primary School Nagbal, Manzoor Ahmad, warmly applauded this gesture of appreciation. He expressed his hope that such collaborative programs would continue in the future, serving as a source of encouragement for teachers and a means of recognizing their invaluable contributions to society.

The celebration at Government Upper Primary School Nagbal on Teachers' Day 2023 serves as a shining example of how education institutions can come together to honor and uplift the dedicated educators who shape the future of our nation.

This event reminds of the importance of recognizing and appreciating the unsung heroes of our educational system.

## Bhrashtachar Mukht Week Secy Revenue Deptt, senior officers attend camps across J&K

SRINAGAR, SEP 05: Secretary, Revenue, Dr. Piyush Singla, along with senior officers from the department, virtually participated in various Tehsil level camps organized as part of the Bhrashtachar Mukht Week across Jammu and Kashmir.

The officers engaged with District and Tehsil level officers to assess the effectiveness of information dissemination and grievance redressal efforts. They also gathered valuable feedback on Revenue Online Services from the beneficiaries attending the camps.

Dr. Singla attended camps held in different parts of District Pulwama, where he interacted with Deputy Commissioner, Dr. Basharat Qayoom and other senior officers from the District and Tehsil Administration.

During these discussions, the Secretary addressed important issues like status of online services, pending cases under PSGA, and the progress of the Auto Appeal system.

The Secretary emphasized on the implementation of e-office as it is a top priority for the Government, and the District must ensure its full implementation on the ground.

The camps witnessed enthusiastic participation from the public, and beneficiaries from various camps had the opportunity to directly interact with the Secretary, providing valuable feedback on service delivery.

Similarly, Shahbaz Ahmed Mirza, Special Secretary Revenue, along with



Additional Secretaries from the department, attended camps in Kishtwar, Doda, Budgam, and Baramulla. They engaged with District and Tehsil level officers and assessed the level of participation in the camps, feedback regarding online services and grievance redressal. It is worth mentioning that Revenue

Department has been actively engaging with officers and the public from various Tehsils, including the ongoing attendance at BMW camps. These interactions are scheduled to continue throughout the week, with the aim of covering all Tehsils in the UT and ensuring effective grievance redressal and feedback.

## Supreme Court Reserves Its Verdict On Batch Of Pleas Challenging Abrogation Of Article 370

NEW DELHI, Sep 5: The Supreme Court on Tuesday reserved its verdict on a batch of pleas challenging the abrogation of Article 370 of the Constitution which bestowed special status on the erstwhile state of Jammu and Kashmir.

A five-judge bench headed by Chief Justice DY Chandrachud reserved the verdict after a marathon 16-day hearing.

The bench, also comprising Justices Sanjay Kishan Kaul, San-

jiv Khanna, BR Gavai and Surya Kant, heard the rejoinder arguments of senior advocates Kapil Sibal, Gopal Subramaniam, Rajeev Dhavan, Zaffar Shah, Dushyant Dave and others on the concluding day of the hearing.

The top court said if any lawyer appearing for the petitioners or respondents wishes to file a written submission can do so in the next three days. The submission should not extend beyond two pages, it said.

In the course of the hearing over the past 16 days, the top court heard Attorney General R Venkataramani, Solicitor General Tushar Mehta, senior advocates Harish Salve, Rakesh Dwivedi, V Giri and others on behalf of the Centre and the intervenors defending the abrogation of Article 370.

The lawyers dwelt on various issues including the constitutional validity of the Centre's August 5, 2019 decision to abro-



gate the provision, the validity of Jammu and Kashmir Reorganisation Act, which split the erstwhile state into two Union Territories, challenges to imposition of Gov-

ernor's rule in Jammu and Kashmir on June 20, 2018 and imposition of President's rule in the erstwhile state on December 19, 2018 and its extension on July 3, 2019.

Several petitions challenging the abrogation of Article 370 and the Jammu and Kashmir Reorganisation Act, 2019 that divided the erstwhile state into two union territories - Jammu and Kashmir, and Ladakh - were referred to a Constitution bench in 2019.

## 'Teachers Day' celebrated across Pulwama DC addresses function at GBHSS Pulwama

HT News Network

PULWAMA, SEPTEMBER 05: On the eve of 'Teachers Day', the Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today visited Government Boys Higher Secondary School (GBHSS) Pulwama and addressed a huge gathering of students. The DC was given a warm welcome by the enthusiastic and jubilant students. Addressing the students, the DC threw light on the significance and historical background of the Teachers' Day which also marks the birth anniversary of Dr Sarvepalli Radhakrishnan.

"Teacher is the real architect of a society and as such deserves respect and honor from all walks of life. The best way of celebrating Teachers' Day is to respect and honour the teacher in real essence and to recognize the efforts of a teacher in shaping the students", said the DC. He made the



students familiar with the values of the Teacher now and then. The DC also asked students and the youth to be aware of the disastrous effect of drug menace and advised them not to fall prey to enemies of humanity and society, who are hell bent upon to involve society in the drugs. He asked them to follow and support the programme of District Administration, envisage completely eradicating the drug menace from the district and

making Pulwama a drug free district. CEO Pulwama also spoke on the occasion and threw light on the significance of Teachers' Day celebration. Meanwhile, Teachers' Day was celebrated in all educational institutions of Pulwama district. The students participated in different activities including singing, dancing, speeches and other cultural variety programmes and expressed their love and respect for their teachers.

## DC Kupwara reviews arrangements for Mega Bangus Adventure Festival

HT News Network

KUPWARA, SEPTEMBER 05: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan Tuesday convened a meeting of officers in the Meeting Hall of DC Office here to review the preparations for upcoming Bangus Adventure Festival-2023 scheduled to be held on 10th September.

The meeting held threadbare discussion regarding various components of preparations including recreational and adventure activities, transportation and parking plan; sanitation and drinking water etc to be provided during the festival.

The DC stressed that the event should showcase the rich eco-tourism and adventure tourism of the area; besides, there should be proper promotion of the festival and other facilities to achieve the ultimate objective of making Bangus



Valley a prominent tourist destination. Ayushi directed all the concerned Officers to work in close coordination and ensure fool-proof arrangements well in advance for the smooth and successful conduct of the Bangus festival. This time, the Bangus festival is being organised on a bigger scale and we are expecting a huge tourist footfall on the Bangus festival day and all depart-

ments have to contribute positively, said the DC.

In the meeting it was decided that the Bangus festival will be showcasing activities including Paragliding, Horse racing, Hot air balloon, ATVs, Zorbing, Mini-golf, Tug of war, Cultural event, live painting, Volleyball, martial arts.

It was also decided in the meeting that local Dhokas will be beautified and hoardings for tourism pro-

motion will be put up at different locations in the district.

CMO Kupwara, Chief Animal Husbandry and Sheep Husbandry officers were directed to conduct two different Medical camps in Bangus on the day of the event.

R&B department, RDD, Municipal committees, Kupwara, Handwara and Langate have been directed to conduct sanitation drives in Bangus in advance to ensure the cleanliness of the Bangus Valley. CEO, LBDDA and Tehsildar Kralpora have been nominated as Nodal Officers for the Bangus festival.

Among others the meeting was attended by SSP Kupwara, Yougal Manhas, ADDC Kupwara, Altaf Ahmad Khan; ADC Kupwara, Gh. Nabi Bhat; CEO LBDDA, Gh. Jeelani Zargar; Joint Director Planning, Abdul Majeed; Exen R&B, Exen PHE and Tehsildar Kralpora.

## National Teachers Day celebrated at Anantnag Teacher is the builder of Nation: SF Hamid

HT News Network

ANANTNAG, SEPTEMBER 05: The National Teachers Day was today celebrated with great enthusiasm and fervour across Anantnag. On the occasion, the role played by the teachers in transforming the students and society as a whole was highlighted in detail.

The main function was held at Govt Higher Secondary School Ranibagh which was presided over by District Development Commissioner (DDC) Anantnag, SF Hamid as chief guest. Chief Education Officer, District Education Planning Officer, Principal HSS Ranibagh, Cultural Coordinator Education Department



besides other officials and students also attended the function.

The DDC paid rich tributes to his teachers and remembered their contribution in shaping up his career. He said that soon the Back to School pro-

gramme will be launched in the district to bring school dropouts/leftovers to classrooms.

He stressed upon the teachers to be the role models for their students and pay due attention to the students who are weak in

learning. He called for strengthening the student teacher relation especially in light of evolving trends in the teaching profession.

He said that smooth adoption and implementation of New Education Policy and new ideas in teaching methodology are vital for transforming the education sector.

DDC said that district administration would like to extend its sincere appreciation to all the teachers who have played an essential role in shaping the future of Anantnag District. Your dedication and commitment to educating the youth are commendable and deeply valued.

### UNION TERRITORY OF JAMMU AND KASHMIR, OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECHANICAL DIVISION SOUTH AWANTIPORA NOTICE INVITING TENDER GIST of e-NIT No. 19 of 2023-24 Dated: 05-09-2023

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Mechanical Division South (Awantipora), invites e-tenders from reputed and resourceful Bidders/Firms/Companies/Consortiums between bidder/firm and Financier of all classes registered in JKPWD/CPWD/Railways or any other state Government for "Supply, Installation, Testing & Commissioning of electro-mechanical equipments at various water supply schemes of Jal Shakti (PHE) Mechanical Division South Awantipora". The bidding process shall be completed online on [www.jktenders.gov.in](http://www.jktenders.gov.in) in two covers viz. Cover 1<sup>st</sup> consisting of Pre-Qualification Criteria, General Terms and Conditions and Technical Specifications and Cover 2<sup>nd</sup> shall consist of Financial Bid on percentage basis, in the prescribed BOQ.

Sr No	Particulars of the work	Esttd. Cost (Lacs)	Tender fee (in Rs)	Earnest money Deposit	Bid Validity	Time of Completion of work
1	2	3	4	5	6	7
1.	Supply, installation, testing and commissioning of electro-mechanical equipments at water supply scheme Barsoo Old of Jal Shakti (PHE) Mechanical Division South Awantipora.	Work/Scheme wise details given in Form-I of Tender Document	Rs. 500/- for each work	02% of the estimated cost of each work	120 days	As indicate against each item in Form-I of Tender Document

Programme/Position of funds: Approved Under Jal Jeevan Mission (JJM)

The tender inviting authority is Executive Engineer, Jal Shakti (PHE) Mechanical Division South Awantipora.

The awarding authority is District Jal Jeevan Mission (DJJM).

Critical Dates:

Sl No	Particulars	Date
I	Publish Date on Tender Portal	05-09-2023 (03:00 pm)
II	Document Download/sale start Date	05-09-2023 (03:00 pm)
III	Date of Pre-bid meeting	11-09-2023 (11:00 am)
IV	Bid submission start date	05-09-2023 (03:00 pm)
V	Document Download/sale end Date	15-09-2023 (04:00 pm)
VI	Bid submission end date	15-09-2023 (04:00 pm)
VII	Date and time of Bid opening	16-09-2023 (01:00 pm)

- Bid documents can be accessed and downloaded from the website [www.jktenders.gov.in](http://www.jktenders.gov.in)
- 
- Other details can be seen in the bidding documents from the website [www.jktenders.gov.in](http://www.jktenders.gov.in).
- Queries by email if any should be made at [xenphemechsouthawp@gmail.com](mailto:xenphemechsouthawp@gmail.com).

DIPK-8332/23  
No: JSD/MDSA/3073-75  
Dated: 05/09/2023

Sd/-  
Executive Engineer,  
PHE Mechanical Division,  
South Awantipora.

### Union Territory of Jammu & Kashmir Office of the Executive Engineer R&B Division Kupwara

NIT No. 39-Kupwara/5859-68 of 2023-24 e-tendering DATED: - 04-09-2023

For & on behalf of Lieutenant Governor of J&K Union Territory, e-tenders (in single cover system) are invited on item rate basis from approved and eligible Contractors registered with Union Territory J&K Govt. CPWD, Railways and other state/Central Governments for the followings works:-

S. No	Name of Work	Adv. Cost (Rs. in Lacs)	Cost of T/Doc. (In rupees)	Earnest Money (In rupees)	Time of Completion in days	Time & Date of Opening of Bid	Class of Contract or	Major Head of Account
1.	Up-gradation of Cooperative of Sogam CMS Infrastructure	51.97	1600/-	104000/-	90 days	11-09-2023	"AAY"	4425

Position of AAA : Accorded  
Position of funds : Approved

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

Sl No	Particulars	Date
01.	Date of issue of Tender Notice	04-09-2023
02.	Period of downloading of bidding documents	From 05-09-2023 to 11-09-2023 (4.00P.M)
03.	Bid submission start date	05-09-2023 from (10.00A.M)
04.	Bid submission end date	11-09-2023 upto (04.00P.M)
05.	Date & time of opening Bids (on line)	11-09-2023 at (6:00P.M) in the Office of the Executive Engineer RnB Division Kupwara

TERMS AND CONDITIONS:-

The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy tender shall be rejected.

- Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith Cell No. & Sr. No of NIT, in favour of Executive Engineer R&B Division Kupwara (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Kupwara.
- The Successful Bidder has to produce an amount equal to 5% additional performance security deposit of the allotted cost. The same shall be released after successful completion of the defect liability Period of the work. The EMD of 2% successful bidders shall be released after receipt of 5% Performance Security
- The GST-3B for last Quarter (Quarterly return) and Previous month for (Monthly return) Should be uploaded, irrespective of date of Tender
- 1<sup>st</sup> lowest bidder will submit the CDR/FDR within two days after opening of tender falling which 2<sup>nd</sup> lowest will be approached. Besides 1<sup>st</sup> lowest will be debarred from participating in tendering process for one year in this division.

DIPK-8315/23  
No. 5859-68  
DT: 05-09-2023

Executive Engineer  
R&B Division Kupwara.

## Bhrashtachar Mukht J&K Week: Senior Officers from District Administration visit Bandipora Town

HT News Network



BANDIPORA, SEPTEMBER 05: As part of the ongoing Bhrashtachar Mukht J&K Week, and following the directions of Deputy Commissioner Bandipora, a team of senior officers led by Nodal Officer Coordination Mohammad Ashraf Hakak and ADC Bandipora Umar Shafi Tuesday visited Bandipora town including main market area to assess the issues faced by people and addresses their grievances and concerns. During the visit, the officers interacted with people, including traders and transporters, besides shopkeepers. The officers took stock of the issues faced by common people in and around the main market. The people, including shopkeepers and transporters on the occasion, brought several issues into their notice, including drainage system, traffic management, and sanitation. One of the main problems faced by common people was a main drainage hole situated in the center of Gulshan Chowk Market. Officers on the spot passed the directions to Executive Officer Municipal Council Bandipora for repairing and covering the hole on a war-footing basis. Nodal Officer Coordination on the occasion said that visiting the heart of Bandipora is aimed to establish a direct line of communication with the people, ensuring that their voices are heard and issues resolved.

He said that the visit provided an opportunity for the administration to gain firsthand appraisal of the challenges faced by the residents and business owners of the town. He said that the concerns of the local population have been recorded and shall be resolved on a priority basis. Speaking about Bhrashtachar Mukht J&K week, he said that the goal of District Administration is to build a corruption-free society where every citizen can lead a dignified life.

## Secretary J & K Board for PSP visits Pahari Boys and Girls Hostels Kupwara

HT News Network

Kupwara, Sep 5: Secretary, J & K Board for Pahadi Speaking People Ms. Sapna Kotwal paid a visit to Govt. Boys and Girls Pahari hostels at Kupwara.

During the visit, Secretary reviewed the status of facilities being extended to the students in these hostels besides interacting with the students and staff.

Secretary also took stock of the quality of education being provided to the students in both the hostels. She took feed back from parents and PRIs to improve the facilities to be provided to the boarding students.

Secretary issued on the spot directions to the Hostel Administration to provide essential basic facilities to the students residing in both the hostels and further improve the education standards.

Secretary was accompanied by Chairperson BDC, Fareed Ahmad Khan, Warden, Firdous Ahmad Khan; Sarpanch, Mohd Khurshid Mir; Abdul Hamid Wani, Statistical Officer and parents.

## S. P. College organizes series of events to commemorate 'Teacher's Day'

SRINAGAR, SEPTEMBER 05: The Dean Students Welfare, S. P. College today organized a series of events in connection with Teacher's Day.

The day is celebrated in honour of Dr S. Rhadhakrishnan, President of India, a great visionary and an educationist.

The program started with a screening of a documentary on Dr. S. Rhadhakrishnan prepared by the students.

The program was inaugurated by the Principal of the College, Prof (Dr.) Gh Geelani Qurashi who highlighted the significance of the day. Principal welcomed the guest of honour for the day Musheer-ul-Islam former PTI of the college. Speaking on the occasion, the guest of honour signified the importance of a teacher through his experience as a faculty member in the Higher Education Department. Principal and guest of honour joined the audience for a spectrum of programs which were performed by the students that included singing, cultural and fun activities.

The program also included an awareness program about eye care organised by DSW in collaboration with Sharp Sight Srinagar. Dr. Shazia Shafi, Consultant of the hospital delivered a talk and had interaction with the students and the faculty.

# Digital Week celebration 2023, Mega awareness camp held at Sub Division Bani

## Event showcases revolution in public service delivery, transparent and corruption free governance

### HT News Network

KATHUA, SEPTEMBER 05: A series of activities including Digital Melas, Awareness programmes are being hosted across Kathua district to mark the celebration of Digital Week-2023.

On the directions of the Deputy Commissioner, Rakesh Minhas, a number of awareness programmes were held in different areas of the district as a part of Digital Week Celebrations aimed at enhancing digital literacy among the Stakeholders. Mega Digital Week celebration programmes were held at Sub Division Bani under the supervision of SDM, Satish Sharma.

On the occasion, senior officers of different departments sensitized the people about On-Line services being provided by their respective departments as they gave demonstrations and hands-on training.

The departments provided on spot e-services being offered by them, including Aadhaar enrollment, Golden Cards, services of Revenue department, Horticulture, Agriculture, Holistic Agriculture Development Schemes, RDD schemes besides other services that can be availed online by the public.

Speaking about the weeklong "Digital Week-2023", the SDM



Bani said that the initiative has been launched to provide easy access to Government schemes and services and enhance digital literacy among the people, besides adapting technological interventions to ensure citizens-centric services in an efficient, prompt and effective manner. The digital week will align with the anti-corruption campaign, showcasing the role of online services in combating corruption.

Measures will be taken against individuals filing frivolous complaints to send a clear message against misuse of anti-corruption measures. Google Form links will be disseminated

through social media and other platforms to encourage public feedback.

A massive publicity campaign involving citizens, youth clubs, PRI's, and media will ensure door-to-door information dissemination on the anti-corruption drive. The Digital week camps were also held in other parts of the district where the line departments showcased their online schemes to the people and enrolled the beneficiaries. A massive publicity campaign involving citizens, youth clubs, PRI's, and media will ensure door-to-door information dissemination on the anti-corruption drive.

## Activities under 'Ayushman Bhava' gains momentum in Doda district

### HT News Network

DODA, SEPTEMBER 05: Additional Deputy Commissioner Doda, Dr Ravi Kumar Bharti, today convened a meeting of the stakeholders to review the activities under the ongoing 'Ayushman Bhava' programme in the district.

The Campaign started on the 1st of September and shall continue till 31st of December and aims to provide quality healthcare facilities to the patients in all Government hospitals across the district.

The programme is aimed to achieve 100 percent targets in coverage of all health schemes in a mission mode and ensure optimum delivery of all healthcare schemes to every intended beneficiary in the district.

## Tibetan parliamentary delegation calls on Syed Mohammad Altaf Bukhari to seek his support to Tibetan cause

### Reyaz Badana



A delegation of Tibetan parliamentarians in exile met with Apni Party President Syed Mohammad Altaf Bukhari to brief him on the long-standing violations of fundamental and human rights faced by the people in Tibet. They explained the historical background of the Tibetan dispute and its occupation, urging the Apni Party President to openly support their cause. According to a press note, the Tibetan parliamentarians in exile, including Dawa Tsering, Ms. Yeshe Dolma, and Tenpa Yarphel, are presently on an advocacy tour in Srinagar. They held meeting with Apni Party's president at the party's headquarters in Srinagar, during which they presented a memorandum to Mr. Bukhari. Party's Senior Vice President Ghulam Hassan Mir was also present on this occasion. The memorandum reads: "Tibetan people have been traumatized by systematic violations of their most fundamental human rights and threats to their distinct cultural and national identity since the People's Republic of China (PRC) invaded Tibet in 1949. Over the last seven decades, the situation in Tibet has been deteriorating to the extent that it is now facing the imminent threat of cultural genocide and total annihilation of Tibetan identity."

## GDC Ramgarh organises Digital Logo-Making Session

### HT News Network

SAMBA, SEPTEMBER 05: Government Degree College Ramgarh today organized a Digital Logo-Making Session for the students of the College as a part of the series of the activities to be organized by the College during the 'J&K Digital Week-2023'.

The activities are organized by the NSS unit 'Prabha' and Department of Computer Application under the guidance and coordination of Prof. (Dr.) Geetanjali Andotra, Principal of the College.

The organizing committee of the events to be held during the J&K Digital Week-2023 includes Dr. Shamsheer Lal, Dr. Rahul Kunal, and Mr. Sunil Kumar.

On the occasion, Dr. Shamsheer Lal, NSS Program Officer and Coordinator, said

that since we live in the 21st century, it is important to possess skills of the current times. At present, having knowledge about something is not enough. Students should have the capability of practically putting that knowledge into practice and be able to bring something fruitful to the table. Students must learn digital skills. He added that the 'Digital Logo-Making Session' has enabled the students to learn such skills.

Sunil Kumar, faculty in the Department of Computer Application, conducted the session in which he taught the students about how to make digital logos using simple computer software and tools. He said that while reading and mathematics have remained steadily at the core of education, the digital literacy curriculum is being accepted.

## Prabhari Officer visits Panchayat Panj Garain in Nagrota

### Urges public for active participation to avail maximum benefits of govt schemes

### HT News Network

JAMMU, SEPTEMBER 5: Programme Coordination Executive, Department of Information and Public Relations Akanksha Kalsootra who is also the Prabhari Officer of Panchayat Panj Garain, Block Nagrota, today inspected the ongoing developmental works of the Panchayat.

During the visit Prabhari Officer convened a meeting of officers of line departments, PRI members, general public and took stock of the ongoing works.

She apprised the members about the "Bhrashtachar Mukta J&K week" which is being celebrated throughout the Union Territory from Sep-



tember 4 to 10, 2023, with the aim to eradicate corruption and promote transparent and accountable governance. She stressed upon all stakeholders to ensure speedy redressal of public issues besides ensuring prompt service delivery through transparent manner.

Representatives from line departments like Revenue, PWD, JKPDCL, PDD,

redressal of grievances.

She also urged the public for active participation in these programmes and to avail the maximum benefits of different Government schemes and programmes. She further stressed on convergence between different departments and programmes for better service delivery. Earlier, Sarpanch Thoru Ram apprised the members about the emergent issues and also expressed satisfaction for successful completion of important works in recent past. Some of the major works that have been completed include black topping of road (Panj Grain to Seri Kalan), inauguration of two projects under JJM, installation of electric poles.

## Digital transformation awareness programme held at GCW Udhampur

### HT News Network

UDHAMPUR, SEPTEMBER 05: The Government College for Women (GCW) Udhampur proudly celebrated a momentous Digital Awareness Program in collaboration with J&K Science Technology & Innovation Council, Udhampur shedding light on the importance of digital transformation and awareness in today's fast-paced world.

The event, held in the college premises, brought together distinguished guests, faculty members, students, and experts in the field of technology and digital services.

The highlight of the event was the gracious presence of the esteemed Chief Guest, Prof. Anjali Mahajan, the college Principal. Prof. Mahajan is a renowned academician and an inspiring figure in the educational arena. The program commenced with the lighting of the lamp by Prof. Anjali Mahajan, Rajinder Kumar Dagra, Shruti Khanna, Dr. Sanjeev Kour, Prof. Kewal Kumar, and Prof. Binny Kumar participated in unison, symbolizing the enlightenment that digital



awareness brings to our lives.

The program then burst into cultural celebrations with the melodious "Sarswati Bandana" by the talented students of the Music Department. Shruti Khanna, District Coordinator from the Department of Science and Technology, delivered a warm and welcoming address, setting the tone for the informative sessions ahead.

The audience was treated to an enlightening lecture on the "Role of National Informatics Centre in Digital Transformation" by the knowledgeable resource person, Anish Sharma, District Informatics Officer, NIC Udhampur.

## Enthusiastic Celebration of Teachers' Day witness in Reasi District

### HT News Network

REASI, SEPTEMBER 5: The Teachers' Day was joyously celebrated today in the auditorium of the DC Office Complex. District Development Commissioner, Babila Rakwal, graced the occasion as the chief guest, and the event was thoughtfully organized by the Department of Education.

Teachers' Day is an annual commemoration held on the birth anniversary of India's second President, Dr. Sarvepalli Radhakrishnan, a distinguished educator who dedicated his life to the noble cause of teaching.

In her address to a gathering of teachers and students, the Deputy Commissioner



emphasized the profound significance of this day, a day to pay homage to the architects of our nation. The DC underscored that a teacher's role extends beyond the classroom; they shape students not just academically but also morally, preparing them for future challenges.

In recognition of outstanding contributions to education, seventeen teachers from the School Educa-

tion sector were honored during the event.

Sunita Bali, Chief Education Officer Reasi, extended her congratulations to both teachers and students for orchestrating a grand celebration.

A medley of cultural events, illuminating the vital role of teachers and their enduring impact on society, was skillfully organized by educational institutions.

## Teachers' Day celebrated across Rajouri district amid enthusiasm

### HT News Network

RAJOURI, SEPTEMBER 5: The commemoration of Teachers' Day in District Rajouri was marked by a series of activities aimed at recognizing the invaluable role of teachers in society.

The day began with Deputy Commissioner Rajouri, Vikas Kunal, lighting a candle in honor of the man to whom Teachers' Day is dedicated, Dr. S. Radhakrishnan.

In a heartfelt gesture, Deputy Commissioner Rajouri, Vikas Kunal, bestowed honors upon numerous teachers and heads of educational institu-

tions for their outstanding contributions to the field of education.

Teachers' Day was celebrated with unparalleled enthusiasm across District Rajouri, with the main event taking place at the Dak Bungalow in Rajouri. Deputy Commissioner Vikas Kunal graced the occasion as the Chief Guest, accompanied by ADC Kotranka, Surinder Mohan Singh; ADC Sunderbani, Vinod Kumar; ADC Nowshera, Kartar Singh; ADC Kalakote, Krishan Lal; CPO Mohd Khurshheed; ACR Imran Kataria; DPO Auqil Nuvaid; Chief Education Officer Sultana Kousar; Principals, Headmasters, honored teachers, and students.



On this auspicious occasion, the Education Department Rajouri honored numerous teachers from various Educational Zones of the district for their exceptional contributions, particularly in facilitating students through online classes, community classes, and the provision of offline study materials.

Addressing the gathering, DC Vikas Kunal highlighted the pivotal role teachers play in shaping the nation and emphasized the importance of recognizing and appreciating their contributions. He also expressed concern over drug abuse in the district, urging students of different age groups to protect themselves from this harmful habit. Kunal underscored the achievements of the Government of Jammu and Kashmir under the Digital India initiative, citing the convenience of over 1000 services available with just one click through the e-Unnat portal. He stressed the role of teachers in eradicating corrupt practices and drug abuse from society.

Students who participated in the event also shared their perspectives on the influential role teachers have played in their lives. Similar programs were organized at the zone and school levels throughout the district, with a focus on "Bhrashtachar Mukta Jammu and Kashmir" and the Digital India campaign, featuring various activities such as paintings, quizzes, debates, dramas, skits, rangoli, posters, marathon, and more.

Teachers' Day in District Rajouri was a heartwarming celebration that acknowledged the tireless efforts of educators in shaping the future of our society.

## Teachers at the heart of Education Recovery; GDC Neeli Nallah hosts symposium

### HT News Network

UDHAMPUR, SEPTEMBER 05: Government Degree College Neeli Nallah, Udhampur, organized Symposium to commemorate the birth anniversary of Dr. Sarvepalli Radha Krishnan on 5th Sept. 2023. The program was organized under the guidance of the college Principal, Prof. Hans Raj. The theme of the event was "Teachers at the heart of Education Recovery". The event started with lightening of lamp to honor Dr. Sarvepalli Radha Krishnan. A total of seven students participated in the competition and express their views. Further, Ms. Shruti Dogra, student of Sem V gave a dance performance. Prof. Hans Raj, Principal of the College, appreciated the students for their love and gratitude towards their teachers. He also enlightened the students and faculty members about the role of teachers and duties of students in today's scenario.

EDITORIAL

**Social Media's  
Misinformation Menace:  
Unmasking the Impact on  
Kashmiri Society**

In today's interconnected world, social media has emerged as a double-edged sword. While it has revolutionized communication and enabled global connectivity, it has also become a breeding ground for misinformation and disinformation campaigns. Nowhere is this more evident than in the sensitive region of Kashmir, where social media platforms have played a pivotal role in shaping public opinion, often with disastrous consequences.

Kashmir, a region long marred by political turmoil, has witnessed a significant transformation in the way information is disseminated and consumed. The rise of social media platforms has empowered ordinary citizens to share their perspectives and experiences, but it has also opened the floodgates to an alarming proliferation of false narratives and half-truths.

One of the primary reasons behind the misinformation epidemic in Kashmir is the deep-seated polarization within the society. The longstanding conflict between India and Pakistan over Kashmir has created a highly charged atmosphere, making the region fertile ground for the spread of divisive narratives. Social media platforms, with their algorithms designed to prioritize engaging content, inadvertently amplify extremist voices, further fueling the divide.

Misinformation in Kashmir often revolves around sensitive topics such as political unrest, security operations, and human rights violations. Falsehoods and manipulated images regularly circulate, making it challenging for the public to distinguish fact from fiction. This misinformation not only distorts the reality on the ground but also exacerbates tensions, leading to potential real-world consequences.

To combat this growing issue, it is imperative that both social media platforms and local authorities take proactive steps. Social media companies must strengthen their content moderation mechanisms to swiftly detect and remove misleading information. Additionally, they should invest in digital literacy campaigns to empower users with the tools to discern credible sources from unreliable ones.

Local authorities in Kashmir should prioritize transparent communication channels and engage in fact-based narratives to counter misinformation.

To conclude, while social media can be a powerful force for good, it has become a double-edged sword in Kashmir, where misinformation threatens to further divide an already polarized society. To protect the region from the detrimental effects of misinformation, a concerted effort is needed from both social media platforms and local authorities to promote transparency, digital literacy, and fact-based communication. Only then can Kashmir move toward a more informed and peaceful future.

■ Dr. Gh Hassan Wani

Education, often described as the foundation of society, has seen a seismic shift in the 21st century. This transformation has not only altered the way students learn but has also fundamentally changed the role of teachers. Gone are the days of teachers being the sole sources of information; the modern educator now wears multiple hats, adapting to a rapidly changing world and embracing new responsibilities that extend far beyond the traditional classroom. Driven by technological advancements, shifting educational paradigms, and evolving student needs, the twenty-first century has significantly transformed the role of the teacher. The traditional image of a teacher as a knowledge dispenser standing at the front of the classroom has given way to a multifaceted and dynamic role that involves fostering critical thinking, adapting to technology, being lifesavers in crisis and nurturing holistic student development. Educators, in this digital age, are no longer only dispensers of information but facilitators of learning, mentors, and guides in a rapidly changing world.

In the 21st century, teachers have to play a dynamic and multifaceted role in education. Their responsibilities go beyond traditional classroom instruction. Here are some key aspects of the role of teachers in the 21st century.

**Facilitate learning:** teacher's role has evolved from being the primary source of information to a facilitator of learning. In the past, educators were seen as the gatekeepers of knowledge, whereas today, they need to guide students in navigating the vast sea of information available at their fingertips. Modern teachers are no longer mere deliverers of information. Instead, they should act as facilitators of learning, guiding students towards discovering knowledge themselves. This shift must emphasize on developing critical analysis, creativity, active engagement, collaboration, and encouraging students to take ownership of their own education. Teachers therefore, should facilitate learning by creating engaging and interactive classroom environments that foster critical thinking, problem-solving, and active participation.

**Integrate technology:** Technology has revolutionized education, and teachers have to be instrumental in integrating it effectively into the teaching-learning process. From online teaching and interactive tools to virtual classrooms and educational apps, teachers must possess digital literacy skills to navigate new teaching meth-

ods and ensure that the students are equipped for the digital age. Modern teachers are necessarily expected to be tech-savvy and capable of leveraging digital tools to enhance the learning experience. They must incorporate technology into teaching to enhance learning experiences, leverage online resources, and prepare students for the digital age.

**Individualize Learning:** Every student is unique, with different learning preferences and abilities. The modern teacher must recognize this diversity and employs personalized teaching strategies to cater to individual needs. Differentiated instructions ensures that no student is left behind, and each learner can progress at their own pace. One-size-fits-all instruction should no longer be the norm for them. Teachers are now expected to cater to diverse learning styles, paces, and abilities. This demands a deep understanding of each student's strengths and challenges, allowing teachers to tailor their approach and provide individualized support. Teachers adapt instruction to cater to individual learning styles and needs, recognizing that each student is unique.

**Embracing Inclusivity and Diversity:** Diversity and inclusivity have become central tenets of 21st-century education. Teachers are expected to create inclusive classrooms that celebrate diversity in all its forms—cultural, linguistic, and neurodiversity. They should adapt their teaching methods to accommodate different learning styles and provide support for students with varying abilities and needs. Inclusive education also involves addressing issues of equity and access. Teachers should work to bridge the social and digital divide, during teaching transaction, by ensuring that all students have access to technology and resources, regardless of their socioeconomic background.

**Nurture Critical Thinking:** In a world inundated with information, the ability to critically analyze and evaluate information has become paramount. Teachers ought to be tasked to cultivate critical thinking skills among their learners, encourage them to question the sources of information, evaluate evidence, and develop a nuanced understanding of complex issues and situations countering them.

**Nurture emotional well-being:** Recognizing the importance of emotional well-being in the overall development of a student, teachers need to play a vital role in nurturing students' social and emotional development. They must create a safe and inclusive environment where students can comfortably express themselves. This can pave a

way to promote their mental health and a positive learning atmosphere. Beyond academic growth, teachers should increasingly focus on fostering students' social and emotional well-being. Creating a safe and inclusive classroom environment that helps students develop interpersonal skills, empathy, and emotional intelligence, ultimately contributing to their overall personal growth.

**Develop lifelong learning models:** Teachers are no longer seen as the sole repositories of knowledge. Instead, they should model lifelong learning by embracing their own professional development. Continuous learning, staying updated with new educational approaches, and refining teaching methods have become integral to their role.

**Prepare students for global citizenship:** As the world becomes increasingly interconnected, teachers have the responsibility to prepare students to be global citizens. This involves fostering cultural awareness, empathy, and an understanding of diverse global perspectives to navigate an ever-changing global landscape. With the world becoming more interconnected, teachers ought to play a crucial role in developing global citizens. They should expose students to diverse cultures, perspectives, and global issues, cultivating cultural competence and preparing students to thrive in an increasingly multicultural world.

**Inculcate 21st-Century Skills among students:**

As the modern teaching extends beyond the classroom walls, teachers have to collaborate with government departments, NGO's colleagues, parents, and the wider community to create a holistic support network for students. Effective communication skills are essential for maintaining these partnerships. Teachers therefore, must develop among their students the development of 21st century skills such as communication, collaboration, creativity, leadership, empathy and adaptability, which are vital in the modern workforce.

**Be Adaptable:** In an era of rapid change, teachers must be adaptable and flexible in their approach. They often encounter diverse challenges, from sudden shifts to remote learning to incorporating new pedagogical techniques, requiring them to quickly adjust and find effective solutions.

**Show resilience:** Flexibility is paramount for the contemporary teacher. The ability to adapt to changing circumstances, whether it's transitioning to online learning during a pandemic or adjusting to new curriculum stan-

dards, teachers should demonstrate their resilience and dedication to their students' education.

**Be role models:** The 21st-century teacher must be a lifelong learner. In an era of rapid technological advancement and evolving pedagogical approaches, educators must stay abreast of the latest developments in their field. This not only enhances their own teaching effectiveness but also sets a powerful example for students. Teachers continue to be influential role models for their students. Beyond imparting subject knowledge, they inspire values, ethics, and a lifelong love for learning. These positive interactions leave lasting impressions that can shape students' personal and professional lives. Perhaps the most enduring role of a teacher is that of an inspiration. Through their passion, dedication, and commitment, teachers inspire students to embrace learning as a lifelong journey. The impact of a great teacher extends far beyond the classroom, shaping students' aspirations and guiding their personal and professional growth.

**Be education reformers:** Teachers are increasingly seen as advocates for education reform in the 21st century. They are on the front lines of education and witness firsthand the strengths and shortcomings of the system. Many educators are actively involved in initiatives to improve curriculum, assessment methods, and educational policies. They engage in discussions about reducing standardized testing, promoting project-based learning, and advocating for more student-centered approaches. Teachers have a unique perspective and voice in shaping the future of education, and many are committed to driving positive change.

In conclusion, the 21st-century teacher must be a dynamic figure who wears many hats. As education continues to evolve, teachers must stand at the forefront of this transformation, shaping not only the minds but also the hearts of the new generations. Their adaptability, passion, and dedication make them always invaluable architects of a brighter future. Beyond the classroom, they are mentors, facilitators, and champions of holistic education. The changing role of school teachers reflects the evolving needs of students and society, and their ability to thrive in this ever-changing landscape underscores their indispensable importance in shaping the future.

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**Career as a colourist**

■ Vijay GarG

Colourists contribute to the look of a film by changing the luminance levels (brightness) and chroma (colour).

Today, the use of different forms of video technology has become important in the creation of spectacular content experiences. Advanced video technologies improve the qualitative aspects of filmmaking, as they ensure lifelike and crisp visuals paired with immersive sound experience, simpler editing tools, and various digital ways to distribute a content piece. Understanding the importance of quality video in TV shows, movies, music, and games is pivotal for filmmakers, music producers, or game designers to be able to give an enriched content experience to the viewers.

Visual is the use of images to represent ideas. Visuals can be incredibly helpful in conveying complex things quickly and easily. With fast-evolving content consumption habits, consumers are paying closer attention to the quality of the visuals they watch. It is the ultra-vidid colours and incredible brightness and contrast that make entertainment come alive.

Under the broader term of visual technology, the role of a colourist is of utmost importance. A colourist helps viewers build a deeper connection with the stories and characters they love. They work directly with the director and the director of photography on the palette of a movie and help decide the mood and look of the film by defining its colours. So, if you're interested in demonstrating and utilising your creativity, a study in the art of being a colourist is your calling.

**Bringing entertainment to life**  
A colourist improves the engagement of content by applying permutations and combinations of ultra-vidid colours, sharper contrast, and richer details, thereby unlocking the full potential of HDR technologies and giving viewers a dynamic picture quality. When they use the right colour combinations, surprising new details that would otherwise get lost



are revealed. Whether to use milky colours or primary ones, whether the palette has to be muted or bright, colourists contribute to these looks by changing the luminance levels (brightness) and chroma (colour).

**Requirements and skills**  
A colourist must be proficient with creative know-how and have expertise in operating technical systems associated with the workflow. He/she must have experience with and training in the art of colours. It is always helpful to read literature on colour theory

and study manuals on the industry-standard colour grading tools.

For more dedicated learning, there are various courses in India such as the diploma course in Colour Grading at Shemaroo Institute of Film and Technology in Mumbai. Similarly, Davinci Media College in Chennai and Digital Film School in Mumbai also offer courses in colour grading.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

# Official Data On The Decline In Poverty In India Highly Questionable

IMF STAFF PAPER DOUBTS 'SIGNIFICANT PROGRESS IN REDUCING POVERTY'

■ Dr. Gyan Pathak

Several recent studies have claimed that India has made significant progress in reducing poverty during the decades leading up to the pandemic in 2020, however, a recent Staff Paper prepared in the International Monetary Fund (IMF) says that the magnitude of the decline in poverty over the past decade is highly uncertain given the lack of official household expenditure data after 2011. It means, for the entire period under PM Narendra Modi's regime, there are only government's claims of reduction of poverty but no government data to substantiate such claims.

While India's robust growth over the past decade likely contributed to such a reduction, the authorities have also expanded social assistance programs, most notably through the 2013 National Food Security Act, whereby the government provided enhanced rations of food to the bottom 50 and 75 percent of the urban and rural populations, respectively.

Broader measures of poverty likely declined as well, reflecting the government's development interventions in health and education—for example, a saturation of village electrification and toilets, which was achieved in 2018.

Similarly, the Multidimensional Poverty Indicator (MPI) shows a large reduction in poverty in India, where about 275 million people moved out of multidimensional poverty between 2005-06 and 2015-16 and about 140 million people between 2015-16 and 2019-21.

Notwithstanding this considerable improvement in poverty, the large impact of the pandemic shock on economic activity has raised concerns about poverty and inequality, the report emphasized. According to the nowcasting analysis by the World Bank (2022), the global poverty rate increased by 11 percent or 70 million people, and the global Gini coefficient increased by over 0.5 points in 2020. As with other countries, India's economy was adversely affected by the pandemic and the associated containment measures. GDP and consumption per capita



declined sharply during the first and second waves of the pandemic. Following the first wave, the employment to population ratio decreased by

7.3 percentage points, and unemployment rate spiked to above 20 percent in urban areas. Although both GDP and labor market indicators recovered quickly, the distributional impact of the pandemic could be significant given the heterogeneous shocks of the pandemic.

Though the paper used unit-level data from two nationally representative surveys for analysis of the three specific issues—to investigate the evolution of poverty and inequality in India during COVID; the factors that are associated with the impact of the pandemic on income and consumption; and the impact of the government's food subsidy scheme—it has cast serious doubts about the quality data and therefore readjusted them to match the present ground

reality as far as the authors of the study could see.

The two data sets the study uses are—the Consumer Pyramids Household Survey (CPHS) collected by a private agency called the Centre for Monitoring the Indian Economy (CMIE) and the Periodic Labour Force Survey (PLFS) conducted by the Ministry of Statistics and Programme Implementation.

It is already known that the present ruling establishment has been repeatedly warning against the private data, but they themselves are not providing real-time data. Perhaps it is in this context the study has taken note of the 'concerns', of course without saying anything about the government about the private data regarding CPHS's representativeness. "We adjusted the sampling weights of CPHS," the paper says, while mentioning that the definition of consumption and income as captured by the CPHS do not necessarily match the

relevant variables in India's official household survey.

It is therefore, the paper says, out main emphasis is on capturing the changes and drivers of poverty and inequality during the pandemic, as opposed to estimates of the level of poverty and inequality consistent with official measures or surveys, ie, the last official survey from 2011-12. The paper also developed their analysis of labour income dynamics through the government PLFS data.

The IMF paper has concluded, first, that the economic downturn associated with the COVID-19 pandemic have increased poverty and inequality, but the impact has been temporary with both poverty and inequality returning to their pre-pandemic levels by the end of 2021.

Secondly, demographic and labour market characteristics were the key factors associated with poverty, income, and con-

sumption changes. The analysis broadly suggests that low skill (low education) workers and those working in informal sector with no formal employment protection were more negatively impacted during the pandemic.

Lastly, the government's expansion of food subsidies has likely provided significant mitigation to the rise in poverty during the pandemic. Going forward, ongoing improvements in targeting and portability are critical to improve outcomes with limited fiscal space. It means, all will depend on the level of performance of the government in reduction of poverty and inequality, that have been suggested by several other studies as rising in the last decade.

However, the present IMF paper does not say it, but casts only doubts. While analyzing the impact of social assistance schemes on poverty and inequality, it says that there was large leakage in such programmes and only a part of subsidy reaches the intended recipients. "Prior to the Food Security Act 2013 data showed that leakage has improved to about 45%. As we do not have any data to estimate the recent leakage, we consider two scenarios. For, scenario 1, leakage is assumed to decline from about 45 per cent in 2015 to 14 per cent in early 2020, as in Bhalla et al. (2022). For scenario 2, we use a more conservative assumption where leakage declines by 0.2% each month and reaches about 30% at the end of 2021," the paper says.

In both cases, what is significant is, IMF does not rule out leakage of subsidies, such as food subsidies to poor households that are reaching to the persons for which these are not intended. We have examples, of large food subsidy diversion to industrial houses for ethanol production who are being supplied rice at subsidized rate of Rs20 per kg while poor people of Karnataka were refused rice from FCI even at the market rate of Rs34 per kg. There can be many other examples that perhaps did not reach the researchers of the present IMF study.

(IPA Service)

■ Satyaki Chakraborty

Spanish voters finally gave a big rebuff to the Far Right People's Party (PP) and the fascist VOX by denying them majority in the 350 member house of national assembly elections to which were held on Sunday, July 23. Despite all opinion poll predictions about the defeat of the coalition government headed by Pedro Sanchez with participation of left Podemos including the Communist Party, the ruling PSOE and the left coalition Sumar did well putting them above the total tally of the far right formation.

Out of the 37 million voters, 70 per cent voted.

possible due to the last minute campaign by the Communist leader Yolanda Diaz who is the head of the Sumar coalition.

Overall, the position is that the present coalition of Sanchez and the Left are having 172 seats while the far right bloc has got a total of 170 seats. Out of the remaining eight seats, Sanchez has the possibility of getting another four which will give the present ruling coalition a clear majority in the 350 member house. Sanchez has to seek the help of the Junte and ERC of Catalonia which have separatist agenda but they are more flexible to Left coalition as against the PP bloc which is totally against giving any concessions to the

bloc. But Sanchez can again recommend fresh elections to end the instability of the new government.

Both Sanchez and the communists were elated at the results since the fascist VOX floss heavily: "Spain and all its citizens who voted have been absolutely clear," Sanchez told a jubilant crowd gathered at the Socialists' headquarters in Madrid. "The backwards-looking bloc that wanted to roll back all the progress we made over the past four years has failed." Though PP emerged as the leading party, its lead over PSOE was only 14 much less than what was projected in the opinion polls.

Sanchez in his campaign focused on warning about the danger of a PP-Vox government to mobil-

garnering more seats. That sealed the fate of the PP-VOX bloc and far right hope of getting majority was rebuffed.

Alberto Feijoo, who took over as head of the PP in April 2022, had focused his campaign on promising to "overthrow Sanchismo" a derogative term for Sanchez's policies. In his remarks after the counting, the far right leader said he would push for the chance to form a government as the party with most seats. It is his duty to form the next government, he said.

The Basque Nationalist Party (PNV) said before the election that it had no agreement with PP and Vox while Teruel Existe told El Pais it would not support such a coalition. That way Sanchez has more options for forming the government, but he has to be ready for tough bargaining on some of the issues which the ruling coalition has been opposing since long. It will be known next month whether there is a new coalition government in Spain or the country goes for another general elections for ensuring a stable government.

For the European Left, the latest results in Spain elections have come as a big relief. The hype in media about the far right take over in Spain and the entry of the pro Franco fascists in the government for the first time since the establishment of democracy in 1975 after the death of dictator Franco, had created a big worry in the European socialist circles. Already, in other countries of Europe, Italy, Sweden, Finland and Greece, the right parties are ruling. In Portugal only, the Socialists are ruling and the Communist Party which was earlier supporting the Socialist Government, is now in opposition.

In France, the political situation is still fluid. The latest strikes in the immigrant dominated areas of Paris leading to clashes and deaths have united the trade unions. The far right party of Le Pen is campaigning for throwing out the immigrants but the Macron government is taking a soft policy as of now. In Britain only, all indications suggest the ruling Conservative Party is having its last days. The Tories lost in most of the by elections this year to Labour and the Liberals. The Labour is having a 20 per cent lead in opinion polls over the Tories. The national elections in Britain are due in 2024. The Left performance in Spain has finally given some breath of fresh air to the European Left.

(IPA Service)

## Socialist Sanchez And Communist Diaz Halt Far Right Take Over In Spain

SUNDAY NATIONAL POLLS GIVE NO CLEAR WINNER BUT JOINT LEFT HAS AN EDGE

Despite sweltering heat currently sweeping Spain, PP got 136 seats as against 122 by the Sanchez's Party PSOE while the fascist pro Franco VOX got 33 seats and the left coalition Sumar 31. What is significant that VOX was supposed to get more seats as per all predictions but the fascist party lost 19 seats as against the 2019 elections tally and this was

Catalonian separatists.

The new Parliament will be convened on August 17 and in these 24 days, the ruling coalition led by Pedro Sanchez will get time to negotiate with smaller parties. If he is not able to get another four members, still he can be allowed by the King to form the new government in view of heading the largest

electorate. The strategy appears to have paid off, with turnout reaching almost 70 percent, some 3.5 percentage points higher than in 2019. Sumar head Diaz who was instrumental in preparing the electoral list for the coalition was also happy as her campaign was most successful in the areas dominated by the VOX and VOX lost heavily instead of

# President invite for G20 dinner stir controversy, Cong says 'Union of States' is under assault

HT News Network

New Delhi, Sep 5 (UNI) Congress on Tuesday launched a scathing attack against the BJP-led Central government over the invitation to a G20 summit dinner hosted at the Rashtrapati Bhavan, which the party claimed that the invitations had 'President of Bharat' inscribed on them, instead of 'President of India'.



Senior Congress leader Jai Ram Ramesh shared the invitation letter on the social media post X which claimed that invitations at the Rashtrapati Bhavan had 'President of Bharat' inscribed on them instead of 'President of India'.

"So the news is indeed true. Rashtrapati Bhavan has sent out an invite for a G20 dinner on September 9 in the name of 'President of Bharat' instead of the usual 'President of India,'" he said in a post on X.

The Congress leader further added that, "Now, Article 1 of the Constitution can read: 'Bharat, that was India, shall be a Union of States.'" But now even this "Union of States" is under assault.

Meanwhile the officials say this is the first change of India's nomenclature for any official event.

The term "Bharat" is also in the Constitution, officials pointed out. "India, that is Bharat, shall be a Union

of States," it says in Article 1 of the Constitution.

The G20 Summit is being held in the National Capital from September 9 to 10 under India's presidency and several heads of state from across the world, will be attending the event.

Congress General Secretary KC Venugopal alleged that the saffron party was creating a rift between Indians and Bharatiyas.

"This is petty politics because they are scared of INDIA. Try what you will, Modi ji. Judega Bharat, Jeetega INDIA!" he said.

Senior RJD MP Manoj K Jha said he never thought that the government and the BJP would be troubled by their coalition I.N.D.I.A, which was only formed a few weeks ago. "Article 1 of

the Constitution clearly states that India, that is Bharat, is a union of states. They should read our tagline 'Judega Bharat, Jeetega India'.

Delhi Chief Minister Arvind Kejriwal also targeted the Modi led government and said, "Will BJP replace 'Bharat' with something else, if INDIA alliance changes its name to Bharat?"

Countering the opposition, IT Minister Rajeev Chandrasekhar said "I don't understand what is the problem with this? Our country is 'Bharat'... Congress has a problem with everything. I don't have a problem with 'Bharat'.

Our country is 'Bharat' and there should be no doubt about it. We have to wait and see if it will be a part of the Special Session of Parliament."

# Ex-PM Manmohan Singh was soft on terror and partial towards minorities: Shah

HT News Network

Mandla (Madhya Pradesh), Sep 5 (UNI) Coming down heavily on the Congress in general and erstwhile Prime Minister Manmohan Singh in particular, Union Home Affairs and Cooperation Minister Amit Shah on Tuesday accused the former leader of remaining a mute spectator - in the face of terrorist attacks by Pakistan - and adopting a minorities appeasement policy.



"The United Progressive Alliance's scam-ridden tenure witnessed frequent incidents perpetrated by militants. Pak-sponsored extremists decapitated our soldiers! However, while staging the Uri and Pulwama assaults, the ultras forgot that 'Mauni Baba Manmohan' was no longer occupying the saddle.

Within days, a surgical strike was executed and Prime Minister Narendra Modi sent a crystal-clear message that the Indian border and the Indian Army should not be touched," the visiting leader said while flagging off the BJP's Jan Ashirwad Yatra in this town of election-bound Madhya Pradesh.

Recalling the then Prime Minister Singh's statement that minorities enjoyed the first claim on the country's resources, Mr Shah said that those words were met with widespread protests but Dr Singh refused to relent.

"During 'economist' Manmohan's tenure, India remained at 11th position among global economies. The Congress aired hollow slogans vis-à-vis safeguarding people's rights to water, forests and land.

The Scheduled Tribes' budgetary component was a mere Rs 24,000 crore per annum. The Congress ruled for decades but never elevated a tribal son or daughter to the nation's highest

constitutional office," the Minister underlined.

In this state's context, he accused the Congress of making it Bimaru.

"Bring to mind Shrimaan Bantadhaa Digvijaya Singh's rule when the condition of roads was abysmal, there was a power paucity, neither proper dwellings nor security for women. You also witnessed Kamal 'Corruption' Nath's reign when in excess of 50 poverty-welfare schemes were placed on the backburner, the Chief Minister's Office converted into a lucre-collection centre, hundreds of senior bureaucrats transferred and the promise of agrarian debt waiver remained unful-

filled," he added.

During his 27-minute-long speech, Mr Shah touched on milestones crossed by the Modi dispensation vis-à-vis G20, welfare of cultivators and tribes, water supply, health, free grain, vaccination, cooking gas, housing, poverty alleviation and improving India's global image. Recalling the then Prime Minister Singh's statement that minorities enjoyed the first claim on the country's resources, Mr Shah said that those words were met with widespread protests but Dr Singh refused to relent.

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## Delhi CM & LG flag off 400 new AC electric buses

HT News Network

New Delhi, Sep 5 (UNI) Delhi Chief Minister Arvind Kejriwal along with Lieutenant Governor VK Saxena on Tuesday flagged off 400 new low-floor AC electric buses from IP State Depot, dedicating these buses to the people.

On this occasion, Kejriwal said that these buses are part of the subsidy scheme of 921 buses. The Central government has provided a subsidy of Rs 417 crore for electric buses, while the Delhi government will spend Rs 3674 crores. At present, there are 800 electric buses running in the national capital, which is the highest in the entire country, Office of the Chief Minister in a communique said.

The CM said that the goal is to have over 8,000 electric buses on the roads by the end of 2025. After this, there will be more than 10,000 buses in Delhi, out of which 80 per cent, or 8,280 buses will be electric.

Delhi will be known across the world for its adoption of electric buses, it said.

Kejriwal also reviewed the facilities for passengers available in e-buses. Now, these E-buses which are completely modern, and air-conditioned buses would run on Delhi roads.

With this, Delhi has become the city with the most number of Electric Buses on its streets, the communique added.

## JJM increases rural tap connection coverage from 3 cr to 13 cr rural households

HT News Network

New Delhi, Sept 5 (UNI) The Jal Jeevan Mission (JJM) has increased rural tap connection coverage from 3 crore to 13 crore rural households within four years.

Working with 'speed and scale', the life changing mission has increased the rural tap connection coverage from only 3.23 crore households at the start of the Mission in August, 2019 to 13 crore in just 4 years.

As on date, 6 states-Goa, Telangana, Haryana, Gujarat, Punjab and Himachal Pradesh and 3 UTs - Puducherry, D&D and D&NH and A&N Islands have reported 100 per cent coverage. Bihar at 96.39 per cent, followed by Mizoram at 92.12 pc, are also poised to achieve saturation in the near future. Goa, Haryana, Punjab, A&N Islands, Puducherry, D&NH and D&D are 'Har Ghar Jal certified States/ UTs, in these states/ UTs, the villagers have confirmed through Gram Sabhas that 'all households and public institutions' in the village are getting adequate, safe and regular supply of water. As many as 145 districts and 1,86,818 villages in the country have reported 100 pc coverage, Ministry of Jal Shakti communique said.

## UP: DM threatened on social media, FIR lodged

HT News Network

Mau (UP), Sep 5 (UNI) A First Information Report (FIR) was lodged against a social media user for issuing threats to the District Magistrate during the by-poll for Ghosi assembly seat in Mau district here in Uttar Pradesh, police sources said here on Tuesday. Police sources said that in the wake of the polling District Magistrate Arun Kumar along with the Superintendent of Police (SP) on Monday inspected the polling booths and issued necessary directives.

## What Happened Suddenly That India Has To Only Be Called Bharat: Mamata Banerjee

HT News Network

Kolkata: Asserting that it's well known that India is Bharat, West Bengal Chief Minister Mamata Banerjee today questioned the need to "suddenly use only Bharat" while referring to India in official communique.

Alluding to the controversy over a G20 dinner invite in the name of 'President of Bharat', she said the world knows the country as India.

"I heard that India's name is being changed. The G20 invite that went out in the name of the honourable president has Bharat written on it. In English, we say India and the 'Indian Constitution; in Hindi, we say 'Bharat ka Samvidhan'. We all say 'Bharat', what is new in this?"

"There's nothing new to be done. The world knows us as India. What happened suddenly that the name of the country needs to be changed?" she asked, addressing a function on Teacher's day.

"History is being rewritten in the country," she alleged.

The G20 Summit is being held in Delhi on September 9 and 10 under India's presidency and several heads of state from across the world, including US President



Joe Biden, are attending the event.

Union Minister Dharmendra Pradhan shared on X a G20 dinner invitation from President Murmu which described her position as "President of Bharat".

TMC's ally, the Congress party on Tuesday too attacked the government over the G20 dinner invite referring to President Droupadi Murmu as "President of Bharat", accusing the government of being "scared" of the INDIA bloc and indulging in distraction from issues such as price rise and "rising joblessness".

Mamata Banerjee also attacked Governor CV Ananda Bose, alleging that he was holding back bills passed by the state assembly.

"If need be, I will sit on dharna outside the Raj Bhavan," she said.

## GMIS 2023: India strengthening its position as global centre for blue economy: Sonowal

HT News Network

Bhubaneswar, Sep 5 (UNI) India is strengthening its position as a global centre for the blue economy, taking the lead in crafting the next phase of South Asia's maritime history, Union Minister of Ports, Shipping & Waterways Sarbananda Sonowal said.

In the run-up to the third edition of the Global Maritime India Summit (GMIS) 2023, held here on Tuesday, Sonowal said India is on the cusp of a new era in its maritime sector.

The country, he said, is beginning a journey of progress through technological advancements and infrastructure enhancement for a welcoming business environment.

The roadshow was attended by eminent minds and industry leaders, igniting discussions around key opportunities, innovation, and the roadmap towards a sustainable future for the Indian Maritime industry. In his special message,



the Union Minister said "These roadshows exemplify our commitment to fostering linkages and collaboration in order to advance the Indian Maritime Industry.

The Atma Nirbhar Bharat vision and establishing GMIS 2023 as a hub driving growth while supporting our Government's broad goals are essential to our transformational journey towards maritime excellence," he said.

Sonowal said the roadshow highlights both "our shared cultural ties and our commitment as a group to make a substantial region-

al impact".

Union Minister of State for Ports, Shipping & Waterways, Shantanu Thakur said "Today's event mirrors our nation's collective maritime aspirations, underlining Bhubaneswar pivotal role in this united voyage."

He said Maritime India sets sail towards a transformative future with the ambitious Vision 2030!

From record-breaking cargo traffic and port capacity growth to cutting-edge legislative reforms, India's maritime sector charts a course for international excellence. With increased autonomy and global best

## Delhi's PM10, PM2.5 Pollution Levels Declined 45% Since 2014: Minister

HT News Network

New Delhi: In a "big relief" for Delhi residents, the PM10 and PM2.5 levels have declined by an average of 45 per cent in the last 9 years, Delhi Environment Minister Gopal Rai said today.

Speaking to reporters after a meeting with officials of the environment department, Mr Rai said that work on a 'winter action plan' to tackle any rise in air pollution levels has begun.

The levels of particulate matter (PM) 10 and 2.5 usually start increasing from the last week of October and attain a peak in November when temperature plummets, requiring measures to check the poor quality of air, he added. "There is news of big relief for Delhi's people. The PM 10 and PM 2.5, which are two important parameters of air quality and determine the level of air pollution in Delhi, have registered a downward trend since 2014 due to efforts of Delhi's people and the government," the minister said.

However, the Delhi government under the leadership of Chief Minister Arvind Kejriwal is determined to bring it further down, he said.

Citing data from past years, Mr Rai said



that over the 9 years from 2014 to August 2023, the PM10 level has declined by 42 per cent. It was 324 in 2014, 295 in 2015, 303 in 2016, 277 in 2017, 277 in 2018, 230 in 2019, 187 in 2020, 221 in 2021, 223 in 2022 and it was 188 until August 2023, he said. Similarly, the PM2.5 level has declined by 46 per cent from 149 in 2014, 133 in 2015, 137 in 2016, 130 in 2017, 128 in 2018, 112 in 2019, 101 in 2020, 113 in 2021, 103 in 2022, and 81 till August 2023, the minister said while showing a chart.

He said the government on September 12 would hold a meeting of experts from 24 organisations associated with pollution mitigation and take their opinion for preparing the winter action plan

## Sheikh Hasina- Modi meeting on Sep 8

HT News Network

Dhaka, Sep 5 (UNI) Bangladesh Prime Minister Sheikh Hasina's bilateral meeting with Indian Prime Minister Narendra Modi has been fixed.

The Ministry of Foreign Affairs Dhaka has confirmed that the official meeting between the two Prime Ministers is going to be held on the first day of the visit to New Delhi September 8.

Several responsible officials told that Bangladesh had proposed a meeting between the two Prime Ministers (Hasina-Modi) on September 8 in the context of the proposed visit of French President Emmanuel Macron a day ahead. The Government of India and Prime Minister Modi's office have agreed to it. Accordingly, the 8th meeting is final. However, the timing of the meeting has not been announced yet. It should be noted that the head of the government of Bangladesh is attending the G-20 summit as a guest at the special invitation of India, the host country. In addition to the top leadership of the G20 alliance of the United States, France, Saudi Arabia, China, Russia, more than 150 high-profile guests are participating in the conference. French President Emmanuel Macron is coming to Bangladesh on September 10 on his way back after attending one of the most exciting events in the history of India. And on the way to join it, Russian Foreign Minister Sergey Lavrov is making a 20-hour stopover in Dhaka on September 7. This will be the first visit to Bangladesh by a Russian foreign minister associated with the history of the birth of Bangladesh. For good reason, the head of the government of Bangladesh has to leave for Delhi after seeing the foreign minister of war ally Russia (September 8). And instead of waiting till the end of the full formalities of the G-20 summit (September 10th), Prime Minister Sheikh Hasina has to return to Dhaka quickly (before the guests arrive) to welcome an important guest like the French President.

# Russia to deliver free grain to Africa within 'two weeks'

HT News Network

MOSCOW: Russian President Vladimir Putin said on Monday that Moscow is just two weeks away from supplying free grain to six African nations, after scrapping a deal allowing Ukrainian food exports through the Black Sea.

His comments during a press conference with Turkish leader Recep Tayyip Erdogan in the resort city of Sochi after the two leaders held talks over the possibility of restoration of the original Black Sea grain deal.

Erdogan told Putin that Turkiye and the United Nations had prepared new proposals aimed at addressing Russia's problems with the deal, adding that he hoped to reach a workable solution "soon". But Putin reiterated that Russia would only return to the landmark accord when its demands were met and instead gave details of the plan for shipments to Africa.

"We are close to completing agreements with six African states, where we intend to supply foodstuffs for free and even carry out delivery and logistics for free," Putin said.

Erdogan, Putin hold joint presser after Sochi talks; Moscow may revive deal if demands are met

"Deliveries will begin in the next couple of weeks."

However, Putin said Monday that Russia



was "open" to talks on restoring the landmark Black Sea grain export deal. The UN and Turkiye-brokered deal, which aimed to ensure safe navigation for civilian ships through the Black Sea, collapsed after Russia pulled out in July.

At the outset, Putin said in televised comments alongside Erdogan, "I know you intend to raise the issue of the grain deal. We are open to negotiations on this issue."

In opening remarks of his meeting with Putin, Erdogan said, "I believe the message to be given at the press conference after our meeting will be very important to the world, especially to the underdeveloped

African countries."

Erdogan, who was flanked by a large delegation that included Turkiye's defence, foreign, energy and finance ministers, held his first face-to-face meeting with Putin since his re-election in May.

Nato member Turkiye has been trying to revive a UN-backed agreement that allowed for the safe passage of grain from three Ukrainian Black Sea ports, after Russia pulled out of the deal in July.

Both countries have enjoyed growing ties in several areas, including energy.

Erdogan said his government wanted to boost annual trade with Russia to \$100

billion from \$62 billion, adding that he supported Moscow's push to switch a part of that trade into liras and rubbles. "I believe that switching to local currencies is extremely important in bilateral relations," Erdogan said.

Ankara has managed to have friendly ties with both Russia and Ukraine throughout the war. Turkiye sought to use the grain agreement as a basis for restarting peace talks between Moscow and Kyiv. Erdogan told Putin that Turkiye and the United Nations had prepared new proposals aimed at addressing Russia's problems with the deal, adding that he hoped to reach a workable solution "soon". But Putin reiterated that Russia would only return to the landmark accord when its demands were met and instead gave details of the plan for shipments to Africa.

"We are close to completing agreements with six African states, where we intend to supply foodstuffs for free and even carry out delivery and logistics for free," Putin said. Erdogan, Putin hold joint presser after Sochi talks; Moscow may revive deal if demands are met

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## ASEAN summit kicks off in Jakarta with focus on regional economic growth

HT News Network

Jakarta, Sep 5 (UNI) The 43rd Association of South-East Asian Nations (ASEAN) Summit and related summits kicked off here on Tuesday, with the focus on establishing the region as an epicenter of economic growth.

Addressing the opening ceremony, Indonesian President Joko Widodo, whose country is holding the rotating ASEAN chair this year, urged ASEAN to stay united and not be a proxy to any power. "Don't make our ship, ASEAN, become an arena of rivalry that causes damages to each other. Make our ship the foundation to build cooperation and create prosperity, stability and peace, not only for the region but also for the world," he said.

During the next three days, leaders of ASEAN member states are expected to discuss issues that would chart the future of ASEAN as a community and an institution.

This includes steps to speed up the decision-making in crises and emergencies, as well as steps to bol-



ster ASEAN's capacity to respond to emerging challenges in the region. "ASEAN, as a big ship, has a big responsibility to hundreds of millions of people who sail with us. Although we have to sail in high waves, we, as state leaders of ASEAN, must ensure that our ship can keep sailing well and we drive it towards peace, stability and prosperity," Widodo said.

This year's summit chaired by Indonesia is themed on "ASEAN Matters: Epicentrum of Growth."

In the past decade, ASEAN's average annual economic growth reached 3.98 percent, above the global growth of 2.6 percent, showed ASEAN data.

"We have a big capital to reach it (epicentrum of

growth). But ASEAN must work harder, more collaboratively, braver and move faster. ASEAN also needs long-term tactical and practical strategies that align with the needs of the people, not just for the next five years, but also for the next 20 years until 2045," the Indonesian president said.

Founded in 1967, ASEAN groups Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam. This year's summit chaired by Indonesia is themed on "ASEAN Matters: Epicentrum of Growth."

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After detaining Bongo, the coup leaders

## Coup leader becomes Gabon's interim president

HT News Network

LIBREVILLE: General Brice Oligui Nguema, who led a coup last week that toppled Gabon's 55-year-old ruling dynasty, took the oath of office as interim president on Monday, promising "free, transparent and credible elections" to restore civilian rule but without giving a time frame.

He also vowed amnesty to political prisoners, in a speech in which he insisted the coup had saved Gabon from bloodshed after elections that were "obviously loaded". Oligui, head of the elite Republican Guard, last Wednesday led officers to detain President Ali Bongo Ondimba, scion of a family that had ruled the oil-rich central African nation since 1967.

The ousting came just moments after Bongo, 64, was proclaimed victor in presidential elections — a result branded a fraud by the opposition.

In a speech after taking the oath of office, Oligui said the promised elections would be the stepping stone to "handing power back to the civilians", although he did not specify any date. He said he was seeking the participation of all of Gabon's "core groups" to draft a new constitution, which "will be adopted by referendum".

Oligui, 48, wearing the red ceremonial costume of the Republican Guard, also said he would instruct "the future government... to consider ways of amnestying prisoners of conscience" and "facilitating the return of all exiles" from abroad.



said they had dissolved the nation's institutions, cancelled the election results and temporarily closed the borders.

Other countries have not acknowledged Oligui as Gabon's legitimate leader and he faces pressure to spell out his plans for restoring civilian rule.

Oligui in his speech strongly defended the coup, saying the military had acted to save lives following "an electoral process that was obviously loaded". "Without violence, clashes or loss of blood, the Committee for Transition and Restoration of Institutions changed the regime which for years had usurped the powers of the institutions of the public, flouting democratic rules," he said, referring to the name given to the junta. Oligui in his speech strongly defended the coup, saying the military had acted to save lives following "an electoral process that was obviously loaded". "Without violence, clashes or loss of blood, the Committee for Transition and Restoration of Institutions changed the regime which for years had usurped the powers of the institutions of the public, flouting democratic rules," he said.

## France evacuates five Afghan women 'threatened by Taliban'

HT News Network

PARIS: France received on Monday five Afghan women "threatened by the Taliban" after repeated requests it creates a humanitarian corridor for women shut out of public life, an official said.

Since returning to power in August 2021, Taliban authorities have imposed a strict interpretation of Islam, with women bearing the brunt of laws the United Nations has labelled "gender apartheid".

Women and girls have been banned from attending high school and university as well as barred from visiting parks, fairs, and gymnasiums.

French immigration



authority chief Didier Leschi said that by presidential order, "special attention is being paid to women who are primarily threatened by the Taliban because they have held important positions in Afghan society... or have close contacts with Westerners". "This is the case for five women who

will arrive today," Leschi said. The women include a former university director, an ex-NGO consultant, a former television presenter, and a teacher at a secret school in Kabul. One of the women was accompanied by three children.

The women had been unable to leave Afghanistan on airlifts to Western countries when the Taliban returned to power in 2021. They fled to neighbouring Pakistan where they sought temporary refuge. From there, the French authorities organised their evacuation, Leschi said. Since returning to power in August 2021, Taliban authorities have imposed a strict interpretation of Islam, with women bearing the brunt of laws the United Nations has labelled "gender apartheid".

Women and girls have been banned from attending high school and university as well as barred from visiting parks, fairs, and gymnasiums. French immigration authority chief Didier Leschi said that by presidential order, "special attention is being paid.

## Palestinian killed in clashes with Israeli army

HT News Network

Ramallah, Sep 5 (UNI) Israeli troops shot and killed a Palestinian in overnight clashes in a West Bank refugee camp, Palestinian and Israeli sources said on Tuesday, amid rising tension in the occupied territory.

An Israeli military spokesperson said that army and paramilitary Border Police forces, accompanied by a bulldozer, raided the Nur Shams refugee camp near the city of Tulkarm. The operation was based on "intelligence," suggesting that suspects responsible for attacks against Israelis were hiding in the camp, according to the spokesperson.

"During the activity, the suspects set fire to tires, hurled explosive devices at the forces and carried out fire exchange," the spokesperson said, adding that no Israelis were injured.

The Palestinian Health Ministry said in a statement that the victim was shot by live Israeli bullets fired to the head, and a young man was wounded.

According to Palestinian reports, bulldozers caused damage to several roads and a sports center in the camp.

Israeli-Palestinian violence has been on the rise since early 2022, claiming the lives of at least 226 Palestinians, 32 Israelis, a Ukrainian national and an Italian national, according to official sources.

## Ukraine lost over 66k military, 7,600 weapons

HT News Network

Kiev, Sep 5 (UNI) Ukrainian troops have lost more than 66,000 military and 7,600 weapons since the beginning of the counteroffensive, Russian Defense Minister Sergei Shoigu said on Tuesday.

"Since the beginning of the so-called offensive, enemy losses have exceeded 66,000 people and 7,600 weapons," Shoigu told at a meeting with senior defence officials.

Additionally, Russian air defence systems have shot down 159 HIMARS rockets, over 1,000 unmanned aerial vehicles and 13 cruise missiles over the past month, the minister said.

"The Russian armed forces continue to destroy the military infrastructure of Ukraine with precision strikes.

Over the past month alone, 34 command posts of the Ukrainian armed forces... were hit," Shoigu added.

## NZ launches intensive turnaround program for young offenders

HT News Network

Wellington, Sept 5 (UNI) New Zealand launched an intensive program on Tuesday for the country's most prolific young offenders, part of the next phase of the government's response to youth crime.

According to the sources, the program, announced by Prime Minister Chris Hipkins in July, will see up to 60 recidivist young offenders and their families assigned an intensive support social worker to develop an immediate plan for the young person and provide ongoing support, Minister for Children Kelvin Davis said while launching the program in Auckland.

That plan will be specifically tailored to the needs of the child and their family and could include mentoring, alcohol/drug treatment, support to navigate and access the housing and education systems, mental health support, and cultural support, Davis said.

The program is designed to prevent further victimization by getting in early and breaking the cycle for a young offender, he said.

"What has become clear is that there is a very small group of young offenders whose age and complex underlying issues means they are falling through the cracks despite best efforts," said the minister.

This initiative will provide the intensive social work needed, backed up by a local coordination team and the community, to ensure the child gets the support they need immediately to help stop them from reoffending again, he said.

Police Minister Ginny Andersen said the program follows a number of initiatives already taken to respond to youth crime.

## Jill Biden tests +ve for Covid-19

HT News Network

Washington, Sep 5 (UNI) First lady Jill Biden has tested positive for Covid-19 on Monday, the White House announced.

"This evening, the First Lady tested positive for COVID-19. She is currently experiencing only mild symptoms. She will remain at their home in Rehoboth Beach, Delaware," the first lady's spokesperson Elizabeth Alexander said.

President Joe Biden has tested negative, according to the White House.

An administration official said that there are no changes to White House Covid protocols or to the president's schedule at this time.

The diagnosis of the first lady comes amid a busy week for Joe Biden, who delivered a Labor Day speech in Philadelphia earlier in the day.

The president is scheduled to present the Medal of Honor to an Army captain in a White House ceremony on Tuesday before departing for the G20 Summit in India on Thursday.

Last summer, the first lady tested positive for Covid-19 while vacationing in South Carolina in August, according to CNN news.

President Joe Biden tested positive last July. Both experienced rebound cases shortly after being treated with Paxlovid.

## Erdogan plans to meet with Guterres during UNGA to discuss grain deal resumption

HT News Network

Ankara, Sep 5 (UNI) Turkish President Recep Tayyip Erdogan said on Tuesday that he plans to meet with UN Secretary General Antonio Guterres during the UN General Assembly (UNGA) in New York to discuss the possible resumption of the grain deal.

"The resumption of the Black Sea Grain Initiative is a priority for the whole world. We are in close contact with the United Nations on this issue. As you already know, the UN General Assembly will be held this month. We will hold meetings there with Guterres, and we will also discuss these issues. I would like to reiterate that we appreciate and support the efforts of Secretary General Guterres," Erdogan told reporters on his way back from Sochi. The UN has proposed to create a mediation mechanism for paying for Russian food and works on insurance of Russian ships, Erdogan added. "Due to sanctions, the British insurance company does not insure [Russian] ships. Due to the exclusion of Russian banks from the SWIFT system, money transfers are not carried out. Now, thanks to the constant work of Turkey, the United Nations.

# Yasha Mudgal reviews progress of various initiatives of Cooperative sector across J&K

HT News Network

JAMMU/SEPTEMBER 05: Commissioner Secretary Cooperatives department, Yasha Mudgal today chaired a meeting to review progress on different initiatives of cooperative sector across Jammu and Kashmir at Civil Secretariat here.

Registrar, Co-operative Societies, Mohammad Akbar Wani; Additional RCS, Jammu/Kashmir; Director, Finance besides other senior officers and officials attended the meeting both in person and virtually.

During the meeting, detailed deliberations and discussions were

held on various issues pertaining to Co-operative department.

Registrar Co-operative Societies J&K briefed the chair about the various initiatives carried out in the Co-operative sector. The meeting was informed that the Cooperative Department is registering Cooperative Societies and Cooperatives online through a portal developed by NIC.

The meeting was also informed that Jan swachatta abhiyaan Village is being launched in September 2023.

The Commissioner Secretary directed the Deputy Registrars to ensure participation of Cooperative societies/ cooperatives in the swachatta campaign. She delved on them that the required targets of holding awareness camps and training as per deliverables need to be attained during the campaign.



The Commissioner Secretary further asked them that Action Plan for Tribal Cooperatives has to be got

prepared through Tribal Affairs Department as envisaged in the deliverables on priority. She also asked the officers that the Cooperative Societies/ cooperatives having suitable land need to be encouraged to avail benefit of the scheme.

Mudgal called upon the officers that preparation of developmental plan for the FY 2024-25 shall commence at grass-root level in the month of September. She asked them to ensure that Cooperative Plan is embedded in the Panchayat Plan which will subsequently form the part of District Plan.

The Commissioner Secretary further asked them that the initiative

of having one PACS in every Panchayat has to be taken up vigorously. She also asked them that registration of new PACS in uncovered Panchayats and splitting of existing PACS having coverage over more than one Panchayat need to be carried out simultaneously.

The meeting was informed that the portal of cooperative super bazaars has been developed recently for popularizing products sold by cooperatives and also manufactured by cooperatives. Additional RCS, Kashmir gave a power point presentation regarding developmental initiatives being taken in Cooperative sector in Kashmir Division.

## 'Teachers Day' celebrations held across Kulgam DC presides over function at GHSS Kulgam; Teachers felicitated, honoured

Farooq Rather

KULGAM, SEPTEMBER 05: 'Teachers Day' was on Tuesday celebrated with great fervor and enthusiasm at Kulgam, during which colourful functions were organised in all educational institutions in the district.

On the occasion, a mega function was held at LNK Nazir Ahmad Wani Model Higher Secondary School (GBHSS) Chawalgam to commemorate the birth anniversary of Dr. Sarve-

palli Radhakrishnan, President of India.

The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat was the chief guest on the occasion. The function was also attended by ACR, CEO, teachers and students in large.

During the function, teachers were honored and felicitated for their extraordinary contribution in enriching the field of education.

Addressing the gathering, the DC highlighted



the historical background of the day and extended

greetings to the teachers and said that Teachers are

the true nation builders and the day provides an opportunity to thank them and recognize their contribution. He also highlighted measures and steps taken to augment the facilities in educational institutions across the district.

On the occasion other speakers also expressed their views about the role of teachers in their lives.

Meanwhile, Teachers Day celebrations were also held in schools, colleges and other education-

al institutions across the district. During the function, teachers were honored and felicitated for their extraordinary contribution in enriching the field of education.

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## Bhrastachar Mukt Week: KPDCL organises Special camp at Kulgam

Farooq Rather

KULGAM, SEPTEMBER 05: As part of week-long Bhrastachar Mukt J&K campaign, the KPDCL Kulgam today organized a Special camp at New Conference Hall Kulgam.

The programme was presided over by Additional Deputy Commissioner (ADC) Kulgam, Vigar Ahmed Giri. SE-KPDCL Muzaffar Lone and other officers from KPDCL remained present in the camp during which the issues and grievances of people were listened to for redressal. During the programme, through a powerpoint presentation participants were briefed about various online services of the KPDCL.

The resource persons from KPDCL also apprised the participants about the features of smart meters.

Pertinently Bhrastachar Mukt Week is observed to eradicate corruption and promote transparent and accountable governance and in this regard functions were also carried out by various other departments across the district to promote transparent governance.

## Teacher's Day celebrations held across Bandipora

HT News Network

BANDIPORA, SEPTEMBER 05: Teachers Day celebrations were today observed across all educational institutions of the district with great respect and enthusiasm.

More than 50,000 students and teachers participated in at least 350 functions held across the district. Students celebrated the day with great reverence in their respective schools and colleges by conducting debates, seminars, and skits to highlight the role of teachers. Speaking on the occasion, teachers thanked their beloved students by conducting the celebrations in a unique way.

Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi presided over the main function held at GHSS Bandipora. A mega function was also held at Conference Hall Sumbal, wherein speakers highlighted the role of the teachers to shape the nation in the right way.

Chief Education Officer Bandipora, Mohammed Amin Beigh congratulated teachers on this auspicious day. He highlighted the contribution of all teachers in general and the teachers of District Bandipora in particular. He said that people are aware of the daunting challenges that teachers have to face while shaping and moulding the society and carving out a bright and prosperous future for our students.

Many teachers were felicitated on the occasion by presenting them with mementos and trophies. Hundreds of teachers and students participated in the event.

Meanwhile two teachers from District Bandipora namely Dr Khurshid Ahmad, Principal HSS Nowgam and Muneer Ahmad Rather, teacher and Zonal Cultural Coordinator were also felicitated at divisional level by State Awards during a felicitation.

## JKEDI observes 'Teachers Day' with a pledge to combat corruption, promote transparency & accountability

HT News Network

SRINAGAR, SEPTEMBER 05: To commemorate 'Teachers Day' and an unwavering commitment to the ongoing 'Bhrastachar Mukt - J&K' campaign, the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today felicitated its faculty members, here.

As part of this special occasion, JKEDI also dedicated itself to a solemn pledge, vowing to champion transparency and accountability in public service delivery.

The event was held at the JKEDI Pampore campus and brought together



faculty members and officials of the institute to pay tribute to the unsung heroes of education. The ceremony began with heartfelt expressions of gratitude for the tireless dedication of the faculty members of JKEDI in nurturing the entrepreneurial spirit with-

in the region.

Highlighting the significance of the day, Director, JKEDI, Ajaz Ahmad Bhat conveyed deep appreciation for Teachers. "Our teachers are the guiding lights, the architects of the future. They inspire, empower, and mould the minds of our

future leaders. Today, we celebrate them and their profound impact on our society", said Bhat.

The Director said that JKEDI plays a pivotal role in both nurturing entrepreneurship and ensuring the responsible and ethical use of the state's resources. "We remain dedicated to creating an environment free from corruption, fostering entrepreneurship, and inspiring the next generation of leaders who will lead J&K toward greater prosperity," he said.

This year, JKEDI took a unique approach to honor its faculty members, acknowledging their pivotal role in nurturing the talents and aspirations.

## Group of Doda farmers flagged off for exposure tour to Bhandarwah

HT News Network

DODA, SEPTEMBER 05: The Department of Horticulture Doda, under Holistic Agriculture Development Program (HADP) for the year



2023-2024, today organized an exposure cum capacity building tour for local farmers to Bhandarwah. Aiming to enhance the knowledge and skills of touring farmers in horticulture activities, the tour was flagged off by ADDC Pran Singh.

## Bhrastachar Mukt J&K Week: DC Gbl presides over Awareness Workshop organized by KPDCL

HT News Network

GANDERBAL, SEPTEMBER 05: In view of ongoing Bhrastachar Mukt J&K Week, the Deputy Commissioner (DC) Ganderbal, Shyambir today presided over the awareness workshop organized by KPDCL Division Ganderbal in the lawns of Mini Secretariat Ganderbal.

The camp was attended by president Municipal Council Ganderbal, SE KPDCL, Executive Engineer KPDCL Division Ganderbal besides a huge gathering of locals.

On the occasion the DC highlighted the purpose of celebrating Bhrastachar Mukt J&K Week and said that various community based awareness programs are being held in the district to educate government officials and citizens about the detrimental effects of corruption and ways to combat it.

The DC said that the District Administration is committed to shift all government offices to online mode adding that online shift of services has paved the way



for transparent, accountable and accessible Government to citizens besides has also ensured time-bound service delivery and redressal of grievances.

He appreciated the dedication of field staff of the KPDCL to ensure undisturbed power supply to the consumers. He also commended their role during the Yatra period.

During the workshop, the resource persons generated awareness about the negative impact of corruption, ways to combat it, awareness about online services, smart metering etc.

## Director Agriculture inaugurates two-day Awareness/ Training programme at Budgam

HT News Network

SRINAGAR, SEPTEMBER 05: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated two days awareness cum training programme on "promotion of bee keeping on scientific lines" under National Beekeeping and Honey Mission (NBHM) at Sheikh-ul-Alam Hall Budgam. The programme was attended by scientists, beekeepers, farmers, officers, officials of the department and other stakeholders. Director Agriculture in his inaugural address underlined the importance of beekeeping and said that in rural areas bee keeping is an important source of income and livelihood for many landless farmers, small and marginal farming families. He said that under the holistic Agriculture development programme a multi-crore project has been approved by the UT administration for the development of this sector over the period of five years.

Director Agriculture said the honey bees play a crucial role towards food security by pollinating thousands of flowering



plants, therefore a special approach is adopted by the department for the development of this sector. Iqbal said that the 'promotion of Bee-Keeping in UT of J&K' project is one of 29 projects approved by the J&K administration and recommended by the apex committee for holistic development of agriculture and allied sectors. He said the project aims at addressing various issues by increasing the number of colonies through cluster formation, encouraging bee-preneurship and bee-start-ups beside.

## One day Psycho-social awareness program held at Women's College M.A Road Srinagar

HT News Network

SRINAGAR, SEPTEMBER 05: As part of month-long psycho-social awareness program on mental health and drug de-addiction by Mission Youth, a pioneer initiative of the Government of Jammu and Kashmir today held a one day awareness program at Government College for Women, M.A Road, Srinagar.

The event successfully united participants, faculty members and experts to raise awareness about mental health and combat drug abuse.

Mission Youth's overarching vision is to provide well-structured psycho-social support to the youth of Jammu and Kashmir, nurturing a sense of safety, self-assuredness, community engagement, social connectivity and hope.

During the event, Psycho-socio Consultant from Mission Youth delivered a compelling introductory speech, offering a concise insight into the profound initiative taken by Mission Youth.

Additionally, Senior Consultant, Mission Youth also shared his invaluable insights regarding the various initiatives spearheaded by Mission Youth, emphasizing their unwavering commitment to enhancing the lives of the region's youth.

The event bore witness to an impressive turnout of participants and faculty members, illustrating the community's strong support and enthusiasm for Mission Youth's laudable mission.

## LCMA conducts demolition drive in Doji Mohalla NFR, Habak area, Nigeen, Boulevard & Dal

HT News Network

SRINAGAR, SEPTEMBER 05: The Enforcement Wing of Lake Conservation & Management Authority (LCMA) under the supervision of Enforcement Officer has undertaken a demolition drive in the areas of Doji Mohalla NFR, Habak area, Nigeen, Boulevard and Dal.

During the drive, several illegal constructions were demolished/ removed which includes one 3rd storey, 02 tin wallings, one shop, one hut, one partition wall, and Net coverings. Also illegal earth filling was also removed in the Nigeen area. Further legal action against the violators was also initiated. Meanwhile, people living within LCMA Jurisdiction are time and again warned not to resort to 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. During the drive, several illegal constructions were demolished/ removed which includes one 3rd storey, 02 tin wallings, one shop, one hut, one partition wall, and Net coverings. Also illegal earth filling was also removed in the Nigeen area. Further legal action against the violators was also initiated. Meanwhile, people living within LCMA Jurisdiction are time and again warned not to resort to any illegal construction/ encroachments within LCMA Jurisdiction. Further, before taking any construction work in hand they are requested to get proper building permission.

# Top 8 health tests that you should take after turning 40

After turning 40, your body goes through various transitions and changes. When you enter this phase of your life, regular medical check-ups and health tests become extremely important.

These tests are extremely important to be healthy at this stage of life. Moreover, these tests accompanied by a good diet and ample physical activity will keep you healthy while you age.

## MEN

### Blood Pressure Screening

#### Test:

Blood pressure screening is important and if you have kidney problems, heart-related disorders, or diabetes, this screening test should be done more frequently. 120/80 mm Hg is the normal reading for systolic and diastolic blood pressure.

### Cholesterol Screening Test:

According to experts, a cholesterol screening test is recommended once every five years. If you are at risk of developing heart disease, then you must start taking this test at or above 35 years of age. However, if you have conditions like kidney problems, heart disease, or even diabetes, then the frequency of this test needs to be increased.



### Colorectal Cancer Screening

#### Test:

Colorectal cancer screening is generally done when you are above 45 years of age but you can start taking these tests at 40 if you have risk factors like family history. Colorectal cancer screening includes several tests like: Faecal immunochemical test (FIT), Stool-based faecal occult blood (gFOBT), Stool sDNA test, Colonoscopy, CT colonography and Flexible sigmoidoscopy.

### Diabetes Screening Test:

As Diabetes is very common, the chances of developing this disorder increase with

age. Regular diabetes test is often recommended after the age of 44 years. However, if you are overweight and your body mass index (BMI) is greater than 25, you must get your diabetes screened after age 35.

### Prostate cancer screening

#### test:

Prostate cancer is extremely common among men. Screening for prostate cancer is generally done in males above 55 years of age. It is noteworthy that the test is not recommended for people with no prostate cancer symptoms. You must get the test

done only after consulting your doctor if you have an increased risk of developing prostate cancer due to family history.

## WOMENS

### Breast cancer screening:

The chances of breast cancer increases with age. Experts often recommend a monthly self-breast examination. Meanwhile, you can have a mammogram test done every 1-2 years after you turn 40.

### Cervical cancer screening:

The screening for cervical cancer should start from the age of 21 years. The pap test or HPV test is used once every 5 years for cervical cancer screening in females above 30 years of age. Moreover, you should get a pap test done every 3 years if you have new sexual partners. Pap test is not required if you have had 3 normal test reports in the past 10 years.

### Skin examination:

As skin cancer is common among women, you should get your skin checked by a dermatologist at regular intervals.

It is noteworthy that tests like the Colorectal Cancer Screening Test, Blood Pressure Screening Test, Colorectal Cancer Screening Test, and Diabetes Test should be done by both men and women after turning 40 years old.

## NEWS

### Coconut Benefits: Nutritionist Talks About The Health Benefits Of Coconut Meat



We all know that there are certain health benefits of coconut water. It's a natural and refreshing drink that's packed with essential electrolytes like potassium, making it great for staying hydrated. Coconut water is fat-free, contains antioxidants, good for skin health, and is best to quench your thirst on a hot day.

However, did you know that coconut meat is also as nutritious as coconut water? Nutritionist Nmami Agarwal, in her recent Instagram reel, states the benefits of coconut meat. It has various minerals and provides multiple health benefits. Nmami Agarwal writes, "Coconut meat is a nutritional powerhouse that offers numerous health benefits."

#### 1. Rich in essential minerals

Coconut meat is a rich source of essential minerals like manganese, copper, selenium, phosphorus, potassium, and iron. These minerals are not just important but vital for maintaining overall health and ensuring that our bodies function properly.

#### 2. Lauric acid and immune Boost

Another notable component of coconut meat is lauric acid, a medium-chain fatty acid renowned for its antimicrobial properties. Lauric acid can give your immune system a significant boost. Moreover, the fibre content in coconut meat contributes to regulating bowel movements, promoting digestive health, and preventing constipation.

#### 3. Weight loss and heart health

Coconut meat contains medium-chain triglycerides (MCTs), which have gained recognition for their potential to support weight loss and heart health. These healthy fats are easily metabolised and provide a quick source of energy, making them a valuable addition to a balanced diet.

#### 4. Versatile culinary delight

One of the most appealing aspects of coconut meat is its remarkable versatility in the kitchen. Its delightful flavour makes it a favourite ingredient for various culinary applications. Whether you're savouring creamy coconut curries, blending them into refreshing smoothies, or indulging in decadent desserts, incorporating coconut meat into your diet is a delicious way to enjoy its numerous health benefits. So next time you purchase a coconut, keep in mind that it's not just the water that's good for you; coconut meat is also important. Coconut meat is rich in minerals and also good for weight loss and heart health.

## Digestion: 5 Bizarre Foods That Are Amazing For Your Gut Health

Your digestive tract, which is in charge of absorbing nutrients and removing waste, is extremely important to your health. Unfortunately, for a variety of reasons, a large number of people struggle with digestive issues like bloating, cramps, gas, abdominal discomfort, diarrhoea, and constipation.

### 1. Black rice

This exotic rice, sometimes referred to as "forbidden rice" since it was cherished in ancient Asia and only fed to royalty, packs a nutritious nutritional wallop thanks to a wealth of fibre, minerals, vitamins, and potent antioxidants. In actuality, black rice contains the same anthocyanin pigments that give berries their deep purple colour, but because of the pigments' high concentration, the grains appear black. Incorporate additional whole grains like these that are still physically whole into your diet.

### 2. Soy tempeh

The name of soy tempeh and the way it resembles a sponge don't help matters either. Even yet, the health benefits of the fermented soy superfood are remarkable and it can be delicious. Tempeh is one of the most nutri-



tionally valuable dishes made from beans thanks to its dense composition of minerals and health-promoting substances. Increase your consumption of soy tempeh to improve your digestive and heart health, prevent cancer, and better control your hunger. Always choose organic options, which are often found in the produce area of the supermarket.

### 3. Celeriac root

Despite the fact that it is unattractive, this knobby root vegetable is brimming with benefits for your health. To begin with, celery root is a variety of celery that is a member of the carrot family. It has a unique flavour that falls somewhere between celery and parsley. The vitamin

K found in celeriac root, which is crucial for strong bones, is also relatively low in calories. The vital minerals phosphorus, iron, calcium, copper, and manganese are also abundant in it.

### 4. Kombucha

Kombucha is created by mixing particular bacterial strains, sugar, and yeast with black or green tea, followed by a week or more of fermentation. The fermentation process generates an abundance of probiotic microorganisms, which can enhance digestive health. Additionally, several studies in mice have indicated that kombucha may aid in the recovery of stomach ulcers.

### 5. Sardines

These tiny, oily fish are ready to eat right out of the can and are a great source of high-quality protein, necessary omega-3 fatty acids, vitamin D (which is uncommon in meals otherwise), B vitamins, calcium, selenium, and a number of other important minerals. Sardines are also free of environmental contaminants like mercury, unlike other types of fish. These little creatures are also essential for maintaining good bone, heart, and brain function.

## Papaya seeds: Know wonderful health benefits; the right way to consume them

Soft, pulpy and mildly sweet, papaya is the perfect fruit for all generations from children to elderly. The fruit has an amazing nutritional profile too. A natural cure for constipation, a rich source of Vitamin A and C, and a storehouse of antioxidants and fibre, papaya has impressive benefits. While you all have been advised to add 'papeeta' to your diet by a family elder, did you know you could also consume its seeds. While they may not look edible in the first glance, papaya seeds can be added to your diet for its many uses and benefits.

Nutritional profile of papaya seeds

Papaya seeds have wonderful antioxidants like polyphenols, flavonoids, alkaloids, tannins and saponins, which protects the body from oxidative damage. They also keep inflammation in the body in check. Papaya seeds are also rich in fibre and can address your constipation woes. Carpine in papaya seeds helps eliminate bacteria and parasites in the intestines and help keep the digestive system healthy. Papaya seeds provide a boost to metabolism and prevent the body from storing fat. They also help control bad cholesterol levels (LDL).

"Papaya is a versatile fruit, treasured for its delicious taste and nutritional value. While many of us routinely discard the black seeds found in ripe papayas, these seeds are now gaining attention for their hidden health benefits. The tiny black seeds



are not only edible but also offer a wealth of nutritional support. Papaya seeds are rich in essential nutrients, including healthy fats, protein, vitamins, and minerals like zinc, phosphorus, calcium, magnesium, and iron. Moreover, they contain significant amounts of monounsaturated fatty acids, such as oleic acid, along with polyphenols and flavonoids, which act as potent antioxidants," says Dietitian Rosy Saha, Golf View Healthcare & Research Institute.

Dietitian Rosy Saha shares key health benefits that papaya seeds have to offer:

### 1. Weight management

Papaya seeds are packed with

dietary fibre, which can boost metabolism and aid in weight loss. Their high protein content also contributes to a feeling of fullness.

### 2. Menstrual pain relief

Carotene, a powerful antioxidant in papaya, helps balance oestrogen-like hormones, potentially reducing menstrual pain and promoting regularity.

### 3. Cholesterol regulation

The fibre in papaya seeds plays a role in reducing cholesterol levels in the body. Additionally, the presence of oleic acid and other monounsaturated fatty acids helps lower LDL (bad) cholesterol.

## Prescriptions for fresh fruits and vegetables help boost heart health

The idea of food as medicine dates back to the ancient Greek doctor Hippocrates, and a new study adds to the evidence that a diet full of fruits and vegetables can help improve heart health. The research comes amid an epidemic of diet-related disease, which competes with smoking as a leading cause of death.

Researchers evaluated the impact of "produce prescriptions," which provide free fruits and vegetables to people with diet related diseases including diabetes, obesity and hypertension. The study included nearly 4,000 people in 12 states who struggle to afford healthy food. They received vouchers, averaging \$63 a month, for up to 10 months, which could be redeemed for produce at retail stores or farmers markets, depending on the location.

Health care providers tracked changes in weight, blood pressure and blood sugar among the participants. "We were excited to see improvements," says



study author Kurt Hager, an instructor at UMass Chan Medical School.

"Among adults with hypertension, we saw that systolic blood pressure decreased by 8 mm Hg and diastolic blood pressure decreased by about 5 mm Hg, which could have a meaningful impact on health outcomes," Hager says. Among people with uncontrolled diabetes, their A1C levels, which is a 2-3 month average of their blood sugar, also declined significantly, by about .6 percent. "The reductions we saw in blood sugar were roughly half of that of commonly prescribed medications, which is really encouraging for just a simple change in diet,"

Hager says. "I felt great," says Joann Erickson, 60, who participated in the Sacramento County Health Center's prescription produce pilot initiative in Sacramento, Calif. The program was organized by Wholesome Wave, a non-profit organization, at the forefront of initiatives aimed at making healthy food more affordable and accessible. Approximately 85% of the participants reported that taking part in the program improved their health. "As a chef and father of two sons living with diabetes, I'm not surprised," says Wholesome Wave's co-founder Michel Nischan. "Our food strategy included increasing Chris and Ethan's con-

sumption of fruits and vegetables significantly," he says, noting that his sons' A-1C went down and their insulin usage reduced as a result. "We knew we needed evidence to argue for policy change," he says. "Being able to buy healthy food, I felt like a millionaire," Erickson says. She loaded her cart with strawberries, blueberries, cherries and salad greens, items she normally can't afford. "It was a big high for me," she says. After six months on the program her doctor was able to lower her blood pressure medication. Her blood sugar levels dropped, too. "I had more energy," Erickson says.

"Anything that lowers hemoglobin A1C and improves blood pressure control is beneficial," says Dr. Dariush Mozaffarian, a cardiologist and professor at the Friedman School of Nutrition at Tufts University, where the research was conducted. The challenge is to maintain these reductions. "Improvements in blood glucose can significantly reduce the risk of conditions like eye.

# CS attends 52nd National Handball Championship

Says JK has undergone huge transformation in development of Sports



**SRINAGAR, SEP 5:** Chief Secretary Dr Arun Kumar Mehta today attended the 52nd Senior National (Men) Handball Championship at Indoor Stadium Srinagar.

The Championship was organised by J&K Handball Association under the aegis of Handball Association India in collaboration with Jammu and Kashmir Sports Council (JKSC).

Around 32 teams from UTs and States of India participated in the championship from September 1 to 5. Haryana clinched the 52nd national senior men's handball championship by defeating Railways. Jammu & Kashmir and

Gujarat were declared joint second runners up in the championship.

Dr Mehta who was Chief Guest on the occasion remarked that the UT has undergone a transformation in Sports culture and infrastructure during the last few years.

He said that it is heartening to see that half of the population of Jammu and Kashmir is now actively involved with sports. He remarked that sports plays critical role in personality development besides shaping one's career as well. He also enjoined upon the players and sports loving persons

to encourage people from all walks of life to participate in sports which is necessary to create positivity in life.

Dr Mehta further remarked that sports has been among the top priorities of the administration and the UT has now become the powerhouse of sporting talent.

He said that the government has taken a number of steps to nurture the talent of budding sportspersons of J&K, like ensuring at least one playground in every Panchayat, establishing Youth Clubs and organising a number of sporting activities round the year. Maintaining that J&K is wit-

nessing a new revolution in Sports sector, CS said that youth of Jammu and Kashmir have immense sporting potential with many players from the UT representing the country in different arenas. He said that the UT is as equipped as other parts of country and has potential to produce world-class sportspersons.

He also interacted with the participating teams and appreciated them for playing in the spirit of the game. He also encouraged the visiting teams visit J&K which is now provided with best sports infrastructure for promoting and nurturing talent.

## De Kock to retire from ODIs after World Cup in India

**LONDON, SEP 5:** Quinton de Kock will retire from ODI cricket after the World Cup in India but is likely to continue play-

ing T20Is for South Africa until the 2024 World Cup.

Although no reason was given for de Kock's sudden decision to step away from the fifty-over format, less than two years after giving up Test cricket, ESPNcricinfo understands that his availability for South Africa was becoming an issue as he seeks to get more T20 league contracts around the world.

The situation came to a head when de Kock was picked up by Melbourne Renegades in Australia's BBL and committed to playing for them between December 10 and January 5. That meant he was going to make himself unavailable for the home

white-ball series against India, which consists of three T20Is and three ODIs, from December 10 to 21.

On Monday, when CSA held talks with de Kock, sources told ESPNcricinfo that since de Kock remains centrally contracted, CSA expected him to be available for the T20Is. By Tuesday, de Kock's ODI retirement took him out of the picture for the ODIs against India. He also appeared to have reached a compromise with CSA that will allow him to go to the BBL and still play for South Africa at the T20 World Cup on the understanding that he is getting some game time - albeit not with the national side.

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