



Our Rich Spiritual Legacy, Vedas, Upanishads Are Guiding Light For Humanity: LG Manoj Sinha

■ HT News Network

KATRA, SEP 06: Lieutenant Governor Shri Manoj Sinha today addressed a ceremony organized to commemorate Foundation Day of Shri Mata Vaishno Devi Shrine Board and Annual day of Shri Mata Vaishno Devi Gurukul, Katra at Matrika Auditorium of SMVD University.

The Lt Governor inaugurated Gayatri Bhawan, a residential complex for the employees of the Shrine Board at Nomain. He also inaugurated underground cabling project in Shrine Area and additional Dining and Accommodation at Gurukul.

In his address, the Lt Governor extended his heartiest congratulations to all the Members, management and everyone associated with the Shrine Board and SMVD Gurukul.

The Lt Governor announced Children

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Terrorism Will Be Crushed With Iron Fist: DGP Dilbag Singh

■ HT News Network

JAMMU, SEP 6: Supporters of terrorists here will be dealt with "strictly" to thwart any fresh conspiracy from Pakistan to disturb peace in the region, Jammu and Kashmir DGP Dilbag Singh said on Wednesday after reviewing the security situation in Rajouri and Poonch. He also asserted that the security grid has been strengthened and area domination ensured with massive searches.

The cross-border relation between "traitors who have taken shelter in Pakistan" and their supporters in Jammu and Kashmir will be "broken, squeezed and finished" to thwart any fresh conspiracy from Pakistan to disturb peace in the region, Singh said.

"Under no circumstances, will we allow terrorism to raise its ugly head again in

Rajouri and Poonch districts. Terrorism will be crushed with an iron fist and those supporting terrorism will be dealt with strictly," the police chief told reporters in Rajouri district.

He said some "traitors", who were involved in terrorism here before escaping to Pakistan



for shelter, are still indulging in terrorist activities against India from across the border.

"We have already prepared their data and have started a drive to attach their

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NEWS BRIEF

Nearly 4 lakh people visit Manasbal Lake Resort in last 20 months

GANDERBAL, SEP 06: Manasbal Lake Resort is witnessing a heavy rush of tourists, with nearly four lakh people, mostly from across the country, visiting the destination in the last 20 months.

The resort, located in central Kashmir's Ganderbal district, is a derivative of the Lake Manasarovar. It is encircled by three villages - Jarokbal, Kondabal and Gratbal also called Kiln place - and is situated on the North-Eastern side of the lake. It is also said to be the deepest lake (13 metres or 43 feet in depth) in India.

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Kashmir becoming a major attraction for adventure tourism

SRINAGAR, SEP 06: With Kashmir witnessing a tourism boom since last year, the Valley is becoming a major attraction for adventure tourism as well as the tourists from different places could be seen visiting Kashmir on bikes to explore the picturesque places here.

While tourists are praising the beauty of Kashmir, the news agency - Kashmir News Observer (KNO), spoke to many adventure tourists from different parts of the country, who shared their valuable thoughts.

Among them, a group of bikers from different corners of the country

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Infiltration bid foiled, two terrorists neutralised in Poonch

JAMMU, SEP 6: A day after one terrorist was killed in Reasi district, Army troops on the intervening night foiled an infiltration bid and neutralised two terrorists near Mandi in Poonch district of Jammu and Kashmir.

Lieutenant Colonel Suneel Bartwal, PRO Defence, Jammu here on Wednesday said that two terrorists were observed crossing the Line of Control and coming towards own side on intervening night of September 5-6 in Mandi sub sect of Poonch District.

He said that a joint operation was launched by Indian Army and Police immediately to intercept the terrorists.

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Indian Youth No Longer Prisoner Of Aspiration: Dr Jitendra

■ HT News Network

NEW DELHI, SEP 6: Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said, Indian youth today is no longer a prisoner of aspiration because a host of new openings available now beckon him with opportunities



of livelihood as per his inherent aptitude.

A lot of this has been possible because of groundbreaking reforms brought by Prime Minister Narendra Modi, including

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North Tech Symposium to become harbinger for synergising requirements of Indian Army

■ HT News Network

JAMMU, SEP 6: Chief of Staff, Northern Command, Lt General Anindya Sengupta on Wednesday said that the North Tech Symposium will become a harbinger for intertwining and synergising the requirements of the Indian Army with the potential and capabilities of the Academia

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Brashtachar Mukht J&K Week

CS virtually interacts with stakeholders across the UT

Encourages all to talk freely for eradicating menace of corruption from J&K



■ HT News Network

SRINAGAR, SEP 6: On the 3rd day of the 'Brashtachar Mukht J&K Week', Chief Secretary, Dr Arun

Kumar Mehta continued today holding virtual interactions with all the stakeholders including the Deputy Commissioners, PRI

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Almond production dips due to unfavorable weather in Kashmir

■ HT News Network

SRINAGAR, SEP 6: Like apples, the almond crop also witnessed a drop in production this year due to the unfavourable weather conditions in the Kashmir valley.



These days, farmers are busy in their orchards harvesting almonds in Chadoora-Nagam on Char-e-Sharief Road in central Kashmir's Budgam district, claiming that the plucking of almonds this year got delayed by a month due to weather vagaries.

"Almond production is reduced by 30 percent this year compared to last year. However, the production is satisfactory if compared to the past several years", Ishfaq Yatoo, an orchardist in

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Ministers Of Indo-Sino Border District Flags Issue In Presence Of PLA In Ladakh

■ HT News Network

SHIMLA, SEP 6: After a recent visit by India alliance leader Rahul Gandhi in border areas of India-China in Ladakh and raising concern over the occupying of Indian territory by the responsible People's Liberation China, now ministers of government and revenue Negi flagged similar concern while interacting with media persons here recently.

Addressing media persons on Friday



opment, revenue, and horticulture

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Blocking Listing Proposals For Terrorists Smacks Of Doublespeak: India

■ HT News Network

UNITED NATIONS, SEP 6: India has told the UN Security Council that blocking evidence-based proposals for blacklisting globally sanctioned terrorists without giving justifications is uncalled for and "smacks of doublespeak", a thinly-veiled reference to China and Pakistan.

"The working methods of the UNSC Sanctions Committees continue to dent the credibility of the UN Security Council,"

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Five Irrigation Officials Among Nine Chargesheeted For Encroaching Govt Land In Jammu

■ HT News Network

JAMMU, SEP 6: Crime branch of Jammu and Kashmir Police on Wednesday filed a chargesheet against nine persons, including five former officials of the irrigation department, for alleged encroaching of a piece of state land here, and constructing a building and setting up a petrol pump on it.

TURN ON.....PAGE 02



Div Com Kashmir instructs for facelift of Govt buildings along Major roads

■ HT News Network

SRINAGAR, SEP 06: The Srinagar city was transformed into a beautiful city during the last few months changing the shabby look of buildings and roads.

The Smart City projects changed the look of the city centre through creative development which is now attracting a huge crowd. To add more to the beautification of the city, and in first instance, the Divisional Commissioner Kashmir Vijay Kumar Bidhuri today convened a meeting of Officers of the Department whose offices or buildings fall along the MA road Srinagar.

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DDC Kupwara chairs Mega Block Diwas at Tarathpora

Asks unemployed youth to come forward to take benefit under self employment government schemes

■ HT News Network

KUPWARA, SEPTEMBER 06: District Development Commissioner (DDC) Kupwara, Ms. Ayushi Sudan today chaired a Mega Block Diwas function at Block Headquarter Tarathpora of the district to hear the developmental issues of the people at their doorsteps.

ADC Handwara, Nazir Ahmad Mir; ACD Kupwara, CEO, CHO, CAO, XEN PDD Handwara, BDO, BMO, besides, Representatives from different departments, BDC Chairperson, PRIs and people in large number attended the block diwas function.

Addressing the function, the DDC said that the Government has various schemes like HADP and PMEGP in place which is aimed at to provide self employment opportunities to the unemployed educated youth. She said that there is an ample scope of employment generation from Animal and Sheep Husbandry sectors in Kup-



wara district and hoped that maximum FPOs should be established under these sectors. She appealed the unemployed youth to come forward to take benefit under these schemes.

She directed the officers and field functionaries to ensure outreach of the Government schemes to the targeted beneficiaries.

Regarding Bhrashtachar Mukti JK Week, the DDC said that the Week is celebrated

with an aim to deliver the benefits of various Government schemes to the deserving people through transparent mode.

The DDC said that majority of the services like ration card, Intikhaab, Fard etc have been made available through online mode which are delivered to the people at their doorsteps.

Regarding Drug Menace, the DDC said that the District Administration Kup-

wara and Police is always available to help the drug victims to come out of the menace and live a dignified life. She said that the Drug Deaddiction Centres are already functional both at Kupwara and Handwara for proper treatment and rehabilitation of the drug abuse victims.

Earlier, BDC Chairperson, PRIs and local residents of Tarathpora area spoke and raised the developmental issues of the area.

The DDC heard their issues patiently and directed the concerned officers to ensure that all genuine issues raised are resolved well in time.

ADC Handwara also spoke and expressed vote of thanks.

Earlier, the DDC inspected different stalls of various departments including ICDS, Revenue, Animal Husbandry, Horticulture, Agriculture, CSC and Floriculture departments and got feedback from the concerned officers regarding the progress of the schemes.

Grievances redressal camps held at 3 blocks of Kulgam

DC listens to people at Kulgam for early redressal of public issues

■ Farooq Rather

KULGAM, SEPTEMBER 06: Under the ambitious weekly outreach programme Block Diwas and with an aim to strengthen the grievances redressal mechanism, the District Administration Kulgam today organized Mega Block Diwas in three blocks of the district viz. Devsar, Kulgam and D.H.Pora.

All the concerned officers of different departments remained available for people and listened to their issues and grievances for early redressal during these



grievances redressal camps. The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat presided over grievances redressal camp at Kulgam where he listened to issues and grievances of people.

Public delegations from Khudwani, Chawlagam, Srandoo, Qaimoo, Sanigam, Bachroo, Nihama and other areas participated in the grievances redressal camp and apprised the DC about their issues and grievances.

Delegations from various other areas also participated in the grievance redressal camp and apprised the chair of their issues and developmental requirements of their areas.

All the issues were listened to and some of the issues were redressed on the spot.

On the occasion, Officers on the spot responded to the queries and demands of people pertaining to their departments.

Earlier, ACD gave a detailed brief on action taken on grievances and issues raised during previous block devas.

Block Diwas held at Panchayat Halqa Sandipora in Block Budgam

■ HT News Network



BUDGAM, SEPTEMBER 06: The District Administration Budgam today conducted a weekly Block Diwas program at Panchayat Halqa Sandipora in Block Budgam.

The programme was chaired by Additional District Development Commissioner (ADDC), Budgam, Dr Akramullah Tak where local PRIs, respected elders and local youth delegations from village Sandipora, Patvow, Gazurgund and other adjacent villages raised their demands.

The ADDC gave them patient hearing and assured all their genuine demands shall be taken up with relevant quarters for their redressal on priority.

At the outset, the ADDC directed Tehsildar Budgam for identification of a suitable land patch for the development of a playfield for local youth. He said that works related to improvement in LT lines and development of concrete pathways to all habitation be prioritized to ensure better facilities to locals. The ADDC stressed on speedy completion of all ongoing development projects in the Panchayat halqa. He said that these programmes are important to take first-hand feedback from the general public and address their issues at their doorsteps. Urging locals to participate in Gram Sabhas, the ADDC said that local participation in plan formation and implementation of schemes is imperative also for the overall development of all panchayat halqas. In order to maintain cleanliness and sanitation, the ADDC appealed to locals to avoid dumping of waste material in open areas instead ensure segregation and proper disposal of daily generated garbage in the Panchayat halqa. Meanwhile, other districts officers present on the occasion redressed the genuine concerns on spot and assured full support from their side. Besides, CMO Budgam Mohammad Ayoub, Executive Engineer.

SKIMS conducts live Cardio-radiologic Hybrid Workshop

■ HT News Network

SRINAGAR, SEPTEMBER 06: The department of Cardio-vascular Thoracic Surgery of SKIMS conducted a live successful Cardio-radiologic hybrid workshop.

During the workshop, patients of Traumatic Aortic Dissection, Dissecting Aortic Aneurysm and huge abdominal Aorto Iliac Aneurysms were treated by Endovascular means and by interposition of Fem graft in one patient.

HOD CVTS, Prof. Abdul Majeed Dar informed that all patients are doing well.

He added that all the patients were operated under AB-PMJAY Scheme at nominal rate as compared to other hospitals of the country.

He thanked Director SKIMS Prof. Parvaiz A Koul for constant support. He appreciated the dedicated efforts of the Radiology team including Dr. Naseer Ahmad, Dr. Mudasir, Dr. Tahleel headed by Prof Feroze Shaheen, CVTS Faculty Dr. Zubair Ashraf, Dr. Farooq Ahmad Ganie and the Anesthetic Team headed by Prof. Showkat Gurcoo and all technical staff of all teams especially Shakeela, Shameem and Khalid.

SKIMS is the only center in J&K UT where such high end procedures are performed. The CVTS team has already successfully operated on a number of cardiac patients which include valvular, congenital and coronary artery disease patients.

Bhrastachar Mukti J&K Week: Awareness/ Grievance Redressal Programs held across MCs at Bandipora

BANDIPORA, SEPTEMBER 06: In view of ongoing Bhrashtachar Mukti J&K Week, Municipal Committees Bandipora, Sumbal and Hajin Wednesday organised awareness camps in their respective town halls.

At MC Hajin, the program was presided over by ADDC Bandipora Afsar Ali Khan. Besides, the programme was attended by MC Chairman Irshad Ahmad Wani, Naib Tehsildar Hajin, Executive Officer MC Hajin, Sheep and Wool Development Officer Hajin, a huge gathering of locals. Speaking on the occasion, ADDC said that the aim of observing 'Bhrashtachar Mukti J&K Week' is to eradicate corruption and promote transparent and accountable governance. The ADDC urged people to come forward and help the administration in the identification of the officers and officials involved in the corruption.

Modernization & Upgradation of DC Office Complex, Budgam begins

DC Budgam initiates renovation works under Beautifying Budgam initiative launched by LG

■ HT News Network

BUDGAM, SEPTEMBER 06: In a significant step towards enhancing administrative efficiency and public service delivery, the Deputy Commissioner (DC) Budgam, Akshay Labroo today initiated the modernization & upgradation works of DC Office Complex, Budgam under the larger 'Beautifying Budgam Town Initiative' launched by Lieutenant Governor Shri Manoj Sinha a few days back.

The initiative aims to accelerate infrastructural development and aesthetic beautification of Budgam town. This step towards modernization of the DC Office complex is set to bring about a positive transformation in the working environment and service delivery to the citizens of the district.



Speaking on this occasion, the DC emphasised the importance of creating a conducive and efficient workspace. The upgraded office complex is expected to enhance productivity and accessibility while also catering to the evolving need for infrastructural development in Budgam.

He said this renovation project is a testament to the commitment of the District Administration towards

providing an efficient and welcoming space for both employees and the public.

He said this upgradation work aims to provide an environment that is conducive to streamline administrative processes, ultimately benefiting the people of Budgam.

Further, the DC said that the District Administration Budgam is sincerely committed to continually improving its facilities, be

it beautification of Budgam town, installation of street lights and upgradation of other services, and today modernisation and beautification of DC Office complex, for overall betterment of people of Budgam.

The DC also said that many more projects for infrastructural upgradation of Budgam will be initiated very shortly in the coming days. Besides, ADDC Budgam, Dr. Akramullah Tak; ADC Budgam, Dr. Nasir; JD Planning Rafiq Ahmad, AC(D), AC(R), SDM Beerwah, Executive Engineer R&B, and other District officers and officials were also present on the occasion. Besides, ADDC Budgam, Dr. Akramullah Tak; ADC Budgam, Dr. Nasir; JD Planning Rafiq Ahmad, AC(D), AC(R), SDM Beerwah, Executive Engineer R&B, and other District officers and officials were also present on the occasion.

Jal Shakti Ganderbal conducts mega Bhrashtachar Mukti camp at DC Office

■ HT News Network

GANDERBAL, SEPTEMBER 06: In continuation to the ongoing campaign of Bhrashtachar Mukti J&K and Digitisation week, the Rural Water Supply Ganderbal today organised a mega awareness camp within the premises of DC office Ganderbal. The camp was attended by Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-ud-Din Shah along with PRIs, BDC and DDC members, besides eminent citizens and social activists also participated. Speaking on the occasion, ADC emphasised participants to avail various online facilities in Jal Shakti, Revenue and other departments.

Executive Engineer, Rural Water Supply Ganderbal, Er. Samiullah Beigh provided detailed information to the



participants about various measures taken for eradication of corruption by the Govt, which includes e-tendering, Gem procurement, e-billing, Jal sunwayi Portal, JKIGRAM portal, J&K Single window portal, water quality monitoring portal etc.

The laboratory staff demonstrated the water testing by Field test kits and use of water quality monitoring por-

tal by people for ensuring desired water quality even in far flung areas. Field test kits were also distributed among Panni samiti members.

In the end, on the spot grievance redressal camp was organised in which various grievances were resolved by Executive Engineer and Assistant Executive Engineers present in the programme.

DLSA Ganderbal organizes Legal Awareness Programme on "NALSA Scheme

■ HT News Network

GANDERBAL, SEPTEMBER 06: The District Legal Services Authority (DLSA) Ganderbal today organized Legal Awareness Programme on "NALSA (Child Friendly Legal Services to Children and Protection) Scheme, at Legal Literacy Club/Legal Aid Clinic in Government Boys High School Sherpathri. The programme was held under the supervision of

Chairman DLSA Ganderbal, Ritesh Kumar Dubey and guidance of Secretary DLSA Ganderbal, Nusrat Ali Hakak. The programme aimed to educate participants on NALSA Child Friendly Legal Services to Children and Protection Scheme, which aims to safeguard the rights and protect children in legal matters.

Adv. Asif Mustafa (Assistant Legal Aid Defense Counsel) emphasized the participants about the key aspects of the NALSA Child Friendly Legal Ser-

vices to Children and Protection Scheme. He highlighted the significance of empowering and protecting children within the legal framework. Advocating for the rights of children and ensuring their well-being. The programme served as a platform for interactive discussions and insightful conversations. Participants actively engaged in exchanging ideas, sharing experiences, and seeking guidance on legal matters affecting children.

Government of Jammu and Kashmir Office of the Executive Engineer Irrigation and FC Division Baramulla E-MAIL ID- ifcdebaramulla@gmail.com/exenifcdebaramulla@ifckashmir.com

Subject: - Corrigendum.

Reference: This office e-NIT No. 10 of 2023-24 Dated: 04-09-2023, issued under endstt. No. I&FCDB/5067-88 dated: 04/09/2023, Tender ID 2023_IFC_228678_1.

CORRIGENDUM - I

- Please read **item No. 1 (a)** of above referred e-NIT as;
- “Conducting Topographical Survey & Detailed contour Survey Work Total Station, Auto Level and allied Survey Equipment's with' Total Station' equipment showing all existing features, namely, electrical poles, drains, culverts, roads, bridges etc. and taking spot levels at an interval of 0.05m., fixing of bench Mark (BM) at the proposed site incl. all charges of survey equipment's, survey or engaged & all carriages to the site for equipment and manpower complete job”
instead of
“Conducting Topographical Survey & Detailed contour Survey Work Total Station, Auto Level and allied Survey Equipment's with' Total Station' equipment showing all existing features, namely, electrical poles, drains, culverts, roads, bridges etc. and taking spot levels at an interval of 0.05m., fixing of bench Mark (BM) at the proposed site incl. all charges of survey equipment's, survey or engaged & all carriages to the site for equipment and manpower complete”.
 - Item No. 1 d (iii)** “Conducting all necessary laboratory tests on samples collected for their different engineering properties Grain Size, Liquid Limit, Specific Gravity, Shear Tests, Consolidation tests all complete. (total bore holes 6nos@ Each 25mtr deep i.e. total 150mtrs)”
instead of
“Conducting all necessary laboratory tests on samples collected for their different engineering properties Grain Size, Liquid Limit, Specific Gravity, Shear Tests, Consolidation tests all complete. (total bore holes 6nos@”.

All other terms/conditions and stipulation as contained in the e-NIT shall remain unaltered/unmodified.

DIPK-8391/23
No: I&FCDB/ 5153-73
Dated: - 06-09-2023

Executive Engineer
Irrigation & FC Division
Baramulla

Weekly Block Diwas, DC Rajouri presides over public outreach camp at Thannamandi

HT News Network

RAJOURI, SEPTEMBER 06: In a remarkable demonstration of efficient governance and rapid issue resolution, Deputy Commissioner Vikas Kundal today led a highly successful public outreach event as part of the Weekly Block Diwas initiative here in the Old Tehsil Complex of Block Thannamandi.

The event served as a vital platform for local residents and their representatives to voice their concerns and demands as they sought maintenance of roads, adequate staffing in government institutions, addressing the problem of water scarcity and enhancement of the healthcare infrastructure. During the proceedings, government officials used the opportunity to inform attendees about ongoing

schemes, encouraging community engagement and urging residents to take advantage of these initiatives.

In his address, Deputy Commissioner Vikas Kundal emphasized the administration's unwavering commitment to deliver essential services to the public in a seamless manner.

Furthermore, the Deputy Commissioner assured citizens that their grievances have been duly noted, and relevant departments would take incremental action to address legitimate concerns. Instant directives were issued to prioritize and resolve the issues raised on the occasion leading to on-the-spot resolutions of several matters.

In a significant step towards addressing water scarcity, the Deputy Commissioner pledged to ensure functional tap water connections for every household in the district. This



ambitious target will be met through the implementation of the Jal Jeevan Mission, a comprehensive initiative

aimed at providing sustainable water supply. The Deputy Commissioner stressed the importance of promptly

addressing public grievances related to water supply and directed the XEN Jal Shakti Department to engage with the public and address their concerns promptly. Addressing the need for improved power supply, the Deputy Commissioner directed the XEN PDD to take effective measures to upgrade transformers. He called for active participation from all stakeholders to ensure the timely execution of necessary works. Deputy Commissioner assured the general public that 80% of the work in the Rajouri-Thannamandi-Surankote road will be completed by the next month. Responding to the pending pension cases, the Deputy Commissioner assured that it would be resolved within a week. Referring to the PMAY-G and Awas plus schemes, he assured general masses that new allocation underscores the commitment to expedite

the construction of houses for deserving beneficiaries in the Thannamandi region. Concluding the event, Deputy Commissioner Vikas Kundal emphasized the importance of sustained progress and collaboration among stakeholders, with the aim of enhancing residents' quality of life. The successful Weekly Block Diwas in Thannamandi showcased numerous issues discussed and effectively resolved, earning praise from appreciative residents who acknowledged the administration's dedication to issue resolution. DDC Member Qayoom Mir; President Municipal Committee Thannamandi, Shakeel Mir; CPOMohd Khursheed; ACD, Vijay Verma; ACP, Sheraz Chouhan; SDM, Shafiq Mir; AC Defence, Saleem Qureshi; DPO Auqil Nuvaid; AD Employment Mukhlis Ali; CEO Education, Sultana Kouser; XEN Jal Shakti Thannamandi.

Health, Jal Shakti Deptt team inspects water reservoirs in Doda

HT News Network

DODA, SEPTEMBER 06: In view of the rising cases of water borne diseases like Typhoid, Diarrhea, Hepatitis A and others reported from different parts in the district, a joint team of the Health Department and Jal Shakti (PHE) Department Doda visited various Water reservoirs in the Doda Town.

During the visit, the team collected water samples from the reservoirs for testing, which were later sent to District Water Testing Laboratory and Department of Microbiology GMC Doda for microbiological, Chemical and physical quality parameters check.

The team comprised of Irfan, Technical Officer Jal Shakti Department (PHE), Umar Anayat, District Epidemiologist, Toouseef, Lab Assistant and others from the concerned department.

DC Ramban releases Dogri Bhente album "Tera Bhawan Pyara"

HT News Network



RAMBAN, SEPTEMBER 06: Deputy Commissioner Ramban, Masarat Islam, today released a Dogri Bhente album "Tera Bhawan Pyara" sung by budding singer, Neha Rakwal and Kulbir Chib of Ramban here in the Conference Hall of the District Administrative Complex in a simple but impressive function.

The Dogri Bhente written by Kulbir Chib, Produced by Anchal Singh and Saleh Chib has been released on youtube channel "Kulbir Music Vibes" and other social media platforms to highlight unexplored culture and scenic views of district Ramban.

The function was graced by the DDC, Renuka Katoch; ADC, Harbans Lal Sharma; Executive Engineer, Rajiv Gai, PRIs, general public and all-star cast of musical the project, music lovers and media.

Speaking on the occasion, the Deputy Commissioner appreciated the team of artists for promoting local culture, language, scenic views and potential of district Ramban through their songs and videos.

GDC Ramgarh organizes awareness lecture on Cyber Security

HT News Network

RAMGARH, SEPTEMBER 6: Government Degree College Ramgarh on Wednesday organized an awareness lecture on 'Cyber Security and Cyber Threats' as a part of the series of activities to be organized by the College during the 'J&K Digital Week-2023'.

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

Dr. Aditi Khajuria, Convener IQAC, said that Cyber security is important because it protects all categories of data from theft and damage. This includes sensitive data, personally identifiable information (PII), protected health infor-

mation (PHI), personal information, intellectual property, data, and governmental and industry information systems.

The members of the organizing committee for the events to be held during the J&K Digital Week-2023 include Dr. Shamsheer Lal, Dr. Rahul Kundal, and Sunil Kumar. Sunil Kumar, Resource Person, delivered a detailed lecture on 'Cyber Security and Cyber Threats'. In his presentation, he said that Cyber security's importance is on the rise. Fundamentally, our society is more technologically reliant than ever before and there is no sign that this trend will slow. Data leaks that could result in identity theft are now publicly posted on social media accounts. Sensitive information like social security numbers, credit card information.

DC presides over valedictory function of Digital J&K Week at Ramban

HT News Network

RAMBAN, SEPTEMBER, 06: District Administration Ramban conducted array of events on last day of the Digital J&K Week and under the ongoing Bhrashtachar Mukht Jammu and Kashmir campaign to sensitize the people about more than 600 online schemes introduced to create a transparent system and establish a corruption free society.

Presiding a camp at conference hall organized by the Jal Shakti Department to observe Digital J&K Week and Bhrashtachar Mukht Jammu and Kashmir campaign under the aegis of Jal Jeevan Mission Fortnight, Deputy Commissioner Masarat Islam asked the participants, especially PRIs



to aware the people including children and elders about advantages of online services.

DDC Councillor, Renuka Katoch; Additional Deputy Commissioner, Harbans Sharma; Executive Engineer Jal Shakti, Rajeev Gai and other officers, PRIs and other stakeholders were

present on the occasion.

The Deputy Commissioner also advised them to avail the facilities of Common Service Centres to take benefits of the online services. He said that the government has devised many mechanisms to register any corruption related complaints at different levels of

administration.

Later, the DC addressed a Convention of Pani Samitis attended by the members officers and officials of the Jal Shakti Department Hydraulic Division Ramban. The Deputy Commissioner said the department is vigorously working towards achieving the target for providing Functional Tap Connections to every Household by completing all water supply schemes taken up across the district under Jal Jeevan Mission. The Deputy Commissioner also advised them to avail the facilities of Common Service Centres to take benefits of the online services. He said that the government has devised many mechanisms to register any corruption related complaints at different levels of

Block Diwas programme held at different places in Doda district

HT News Network

DODA, SEPTEMBER 06: Block Diwas programmes were held today at various places in Doda district at which officers from civil administration heard the issues of the public for on the spot redressal of grievances and to ensure good governance at people's doorsteps.

The government functionaries also imparted awareness to the public about the use of online/ digital services and Bhrashtachar Mukht J&K campaign to seek people's support in bringing good governance for better development and prosperity in the district.

The main event was held at Dakbunglow Bhaderwah, which was chaired by District Development Commissioner (DDC) Vishesh Mahajan. The Block Diwas at Dakbunglow Bhaderwah was also graced by the presence of SSP Doda, Abdul Qayoom.

BDC Chairperson Bhaderwah, Omi Chand; DDC Member Chowkibal, Thakur Yudhvir; ADC Bhaderwah, Ch Dil Mir; ACD



Doda, Phulail Singh; ACP, Ashfaq Khanji; District and sectoral Officers, besides, PRIs and people in large number attended the day long block diwas programme.

The DDC, in his address, said that the aim of holding weekly block diwas is to hear the people at their door steps and address their developmental issues and grievances and to provide them awareness about different welfare schemes of the Government.

Referring to the role of PRIs and the general public, the DDC said that the administrative machinery, PRIs, and common man have to work together to ensure successful implementation of the schemes.

DDC Doda finalises arrangements for Holy Kailash Yatra commencing from September 11

HT News Network

BHADERWAH, SEPTEMBER 06: District Development Commissioner (DDC) Doda, Vishesh Mahajan, along with SSP, Abdul Qayoom today convened a meeting in Dak Bunglow Bhaderwah to finalise the arrangements for forthcoming Kailash Yatra.

President Sanathan Dharam Sabha Bhaderwah informed the meeting about the schedule of forthcoming Kailash Yatra in the district and said that all arrangements are in place for the successful conduct of Yatra. He requested the administration to install gen-sets at all the halt points where Holy Mace stays for night.

The DDC issued immediate direction to the concerned to do the needful. It was informed that firewood has been procured and the track has been improved. Last year, 35,000 pilgrims visited the Holy place, and this year, more than 50,000 devotees are expected to pay obeisance during Kailash yatra. The forthcoming Yatras, as informed by the president SDS, Kailash Yatra, is scheduled to be held from September 11 to Sep-

tember 12, 2023. DDC and SSP Doda assured the devotees that foolproof security arrangements for the pilgrimage have been put in place. Availability of drinking water, presence of medical staffs along the route of Yatra, accommodation of pilgrims, arrangements of buses, arrangements of firewood at yatra venues, arrangements of power through Generators besides other facilities viz toilets at different locations enroute and at venues have been ensured for the smooth conduct of the yatra. Responding to the other issues raised by Sabha, the DDC issued on the spot directions and has instructed the officers to ensure all the arrangements are in place in advance. The DDC further directed the officers to inform the yatris about keeping the yatra venues clean and use of dustbins installed at different halt points. BDC chairman Omi Chand, DDC councillor Yudhvir Singh, ADC Bhaderwah Chowdhary Dil Mir, SE PWD, ACD Doda, GM DIC, DFO Bhaderwah, CAHO Doda, Tehsildar Bhaderwah, BDO Bhaderwah, XEN R&B Bhaderwah, other district and sectoral officers.

Brashtachar Mukht JK Week campaign, Director Horticulture addresses Gram Sabha at Panchayat Lower Narayana in Block Khour

HT News Network

JAMMU, SEPTEMBER 06: Director Horticulture Jammu, Ram Savak as a Prabhari of Panchayat chaired a Gram Sabha at Lower Narayana of block Khour with convened to promote "Brashtachar Mukht J&K Week" campaign. Tehsildar Khour Monica Sharma, a large number of farmers including women along with PRI members, Sarpanch L. Narayana, Sharada Devi, besides representatives of different departments attended the programme.

The Director took detailed review of progress of works undertaken by different departments for the overall development of the Panchayat along with grievances of the public in general.

Chief Horticulture Officer Jammu, Ashwani Sharma, MCC, Uttam Chand, HDO, Amit Saraf and other senior officers of line departments briefed the public about the schemes of their respective departments.

Ram Sevak briefed the farmers about the various centrally and UT sponsored schemes of the department.



He said that with the suitable agro-climatic conditions, there is an immense poten-

tial for Horticulture crops in the area which must be tapped. He appealed the PRI

members and field functionaries to work in tandem towards doubling the farmers' income. He also discussed in detail the Holistic Agriculture Development Plan (HADP) and its execution with the PRI members.

Later, the Director launched a plantation drive by planting the sapling of a Mango plant for compact plantation in a farmers' field at village Gurha Jagir, Akhnoor covering an area of 20 kanals.

He interacted with the farmers and emphasized that the Horticulture cultivation presents a remarkable

opportunity for sustainable growth, both at the individual and community levels. By harnessing the potential of fruit plants, we can not only improve our environment but also create avenues for economic prosperity and this initiative will lead to positive transformation. The Director impressed upon farmers to form Self Help Groups (SHG's) for setting up of small fruit and vegetable processing units with the financial assistance from the department, henceforth which can play an important role in enhancing the family income.

KVK Samba organises maiden Agricultural Drone Demonstration at Village Raghuchak

HT News Network

SAMBA, SEPTEMBER 06: Krishi Vigyan Kendra, Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu today organised its first-ever agricultural drone demonstration under the dynamic leadership of Prof. Bhupinder Nath Tripathi, Vice-Chancellor, SKUAST-Jammu and the direct supervision of Dr. S.K. Gupta, Director Extension SKUAST-Jammu. KVK Samba of SKUAST Jammu today added another feather to its cap when it used a drone for the first time on the farmer's field. The live demonstration of the drone operation was conducted under the supervision of District Police Samba as well as Sarpanch Panchayat Halqa Ghagwal and other progressive farmers. It was another milestone of the University towards promoting precision agriculture in the region. Elaborating further Prof. Sanjay Khajuria, chief Scientist & Head, said that the agriculture sector in the country.

EDITORIAL

Preserving Kashmir's Mother Tongue: Overcoming the Shame

Among its many treasures is its diverse linguistic heritage, with Kashmiri being the mother tongue of the region. However, in recent years, there has been a concerning trend where many youngsters are shying away from using Kashmiri, and a sense of shame is associated with speaking this beautiful language.

Kashmiri, a language that has evolved over centuries, is more than just a means of communication; it is a reflection of the region's history, traditions, and identity. It is the thread that connects generations, carrying forward the collective memory of the Kashmiri people. Sadly, the decline in its usage among the youth is a matter of great concern.

One of the primary reasons behind this decline is the sense of shame associated with speaking Kashmiri. This shame stems from various factors, including the influence of mainstream media and the perception that Kashmiri is somehow less prestigious than languages like English or Urdu. Many youngsters view speaking Kashmiri as a marker of being "backward" or "unmodern," which is a deeply flawed perspective.

To combat this trend, it is essential to emphasize the importance of preserving Kashmiri as a crucial part of Kashmir's cultural identity. Educational institutions, parents, and community leaders must play an active role in encouraging the use of the language. Schools should incorporate Kashmiri into their curriculum, fostering an environment where students take pride in their linguistic heritage.

Moreover, media and popular culture can also play a vital role in revitalizing Kashmiri. Promoting music, literature, and films in the Kashmiri language can help create a sense of cultural pride and appreciation among the youth. By showcasing the beauty and depth of Kashmiri, we can counter the misplaced shame associated with it.

To conclude, the decline in the usage of Kashmiri language as it's mother tongue among the youth and the shame associated with it is a matter of concern for the preservation of Kashmir's rich cultural heritage. Efforts must be made at all levels of society to reverse this trend and instill a sense of pride in speaking Kashmiri. Only by doing so can we ensure that this invaluable mother tongue continues to thrive and flourish for generations to come.

SOUND OF SILENCE, Different perspectives!

■ Mir Aunisa

Silence in genuine and authentic sense means when you choose not to reveal or express your emotions, your feelings, your pain etc. Silence is such a word which is usually taken in negative sense but in reality it possess both positive and negative part. When you choose to be silent that doesn't mean you are empty and idle inside, but silence is always full of millions of queries, thoughts, emotions etc. When you ponder that your words will not be understood or when u reflect that expressing yourself is of no worth and you would not be acknowledged by your words. You choose to remain silent when you believe that your words are not dignitary to be puffed out.

In my sense silence is much exceptional and superior than words. In corporeality squeamish words which you blow out from your mouth may shatter someone's heart or may mortify them ineptly. Words are so mighty that these can demolish something within nano seconds and also have mightiness to bring new branches of contentment in your hearts. Someone has rightly said "Words can both make you or break you". If words are so powerful to break down people's heart, their courage, their hope then I think it is better to remain silent.

SILENCE AND OUR RELIGION

In our religion silence has been embraced by our Creator and His Messenger (pbuh). Both isolation and silence can be most beneficial. Ibn Taymiyah said: "At times, it is necessary for the wor-

shipper to be isolated from others in order to Pray, remember Allah, recite the Quran, and evaluate himself and his deeds. Also, isolation and silence allows one to supplicate, seek forgiveness, stay away from evil, and so on". During the periods of silence, one is able to delve deep into a sea of ideas and concepts. When a person is alone and silent, he has nothing to do for showing of, since none but Allah hears him. Those individuals who generally remain silent are not unworthy and empty, but they choose silence as their weapon.

SILENCE AND TECHNOLOGY

In the hustle and bustle of this world, our minds and souls have become fed up and at this stage silence is a fount and source of tranquility. You get attached with your soul when you accompany yourself with silence. Silence relaxes your body as well as your Soul. In this modern world, with the improvement in technology, machines every man made thing have pros and cons and one of the con in Slang is (it is noisy). Nowadays around 70% of people are in search of peace, peace of mind has become the most expensive thing in this world. In this Buzz world with lot of development in Artificial Intelligence, people have lost their peace of conscience and that peace lies in silence and calmness, and that peace and tranquility lies in Nature. Nature carry silence and it is above all. Nature is inclination of Love, it is source of peace because it is full of Silence and Calmness. When you become brassed off with this world and at that time nature is the only and the best healer

. When you think your words will not be understood then silence is the best answer. It is better to remain silent instead of exhaling those words which may ruin something and this quote fits here (Be Silent or let your words be worth more than Silence).

Individuals best companion are books and and it is not feasible to read and seek knowledge from the book until their is seclusion and silence around you. And also we get morally connected with our Lord in silence and seclusion.

When we pray lonely and in silence, we become able to build a strong bond with our Lord.

Some people talk pitilessly when they get annoyed with something and with the elapse of time they wish, they wouldn't have ejected such words but at that time it is of no use to think about that.

It is rightly said that (Think before you Speak) because words carry such a power which can put forests into fire and deserts into orchard of flowers. This thing also indicates and propel us to think that silence is the better option.

Silence give you the power and space to think about your circumstances. Silence is such a gift from Allah through which we can connect with Him. Sometimes you find paucity of words to express yourself, at that time only Silence can accompany you and also in your loneliness silence holds your hand to think.

NIGHT AND SILENCE

Silence during night carry such a tranquility and peace. Night is calm and beautiful due to presence of silence

. Silence gives you composure from the uproar of this world.

Silence screams more than mouth could ever do. It has also been said by Neitzsche

"I hate someone who steals my loneliness from me without offering me real companionship in return". So it also indicates that sometimes loneliness and silence become your best companions. Silence is such a thing when you talk without speaking.

I believe silence is luxurious and precious. It gives you power to introspect yourself. Wherever there is Violence and chaos, there is obviously disturbance.

SILENCE IN NEGATIVE SENSE

Earlier I mentioned positives of silence and now I would love to express some negatives of silence. Sometimes silence leads to destruction of families, communities etc. Sometimes it is not worthy to be silent, if somebody oppresses you, at that time you should not remain silent. When people take you in wrong way at that time, you have to express yourself in order to clear the chaos.

Especially for those people who are depressed, for them Silence is disastrous and destructive. They need to express themselves, they need to talk to someone. If they will remain silent, that will have very bad consequences.

Sometimes incommunicability become the cause of most destructive happenings around us.

The author is PG Economics from UNIVERSITY OF KASHMIR, from Jaggerpora Kupwara

■ Vijay Garg

The National Curriculum Framework for School Education (NCF) released by the ministry of education (MoE) is intended to guide school education. Since education is not only relevant to its immediate participants but is critical to the well-being of society at large, it is useful to understand what the NCF is about. In the spirit of full disclosure,

Curriculum refers to the entire experience of children in schools in pursuit of educational objectives—the learning goals, syllabus, pedagogical

ties and the curricula for their school systems.

The NCF could have remained at a high level of abstraction in its approach and principles. But decades of experience suggests that specificity is critical to enable practitioners of education. 'Practitioners' include teachers, school leaders, syllabus developers, textbook authors, education administrators and others. The details in the NCF aim to help change actual practices on the ground. Yet, none of its details is prescriptive, it is only explanatory.

For example, the NCF could just say a school's cultural practices must promote equity and plural-

How to raise standards of school education in the country

practices, teaching-learning-materials, classroom practices, culture of schools, and more. This expansive notion of curriculum is important to use rather than a narrow definition because children's learning is shaped by all these aspects. This broad understanding of curriculum is more real than the narrower idea that includes only the syllabus, content, pedagogy and assessment.

The NCF is not a curriculum; it's a framework to develop curricula. As a framework, it describes the principles, goals, structures and elements for the development of curricula, which will then guide the syllabus, teaching-learning material including textbooks and assessment (examinations). All of these will have to be developed by appropriate institutions at the state level, like boards or other bodies responsible for schools. The NCF will guide the pedagogy, as also the practices that determine school culture and other experiences of school students that schooling systems will have to nurture, change and develop.

Such a common national framework enables harmony and cogency in school education across Indian states, while recognizing that school education is the domain of states. The NCF is thus an important mechanism that upholds the integrity of our country's federal structure. It provides common principles and objectives derived from our constitutional vision, educational research, and experience, but states determine their own priori-

ism. Instead, the NCF states this principle, but then goes on to specifically articulate practices that help develop the values of equity and pluralism. The specific practices ground the principles and make them real. But these practices are illustrative, and schools are free to choose and develop their own practices based on these principles.

In essence, a teacher or anyone else developing the syllabus should be able to draw implications for this role from the NCF with minimal intervention by 'education experts'. This seems like a basic requirement for all such documents. Surprisingly, this has often not been the case.

In order to be effective in bringing about desired changes in practices on the ground, the NCF is designed so that it can be implemented with resources that schools currently have. This isn't to say that the NCF is not committed to ensuring that schools get the resources they need and must have. But it also recognizes that implementation cannot be predicated on all the resources being available right away. If we wait until we have all that schools need, the practical reality of our country is such that implementation will keep getting pushed out with the excuse that "we will do it when we have the resources."

The approach taken by the NCF is to ensure that it is implementable within current circumstances, charting a path forward as the resources improve. For instance, the NCF gives the same importance to



the arts, including music, as to mathematics. But the immediate response would be, "We need arts teachers in all schools before we can hold arts classes." But this can take as long as 10-15 years.

To address this practical reality, the NCF does three things. First, it articulates learning standards for arts that must be achieved even if a dedicated subject teacher is not available. Second, it creates 'timetable space' for arts in accordance with its importance. Third, it suggests a practical way of training existing teachers (say, of a language or mathematics, for instance), with the help of other available local resources, so that they are able to teach arts to meet learning standards.

In the past week, since the NCF has been released, most media headlines have focused on its suggestions for board exams, reflecting our society's obsession with testing. This is one of the very attributes that the NCF attempts to change. But the document reaches deep into all aspects of school education. Over the next several columns, we will explore how the NCF deals with these many other specific and important aspects of school education, and how these may help in improving it.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

■ Dr. Gyan Pathak

There is no end in sight to the woes of the MSMEs in India, that suddenly started worsening with the sudden announcement of demonetization on November 8, 2016 by PM Narendra Modi, further exacerbated by introduction of GST next year from July 1, 2017, and intensified with lockdown of the country from March 24, 2020, and all without preparation for the consequent eventualities. Thousands of MSMEs were forced to shut down, rendered majority of them unviable, and most are still struggling to survive. Lakhs of jobs simply vanished, and the era of joblessness that began in 2016 continues with record unemployment rates that has reached 8.4 per cent in July 2023.

MSME sector in India has been a critical sector of the Indian economy, but it has to undergo unprecedented level of apathy of the ruling establishment under PM Modi since 2014. What is more disheartening than the lack of latest data on the current state of their existence? We don't have data after the NSS 73rd round survey conducted in 2015-16 on MSMEs, and the entire Union Ministry of MSMEs go on relaying this old data year after year up to this date. The country is in dark as to what happened to MSMEs during this period.

It is on the basis of the 2015-16 data, the government goes on telling the people that MSMEs are critical for the Indian economy and its people since it contribute 30 per cent to the GDP, 45 per cent to manufacturing, 40 per cent to exports, while providing employment to 11.3 crore people.

There were about 6.33 crore MSMEs in the country in 2015-16, but as on July 26, 2023, a total of only 2.09 crore MSMEs were registered on Udyam Portal which included Udyam Assist Platform (UAP). Out of them 2.02 crore are micro, 5.6 lakh are small, and 52,821 are medium enterprises. They all together have employed 12.57 crore people.

The questions arise as to where over 4.24 crore MSMEs gone? What happened to them? How they are going with their struggle? and so on. There is no official answer to such questions, which shows the apathy of the government towards the MSMEs while it has written off 14.49 crore of loans of big companies with love and even recently allowed the defaulters to renegotiate their bad loans and take new ones.

If we look at the employment figures, there was only about 1.27 crore addition in the MSME sector in the last eight

years since 2015, which is a pittance compared to the 2 crore people entering every year in the Indian job market. Since the government support are available chiefly to the MSMEs on record, it can safely be argued that over 4.24 crore MSMEs are either no more extant, or have no access to government's various measures to support the sector, such as providing collateral-free loans, credit guarantees, subsidies, tax relief, moratoriums, and incentives. Modi government had launched Atmanirbhar Bharat Abhiyan in May 2020, and now it seems that they have been left to be self-reliant without help of the government and to fend for themselves.

As per the 2015-16 data there were 6.30 crore micro, 3.31 lakh small, and 5 thousand medium enterprises in the country, but now the registered enterprises in these categories are 2.02 crore, 5.6 lakh small, and 52,821 respectively. This data reveals that about 4.28 crore micro enterprises just vanished, and not in the current registered record. However, the number of small enterprises increased by about 2.3 lakh and medium enterprises increased by over 47,800. It is clear from this record that the government policies favoured the small and medium enterprises but went against the micro enterprises.

Had the Modi government not changed the definition of micro, small and medium enterprises, it would appear uglier. By increasing the limit of investment and turnover, it increased their number. Even more big companies are brought into the fold of medium enterprises that swelled the number of medium enterprises by about 48 thou-



sand, which became the major beneficiaries of the schemes intended for MSMEs under old definition. It means the help could not reach the MSMEs who needed them most. The changed definition also included business into enterprise categories of MSMEs only to increase their number since majority of them had already vanished by 2020.

Let us take the example of Mudra loan, which is intended to be given to micro enterprises. This Pradhan Mantri Mudra Yojna (PMMY) was launched on April 8, 2015 for providing loans up to Rs10 lakh to non-corporate, non-farm small and micro enterprises. Since its launch, only about 24 lakh crore loans were given. Loans upto Rs 50,000 was categorised as Shishu, above it up to Rs5 lakhs Kishore, and above it up

to Rs10 lakh Tarun. These were announced collateral free. However, the minimum interest rates were charged up to 12 per cent per annum, processing fee of 0.5 per cent on Tarun loans, and GST were also charged.

Altogether, it was too costly for the poor borrower. In practice, there is much worse condition. Officials were given free hand on charging interest rates which varied according to borrowers which given rise to corruption. Borrowers were even enforced to give bank charges which they were informed that it would go to government for they have taken guarantee. This writer was approached by a borrower who was charged above Rs4300 by SBI in a state capital on a loan of Rs3 lakh in this regard, while he was told at the time of

taking loan that there would be no charge. It is common knowledge that the Modi government had announced these loans on free of charges. On the other hand, millions and millions of micro enterprises have no or insufficient access to such loans.

Modi government has launched numerous programmes to help MSMEs in the country but all of them only have propaganda value, and are contributing only a little on the ground. The June 2023 Financial Stability Report of RBI says that Credit to MSME sector grew in the range of 13.8-18.9 per cent y-o-y during 2022-23 while admitting that GNPA ratio for advances below Rs25 crore are particularly vulnerable to slippage. If it is so, it is a matter for serious concern. The reasons must be ascertained and the borrowers must be given expertise by the government to survive. SMA accounts went down from 11 per cent in March 2022 to 8.6 per cent in March 2023, which is additional concern.

Performance under the ECLGS scheme, which expired on March 31, 2023, have been worse. Modi government had announced Rs5 lakh crore, disbursed only Rs3.65 lakh crore from the total sanctioned amount of Rs3.73 lakh crore. RBI report says that total disbursement by Scheduled Commercial Banks was Rs2.91 lakh crore. It goes without saying that performance of the public sector banks has been very dismal. The question is what is the use of announcing big help when not actually providing them on the ground?

MSMEs need help beyond loans and must include expertise in planning, implementation, production and marketing which are not being provided to them resulting in poor performance of the enterprises. RBI report says that an analysis of borrowers availing ECLGS indicates that one-sixth of accounts and one-twentieth of the amount disbursed turned non-performing. Stress was predominant in the micro enterprises segment, with nearly one-fifth of borrowers and a tenth of the amount disbursed turning delinquent. Overall delinquency in the microfinance segment, measured in terms of 90+ days past due, in SCB's is still at elevated levels with a seventh of the portfolio under stress.

Under these circumstances, MSMEs need special attention, and Modi government must revisit its policies to revamp to enable them not only to survive but also thrive.

(IPA Service)

Erase history from books, but it won't leave memory

ERASING A FRAGMENT SEEMS PAROCHIAL WHILE A GANDHIAN-STYLE CONFESSION WOULD HAVE BEEN MORE IMPRESSIVE. THE REGIME MUST LEARN TO EXPERIMENT WITH TRUTH RATHER THAN TINKER WITH IT

■ Shiv Visvanathan

Contemporary newspaper reports, often presented as isolated items, tend to mislead. One needs a context, an embedding in a social environment, a sense of chronology to create the texture and tenor of the story and its sense of truth. Recent articles on the censorship of history in NCERT textbooks illustrate this. I remember the first time this controversy arose over three decades ago. The atmosphere smelled of debate and difference. There was vigour and vitality to both sides, the Left in particular showing that there is creativity and trusteeship in scholarship. I remember a debate at the Delhi school of Economics, where historians like Romila Thapar and Sumit Sarkar were both courageous and incisive. One misses the effervescence of these moments.

Sadly, when controversies surface again, there is a touch of banality to them. The word used by the NCERT director to justify his decision was "rationalisation". It hints that this is not the opening up of a new controversy but a mopping-up operation. It implies that the basic work has been done and a bit of pruning is all that is required. In fact, as one reads the reports now, what one senses is not a rectification of the past as unjust but a reordering of the future as a new possibility.

The BJP regime, already facing the election of 2024, is ensuring that its future does not become an embarrassment. The regime is reordering memory. It is clear that majoritarian memories to survive must rework history. Now, anyone who challenges the official world of history is both anti-government and anti-national. Patriotism merely becomes a chorus called

the official. For the regime, censorship of NCERT books is an attempt to rework the future. It is seen as an act of pruning or gardening, implying that pruning culture is as natural as trimming a plant. One has to realise that at the level of culture, something deeper is happening. We are not merely invoking the rectification of history as symptomatic of the struggle for power. The canvas is larger: we are moving to a control of governance through memory. The regime realises the importance of orality and folklore as being powerful alternative frames. Orality and folklore as memory require a world of norms and rituals. Orality is continuously inventive and the BJP realises that the governance of memory has to be more encompassing than historical rewriting. The regime now adds the monitoring of memory to the control of information. Its sense of Orwell is more orderly and cynical.

What one gasps at in futility is the silence of dissenters and scholars. There is little that is spontaneous in ritual negativity. The efflorescence of debates and ideas that once haunted these events no longer exists. At the most we summon a few foreign scholars to talk about the vitality of Mughal culture. Erasure and rectification are now norms of the new civic culture. Rectification is now a part of the new government model of progress. An Indian take on the new post-truth societies.

One senses this acutely as one examines the list of erasures the BJP indulges in. Firstly, the BJP has to exorcise the stigmata of Gandhi's assassination. Simultaneously, it has to rewrite the Gujarat riots and erase it as an index of genocide. It has to erase any sense of Mughal tolerance or syncretism. Each act, while connected, requires a different



style of thinking and control.

Let's consider the Gujarat riots. The Delhi riots of 1984 and the Gujarat violence of 2002 represented a different kind of violence. But both these riots were no longer seen as occasional and random but systematic acts of extermination of people. Genocide was woven into the texture of the act and rape was openly methodological. The perpetrator pretends he is a victim restoring himself to history. Oddly, even rape becomes a restoration of justice. For instance, many rapists felt that rape was an attempt to redeem the honour of Padmini. Banality of brutal rape becomes critical. Elections merely confirm the link between the power of majoritarian violence and the ruthless efficacy of majoritarian governments. The sordid history of the

Gujarat riots disappears from the NCERT textbook. The erasure of memory becomes a self-righteous task while the minority—Muslim—watches helplessly.

Gandhi has been the most problematic figure for the RSS and BJP. Gandhi's assassination by Godse is a stigma that the regime cannot erase. Yet, Gandhi is too original to be internalised or adopted by the regime. His non-violence is indigestible, his satyagraha too immaculate yet everyday for the BJP to imitate. BJP icons like Veer Savarkar cut little ice before Gandhi as an exemplar. Yet, that fragment of history concerned with his assassination eludes the Orwellian clutches of the BJP regime. Blanket erasure seems to be the only alternative. The moral and political complexity of Mohandas Gandhi haunts them. Gandhi

is a reminder of the limited imagination of the BJP cadres. The only feasible solution is to erase history and empty the textbook so the regime can later invent a new affiliation to Gandhi. But memory is complex, inventive and recalcitrant. Gandhi will forever haunt this regime. His two worlds of 'Satyagraha' and 'Swaraj' elude them. Only 'Swadeshi' is a word they can partly nibble at and domesticate. Erasing a textbook fragment seems a parochial act while confession in Gandhian style would have been more impressive. The regime has to learn to experiment with truth rather than tinker with it.

The third story is an older attempt where Mughals like Akbar are denied any sense of tolerance or syncretism. They are merely branded as outsiders. The regime wants to order marginal minorities and their dissent, domesticating them within the mainstream monolithic imagination of the majority. Despite the power of media and censorship, India as a culture is too inventive. Suppressing the folklore of Gandhi or the rumour of the Gujarat riots will never be total. These events are too seductive to memory. There is little a regime can do beyond hacking a textbook. One has to realise that as lethal as post-truth is, our myth, folklore and gossip are worlds which are difficult to control. History as a method and official ideology needs to learn from them and move towards a plurality of narratives. Democracy remains democracy when it continually renews and reinvents a pluralistic self. It is this that history needs to record.

Social scientist associated with THE COMPOST HEAP, a group researching alternative imaginations (svcsds@gmail.com)
Courtesy New Indian Express

Digital Week 2023, Kishtwar Adm fosters Digital Initiatives for Education and Healthcare Advancement

■ HT News Network

KISHTWAR, SEPTEMBER 06: Under the ongoing Digital Week Celebration in the district, the District Administration Kishtwar, in addition to awareness generation about digital services of Government, today took significant strides in leveraging technology to strengthen and expand access of health and education to remote areas and facilitate the redress the public grievances and needs.

In a groundbreaking move, the District Education Department Kishtwar unveiled a Smart Class Studio at the Digital Week Celebration. Deputy Commissioner, Dr Devansh Yadav along with CEO Prehlad Bhagat graced the occasion.

The aim is to provide quality education to students in far-flung areas of the district. Many government schools from 9th to 12th grade, which face a shortage of qualified staff in subjects like Science and Mathematics, will benefit from this initiative.

Master Sandeep Kumar delivered a mathematics lecture from the newly established studio at the Government Girls Higher Secondary School Kishtwar. Over 1000 students of 50 schools accessed the lecture through smart boards and internet facilities, fostering interactive learning at their respective schools.

These digital classes will now be a regular feature, with well-qualified



teachers and lecturers from premier schools delivering lessons through digital mediums and students utilising access through smart boards and projectors available in these schools, coupled with internet connectivity to fill educational gaps due to unavailability of qualified staff.

The health sector also embraced digital medium by conducting a special tele-consultation session for ailing individuals in the remote areas of Kuntwara, Bounjwaha, Nagseni and other areas of the district Kishtwar.

The Medicos Dr Ferooz and Dr Munaza, provided reliable medical consultations through video conferencing from the DC office complex. Dr. M.Y. Mir, Chief Medical Officer supervised the session, generating e-prescriptions and offering necessary consultations with the help of AYUSH doctors, technical teams, and

medical assistants present at sub-centers in these areas.

It is noteworthy that the tele-consultation initiative, launched a few months ago by Deputy Commissioner, in collaboration with the Health Department, has become a regular feature in the district. Hundreds of patients in Kuntwara and Bounjwaha have already benefited from specialist consultations through this digital platform, bridging healthcare gaps in remote areas.

Besides this, in wake of the Digital Week celebration, the line hours under "Hello Kishtwar" IVRS have been extended, wherein the district officers listened to people's grievances through the IVRS number, 8479800900. From August 31st to September 6th, the Hello Kishtwar IVRS grievance registration line will be accessible every day.

DC Kathua presides over mega event at Town Hall under, Digital JK Week Bhrashtachar Mukht J&K campaigns

■ HT News Network

KATHUA, SEPTEMBER 06: As part of its series of events to promote Digital Literacy and transparent governance, District Administration Kathua today hosted a mega event here in the town hall.

The event was well orchestrated to acquaint the public about the perils of corruption and the saga of digital transformation that J&K is witnessing. The event was marked by enthusiastic participation of citizens, government officials and various stakeholders who came together to champion the cause of cleaner and transparent governance.

Presiding over a mega event, the Deputy Commissioner Kathua, highlighted various schemes and initiatives taken by the government to provide corruption free governance in a hassle free and transparent manner. He informed the audience that J&K tops in digital governance by offering over 1000 citizen centric services thereby providing ease, convenience and accessibility at the single click from the comfort of home. These steps will fur-



ther reduce corruption and increase citizen satisfaction through a robust model of e-governance.

Emphasising the importance of the campaign, the DC said that the Bhrashtachar Mukht J&K Week is a vital step towards eliminating corruption from the roots. We encourage every citizen to participate actively in these programs, help identify corruption hotspots and be part of the solution, he added.

The DC urged the people to participate in the ongoing campaign against corruption by attending the

various events and utilizing the Grievance and Complaint Redressal Camps. He further said that together, we can make Kathua a model of transparency, accountability and integrity.

The DC emphasized the pivotal role that technology and digital empowerment play in combating corruption and ushering in a new era of transparency. These campaigns aim to harness the power of technology to simplify the government processes and improve public service delivery besides nipping the corrupt practices at the

bud.

Earlier, a theme based cultural programme was presented by the school students to aware and encourage the masses to avail an array of online services being offered by the government to ease the lives of citizens.

On the occasion, beneficiaries of different schemes of the government expressed their gratitude towards the government for providing door step delivery of services by organizing this awareness cum public service delivery programme.

Around 40 stalls of different line departments were established which served as informative hubs to demonstrate how to access and utilize e-services effectively which not only provided valuable insights into the array of services available but also fostered a sense of empowerment among attendees, equipping them with the knowledge needed to make the most of government initiatives. Around 40 stalls of different line departments were established which served as informative hubs to demonstrate how to access.

Curfew imposed in five districts of Manipur

■ HT News Network

Imphal, Sep 6 (UNI) Manipur government imposed curfews in five districts of Manipur on Wednesday as displaced people announced their decision to return to their houses. The Coordinating Committee on Manipur Integrity (COCOMI) called upon the displaced people to return to their houses. Over 60,000 people were displaced after the crisis started on May 3 at Churachandpur district. All the houses owned by a particular ethnic group at Churachandpur, Moreh, Kangpokpi had been completely destroyed by people from another group. Some residents living on the periphery of the hilly areas expressed their desire to return to their houses as the situation has improved, but they were not allowed to go back. COCOMI leaders said they would enter the houses even if the army and other security personnel stopped them. Information Minister Dr. Sapam Ranjan appealed to COCOMI to withdraw the plan. Many barricades were removed, and about 700 displaced people from the Torbung area have resettled in their original houses.

SC protects 3 senior journalists of EGI from arrest till Sep 11

■ HT News Network

New Delhi, Sep 6 (UNI) Supreme Court in its interim order on Wednesday protected three senior journalists from arrest till September 11, who gave a fact-finding report on behalf of Editors' Guild of India (EGI) on 'biased' reporting by local journalists on the brutal ethnic clash related issues in Manipur. The bench of the Apex Court, led by the Chief Justice of India (CJI) Dr. Dhananjaya Yeshwant Chandrachud also sought Manipur state's response in the petition filed by the EGI and 3 journalists. While granting interim relief to three journalists, the bench fixed the matter for further hearing to next Monday. Earlier, at 10.30 am this morning, the Apex Court decided to hear the plea of EGI & 3 journalists over FIRs against them for abetting communal tension in Manipur. The plea was mentioned by senior lawyer, Shyam Divan, appearing for the EGI, and urged the Apex Court to hear the matter urgently because the senior journalists involved in the case were apprehending arrest.

Military Hospital Khadki celebrates heroes on World Spinal Cord Injury Day

■ HT News Network

Pune, Sep 6 (UNI) The Spinal Cord Injury Centre Military Hospital Khadki celebrated the International Spinal Cord Injury Day on Tuesday, honouring the achievements of soldiers who have transcended disability and won a rich haul of medals in International Para-Olympic games. Almost 200 paraplegics, quadriplegics, and tetraplegics with their loving families were enthralled by the stories of triumph of human spirit narrated by Lt Col Sahil Gautam and Havaldar Gopal Singh. The residents of Paraplegic Rehab Centre also put up a musical event. Dr. Surpreet Chopra, a successful Cardiothoracic surgeon and a celebrated TED speaker delivered a talk on how to rise like a phoenix from

SC should ban alliances in the name of India: Mayawati

■ HT News Network

Lucknow, Sep 6 (UNI) Bahujan Samaj Party (BSP) Supremo Mayawati on Wednesday said 'Bharat' that is India is the well-known and dignified constitutional name of the country and it is neither fair nor justifiable to play or tamper the name.

The BSP supremo said that the Supreme Court itself should take cognisance of this and immediately ban all such organisations, parties and alliances, which have been formed especially in the name of India, otherwise the dignity of the country will also be greatly hurt.

In a statement issued here, Mayawati said, "Bharat that is India is the well-known and dignified constitutional name of the country and the people, who belong to all caste and religion, have immense love and attachment with the sacred and humanistic Constitution of Baba Saheb Dr. Bhimrao Ambedkar and playing with their feelings by changing or tampering with the respect is neither fair nor justifiable."

She alleged that the opposition itself has given Bharatiya Janata Party (BJP) led National Democratic Alliance (NDA) an



opportunity to tamper with the Constitution with the name of the country as part of a well-thought-out strategy and conspiracy, by naming their alliance I.N.D.I.A. "There is a possibility that all this is the result of internal collusion between the ruling party and the opposition," the former Chief Minister said.

The BSP supremo said, "People understand the pre-election politics of Congress and BJP, that is, their disgusting game of making India versus India, due to which they have sidelined the special and very important issues of poverty, inflation, unemployment and development. That is why BSP's decision to maintain distance from both these casteist, communal.

Sonia Gandhi writes to PM seeking agenda for special session of parliament

■ HT News Network

New Delhi, Sep 6 (UNI) Congress Parliamentary Party Chairperson Sonia Gandhi on Wednesday wrote to Prime Minister Narendra Modi and sought a clear agenda from the government for the upcoming special session of Parliament.

In a letter to Modi, Sonia Gandhi alleged that, "a special session had been called without any prior discussion with other opposition parties."

"You have convened a special five-day session of the Parliament beginning September 18, 2023. I must point out that this special session has been convened without any consultation with other political parties. None of us have any idea of its agenda," she wrote. The former Congress President added that "all we have been communicated is that all five days have been allocated for government business."

Sonia Gandhi said, "We most certainly want to participate in the Special Session because it will give us an opportunity to raise matters of public concern and importance." She also mentioned the nine topics in the letter for discussion, including price rise, caste census, and JPC over Adani issues, and expressed hope that "time will be



allocated under the appropriate rules for a discussion and debate on these issues".

A special session of Parliament has been convened from September 18 to 22. The session will have five sittings.

Lok Sabha and Rajya Sabha have notified the dates of the special session.

Earlier, in a social media post, Parliamentary Affairs Minister Pralhad Joshi said, amid Amrit Kaal, the government is looking forward to having fruitful discussions and debates in Parliament. Lok Sabha and Rajya Sabha have notified the dates of the special session. Earlier, in a social media post, Parliamentary Affairs Minister Pralhad Joshi said, amid Amrit Kaal, the government is looking forward to having fruitful discussions and debates in Parliament.

Cabinet approves the Scheme titled Viability Gap Funding for development of Battery Energy Storage Systems

■ HT News Network

New Delhi The Union Cabinet, chaired by the Hon'ble Prime Minister approves the Scheme for Viability Gap Funding (VGF) for development of Battery Energy Storage Systems (BESS). The approved scheme envisages development of 4,000 MWh of BESS projects by 2030-31, with a financial support of up to 40% of the capital cost as budgetary support in the form of Viability Gap Funding (VGF). A watershed moment in the long list of pro-environment measures taken by the Government, the move is expected to bring down the cost of battery storage systems increasing their viability.

Designed to harness the potential of renewable energy sources such as solar and wind power, the scheme aims to provide clean, reliable, and affordable electricity to the citizens. The VGF for development of BESS Scheme, with an initial outlay of Rs. 9,400 crore, including a budgetary support of Rs. 3,760 crore, signifies the government's commitment to sustainable energy solutions. By offering VGF support, the scheme targets



achieving a Levelized Cost of Storage (LCoS) ranging from Rs. 5.50-6.60 per kilowatt-hour (kWh), making stored renewable energy a viable option for managing peak power demand across the country. The VGF shall be disbursed in five tranches linked with the various stages of implementation of BESS projects.

To ensure that the benefits of the scheme reach the consumers, a minimum of 85% of the BESS project capacity will be made available to Distribution Companies (Discoms). This will not only enhance the integration of renewable energy into the electricity grid but also minimize wastage while optimizing the utilization of transmis-

sion networks. Consequently, this will reduce the need for costly infrastructure upgrades.

The selection of BESS developers for VGF grants will be carried out through a transparent competitive bidding process, promoting a level playing field for both public and private sector entities. This approach will foster healthy competition and encourage the growth of a robust ecosystem for BESS, attracting significant investments and generating opportunities for associated industries.

The Government of India remains committed to promoting clean and green energy solutions, and the BESS Scheme is a significant step towards achieving this vision. By harnessing the power of renewable energy and encouraging the adoption of battery storage, the government aims to create a brighter and greener future for all citizens. The selection of BESS developers for VGF grants will be carried out through a transparent competitive bidding process, promoting a level playing field for both public and private sector entities. This approach will foster healthy competition.

HDFC Bank launches Digital Consumer Loans 'Cardless EasyEMI'

■ HT News Network

Srinagar, Sep 6, KNT: HDFC Bank today announced the launch of end-to-end Digital Consumer Loans 'Cardless EasyEMI'. The Bank has partnered with ShopSe, a 100% digital-first pay later platform to enable credit for all. Unveiled at the Global Fintech Fest 2023 in Mumbai, this innovative offering marks a significant leap towards a fully digital and seamless lending experience.

The 'Cardless EasyEMI' program empowers customers to effortlessly embrace the benefits of credit, without the need for physical documents or assistance. Through a simple QR code scan at participating ShopSe or Bank merchants, customers gain the ability to convert their purchases into convenient EMIs. This deep integration with brands and merchants will enable all customers to access credit in under 5-minutes.

Existing HDFC Bank customers can look forward to pre-approved offers, while new customers can access instant consumer durable loans up to Rs 60,000 for a 12-month tenure, using their PAN card and mobile number as identification.

Parag Rao, Country Head - Payments, Consumer Finance, Technology & Digital Banking at HDFC Bank, said, "At HDFC Bank, our goal in teaming up with fintechs like ShopSe is to offer customers experiences which are digitally enabled & provide convenience on the go." Pallav Jain, CEO of ShopSe India, said: "We are committed to empowering retailers and customers across the country with affordability options on our platform through one-of-its-kind seamless digital journey. Cardless EasyEMI is one such hassle-free digital finance option with HDFC Bank, which can be completely done end-to-end by any user."

China warns against ‘new Cold War’ at Asean summit

■ HT News Network

Chinese Premier Li Qiang said on Wednesday it is important to avoid a “new Cold War” when dealing with conflicts between countries as world leaders gathered in Indonesia amid sharpening geopolitical rivalries across the Indo-Pacific region.

Speaking at an annual summit involving members of the Association of Southeast Asian Nations (Asean) and China, Japan and South Korea, Li said countries needed to “appropriately handle differences and disputes”.

“At present, it is very important to oppose taking sides, bloc confrontation and a new Cold War,” Li told the meeting.

Asean, which has warned of the danger of getting dragged into major powers’ disputes, is also holding wider talks with Li, US Vice President Kamala Harris, and leaders of various partner countries including Japan, South Korea, Australia, and India.

Neither US President Joe Biden nor his Chinese counterpart, Xi Jinping, is attending the summit.

High on the agenda at the gatherings in the Indonesian capital, Jakarta, is concern about China’s increasingly assertive activity in the South China Sea, an important trade corridor in which several Asean members have claims that conflict with



China’s.

Asean this week discussed with China accelerating negotiations on a long-discussed code of conduct for the waterway, said Foreign Minister Retno Marsudi of the Asean chair, Indonesia.

The issue also came up during an Asean-Japan summit where leaders “expressed the importance of keeping situations in the region conducive, especially in the Korean Peninsula and also the South China Sea”, she said.

The United States and its allies have echoed Asean’s calls for freedom of naviga-

tion and overflight and to refrain from building a physical presence in disputed waters.

China has built various facilities, including runways, on tiny outcrops in the sea.

“The vice president will underscore the United States’ and Asean’s shared interest in upholding the rules-based international order, including in the South China Sea, in the face of China’s unlawful maritime claims and provocative actions,” a White House official said on Tuesday.

Just before this week’s gatherings, China released a map with a “10-dash line” show-

ing what appeared to be an expansion of the area it considers its territory in the South China Sea.

Several Asean members rejected the map. Some members of the Southeast Asian grouping have developed close diplomatic, business and military ties with China while others are more wary.

The United States has also courted Asean countries with varying degrees of success. Asean, in a draft of a statement it will issue this week and seen by Reuters, said it needed to “strengthen stability in the maritime sphere in our region ... and explore new initiatives towards these ends”.

Lina Alexandra, a political analyst at think tank CSIS, said the draft was “very weak on the issues of the South China Sea”, noting the Philippines was losing patience with Asean when it came to dealing with China’s presence in the area.

“If Asean is not useful that is a great danger, because the other option is they go up to the big powers and they bring these big powers to the region,” Alexandra said. The summit also saw South Korean President Yoon Suk Yeol pledge to work with Japan and China for the early resumption of a three-way talks between them in building better ties. Yoon said any military cooperation with North Korea must immediately stop, referring to a report that its leader, Kim Jong Un, plans to meet Russian President Vladimir Putin to discuss supplying Russia with weapons for the war.

World losing race to meet climate goals, says COP28 president

■ HT News Network

NAIROBI: The world is losing the race to meet its climate change goals, the president of the upcoming COP28 summit said on Tuesday, as African leaders called for changes to what they say is an unfair international climate finance system.

The grim assessment by Sultan Al Jaber, who will preside over the summit in the United Arab Emirates (UAE) in late November, came three days before the United Nations publishes its first “global stocktake”, an assessment of how nations are doing in their efforts to tackle climate change.

“We are not delivering the results that we need in the time that we need them,” Jaber, who also heads the Abu Dhabi National Oil Company, told delegates at the inaugural Africa Climate Summit in Kenya’s capital, Nairobi. The summit, which opened on Monday, is focused on mobilising financing for Africa’s response to climate change.

Does your car have these safety features if not it is useless? While Africa is suffering from some of the most severe impacts of climate change, the continent only receives about 12 per cent of the financing it needs to cope, according to researchers.

Hundreds of millions of dollars of investments in sustainable development projects were announced on Monday, and on Tuesday Jaber announced the UAE was pledging \$4.5 billion dollars to develop 15 GW of clean power in Africa by 2030. Africa currently has about 60 GW of installed renewables capacity.

Germany also announced 450m euros



(\$482.31m) in financing, including 60m for a green hydrogen project in Kenya, and the United States committed \$30m to supporting climate resilience and food security efforts. African officials say the investments are welcome but that meeting the continent’s financing needs will require a transformation of the global climate financing architecture, particularly given governments’ high debt loads.

Specifically, African states plan to push at the COP28 for the expansion of special drawing rights at the International Monetary Fund that could unlock \$500bn worth of climate finance, which could be leveraged up to five times.

Kenyan President William Ruto said that special drawing rights should be made available to the countries that need them most, which he said has not previously been the case.

Complaining that African countries pay five times as much in interest as other borrowers, he called on multilateral finance institutions to increase concessional lending and for a “conversation” about a carbon tax to finance development.

French schools send girls home for wearing abaya

■ HT News Network

PARIS: French schools sent dozens of girls home for refusing to remove their abayas — an over-garment from the shoulders to the feet worn by Muslim women — on the first day of the school year, a government minister said on Tuesday.

Defying a ban on the Muslim dress, nearly 300 girls showed up on Monday morning wearing an abaya, Gabriel Attal told the BFM broadcaster.

Most agreed to change out of the dress, but 67 refused and were sent home, he said.

The government announced last month it was banning the abaya in schools, saying it broke the rules on secularism in education that have already seen Muslim headscarves banned on the grounds they constitute a display of religious affiliation.

The move gladdened the political right but the hard-left argued it represented an affront to civil liberties.

Attal said the girls refused entry were given a letter



addressed to their families saying that “secularism is not a constraint, it is a liberty”. If they showed up at school again wearing the dress there would be a “new dialogue”, the minister said.

Late on Monday, President Emmanuel Macron defended the controversial measure, saying there was a “minority” in France who “hijack a religion and challenge the republic and secularism”, he said in an interview with You Tube channel HugoDecrypte.

An association representing Muslims has filed a motion with the State Council, France’s highest court for complaints against state authorities, for an injunction against the ban on the abaya and the qamis, its

equivalent dress for men. Most agreed to change out of the dress, but 67 refused and were sent home, he said.

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Pakistan seeks Iran’s help to overcome medicine shortage

■ HT News Network

ISLAMABAD: Facing shortage of medicine, Pakistan has expressed the desire to seek cooperation of Iran to address the issue.

The drug regulatory authorities of both the countries will devise a comprehensive strategy to ensure uninterrupted supply of life-saving drugs on a fast track basis.

This was decided at a meeting attended by Minister for National Health Services (NHS) Dr Nadeem Jan and Iranian Ambassador to Pakistan Reza Amiri-Moghaddam on Tuesday.

Different dance forms in the world

The ambassador called on the minister and two



sides discussed diverse areas of cooperation in the field of health between the two countries.

“Pakistan and Iran share longstanding and time-tested close fraternal relations,” said Dr Jan.

The minister expressed the desire for both the countries to learn from each other’s experiences in pro-

viding better health facilities to the people and protecting them from diseases.

“We will continue our close collaboration in the field of medical education. Health security remains on top most agenda and we need to work closely to prevent cross-border transmission of diseases,” said the minister. The two sides also

agreed on enhancing cooperation in health research and provision of technical assistance.

“Iran has a strong primary healthcare system. Pakistan will definitely benefit from the experiences and best practices adopted by Iran in the field of primary healthcare,” the minister said.

“There is a huge potential for further bolstering collaboration in the health sector between the two nations,” said the Iranian ambassador. “We will continue our close collaboration in the field of medical education. Health security remains on top most agenda and we need to work closely to prevent cross-border transmission of diseases,” said the minister.

2023 likely to be hottest year on record

■ HT News Network

2023 is likely to be the hottest year in human history, and global temperatures during the Northern Hemisphere summer were the warmest on record, the EU climate monitor said on Wednesday. Heatwaves, droughts and wildfires struck Asia, Africa, Europe and North America over the last three months, with dramatic impact on economies, ecosystems and human health. The average global temperature in June, July and August was 16.77 degrees Celsius (62.19 degrees Fahrenheit), surpassing the previous 2019 record of 16.48C by a wide margin, the European Union’s Copernicus Climate Change Service (C3S) said in a report. “The three months that we’ve just had are the warmest in approximately 120,000 years, so effectively human history,” C3S deputy director Samantha Burgess told AFP. Last month was the hottest August on record and warmer than all other months except July 2023. “Climate breakdown has begun,” said UN Secretary General Antonio Guterres, echoing famous testimony before the US Congress 35 years ago, in which government scientist James Hansen declared that global warming had begun. “Our climate is imploding faster than we can cope,” Guterres added. Also on Wednesday, the World Meteorological Organisation warned that more frequent and intense heatwaves are generating a “witch’s brew” of air pollution that shortens human lifespans and damages other life forms.

US military test-launches Minuteman III intercontinental ballistic missile

■ HT News Network

Washington, Sep 6 (UNI) The US military test-launched Minuteman III intercontinental ballistic missile from the Vandenberg Space Force Base in California on Wednesday, its press office said in a statement.

An operational test launch of an Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launched from Vandenberg Space Force Base on Wednesday, Sept. 6, at 1:26 a.m. PT,” the statement read.

Clashes occur at Torkham border checkpoint between Afghan, Pak

■ HT News Network

Torkham, Sep 6 (UNI) An exchange of gunfire erupted between the Afghan military and Pakistani border soldiers at the Torkham checkpoint on Wednesday, eyewitnesses told Sputnik.

According to eyewitnesses, clashes affected several thousand people as civilian were forced to leave their homes and flee the area.

The Torkham checkpoint is one of the three key trade and transit routes between Afghanistan and Pakistan, used by Islamabad to deliver its goods to Central Asia.

Japanese PM announces launch of Japan-ASEAN cooperation program in 6 areas

■ HT News Network

Tokyo, Sep 6 (UNI) Japanese Prime Minister Fumio Kishida on Wednesday announced the launch of the Japan-ASEAN Comprehensive Connectivity Initiative, which involves expanding cooperation in six key areas, ranging from infrastructure and maritime to digital connectivity.

“I hereby announce the ‘Japan-ASEAN Comprehensive Connectivity Initiative’ and declare that Japan will promote cooperation to strengthen connectivity in six areas,” Kishida said at the ASEAN-Indo-Pacific Forum in Indonesia.

The first area of cooperation is transport infrastructure development, he said, adding that Japan would continue to facilitate the flow of goods and people among ASEAN nations through projects worth 2.8 trillion yen (\$19 billion).

4 fishermen killed amid huge waves off Indonesia

■ HT News Network

Jakarta, Sep 6 (UNI) Four fishermen have died, with three others missing, after their boat was hit by huge waves and sank in waters off Indonesia’s East Java province early Wednesday, according to local police.

The accident reportedly occurred at around 3:30 a.m. local time in the waters of Purworejo, a sub-district of Banyuwangi Regency.

Purworejo police chief Budi Hermawan said in a preliminary report that the boat carrying 27 fishermen was hit by high waves on its way to a port in Grajagan village.

“All crews were swept away. Four of them have been found dead, while three others are still being searched,” Hermawan said, adding that the survivors were rescued by nearby fishermen.

More than 36k evacuated in China due to Typhoon Haikui

■ HT News Network

Beijing, Sep 6 (UNI) More than 36,000 people in Fuzhou, capital of east China’s Fujian Province, have been temporarily evacuated as Typhoon Haikui brought heavy rainstorms, authorities said Wednesday.

As of 7 a.m. Wednesday, torrential rains had inflicted damage to 147 townships of the city, leading to a direct economic loss of over 552 million yuan (about 76.7 million U.S. dollars), according to the city’s flood control and drought relief headquarters.

Multiple areas of the city experienced heavy rainstorms starting from 9 p.m. Tuesday, with cumulative precipitation from 9 p.m. Tuesday to 5 a.m. Wednesday breaking three-hour and six-hour maximum rainfall records of the Wushan national weather station.

Two cargo vessels collide off Greece's Cephalonia

Athens, Sep 6 (UNI) Two cargo vessels collided northwest of the Greek island of Cephalonia, with one of them catching fire, Greek radio Skai reported on Wednesday, citing fire department spokesman Yannis Artopoulos. A Portuguese vessel carrying 11 crew members collided with a Maltese ship with 12 people on board, the spokesman said. No injuries were reported. However, the collision caused a fire on the Portuguese vessel, the media said, adding that the blaze was believed to be small.

‘Brashtachar Mukht- J&K’ week: JKEDI organises Industry-Academia Interface program for students of IUST

■ HT News Network

PULWAMA, SEPTEMBER 06: In connection with the ongoing observance of ‘Brashtachar Mukht-J&K’ week, dedicated to promoting accountability, good governance, and a corruption-free UT, the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today organized a one-day Industry-Academia Interface program.

The event was held at the Pampore campus of the Institute for the postgraduate students of the Economics department of the Islamic University of Science and Technology (IUST), with a primary focus on

understanding the startup ecosystem flourishing within the Union Territory.

The program was presided over by Ajaz Ahmad Bhat, Director JKEDI. Through a detailed interaction, he provided students with invaluable insights and real-life examples of individuals who have successfully transitioned into entrepreneurs.

His firsthand knowledge added depth to the program, inspiring the students with practical wisdom and guidance drawn from his career.

“Understanding the practical application of academic knowledge is paramount, particularly in fields as influential as economics, which holds a central position in shaping



economic policies and business strategies. Events like this empower students to bridge the gap between theory and real-world implementa-

tion, equipping them with the skills needed to contribute meaningfully to the economic development of their region and beyond. It's crucial to take

advantage of various Government policies in place to encourage entrepreneurs, said Director JKEDI.

“At the Institute, we stand committed to extending our support to anyone with the ambition to embark on a business venture. Whether you're a budding entrepreneur or an experienced one, our resources and guidance are here to pave the way for your success,” said Bhat.

The program acted as a bridge between academia and the business world, allowing students to witness how their theoretical knowledge can be applied in real-world scenarios.

During the event, students had the valuable opportunity to engage

with the Institute's faculty members, who offered insights into the challenges and opportunities within Jammu and Kashmir's startup ecosystem. These educators also shared success stories, highlighting the entrepreneurial journeys of individuals who were supported by the Institute and emphasizing the pivotal role of education in shaping their achievements.

The program aligns seamlessly with the overall mission of ‘Brashtachar Mukht-J&K’. Digital access to a number of public services has improved accountability, minimized corruption, and promoted good governance in J&K in order to promote balanced development.

Day-long Outreach programme organised at Shopian Women's dairy Cooperative inaugurated

■ HT News Network

SHOPIAN, SEPTEMBER 06: A day-long outreach programme was today organized in Block Keller by Rural Livelihood Mission (RLM), Shopian with an aim to develop basic structures under the banner of Women and Child Friendly Panchayat on a slogan that ‘Women and girls live with dignity, realise their rights and pursue their aspirations’. On the occasion, a series of events were conducted.

In Wathoo Panchayat Halqa, a women owned enterprise, in the form of Women Dairy Cooperative established by National Rural Livelihood Mission in convergence with Jammu Kashmir Milk Producer Cooperative Limited (JKMPCL), was inaugurated by DDC Member, Raja Waheed in presence of officials from RDD, PRIs, representatives from NGO, representatives from JKMPCL and District Mission Management Unit, JKRLM Shopian. DDC Member



highlighted the role and responsibilities of Women as a powerful stakeholder cum active players in the community in changing the developmental scenario both in urban localities as well as rural areas.

He further provided a core concept and overall view about the importance of Gender Sensitivity, rights and entitlements of women, improved accessibility of women and girls to development schemes and programmes, enrollment and retention of girls in educa-

tional systems. Later, a visit was made to recently established, mobile Cutting and Tailoring center (MCTC) at Ganapora having a capacity of 25 trainees, where an interactive cum feedback session was conducted with the aspirational SHG members who shared their journey of joining with UMEED poverty alleviation programme. A Women Sabha as a part of sensitization programme of being Women Friendly Panchayat was also conducted in presence.

SKIMS conducts Workshop on Laparoscopic Management of Hernia & Morbid Obesity

■ HT News Network

SRINAGAR, SEPTEMBER 06: The department of General and Minimal Invasive Surgery of SKIMS conducted an international conference and workshop on the Laparoscopic Management of Hernia and Morbid Obesity under the aegis of Endoscopic and Laparoscopic Surgeons of Asia (ELSA).

The delegates included the international and national faculty of repute besides the surgical fraternity of the UT. The conference was conducted under the leadership of Professor Ajaz Ahmad Malik, HOD General and Minimal Invasive Surgery with the support of senior faculty members of the Department, including Prof Fazl Q. Parry, Prof Rouf Wani, Prof. Mubashir Shah, Prof. Munir Wani, Dr Natasha Thakur, Dr Gowher Aziz and Dr Bilal Ahmad. The reputed experts in the field from Germany, Japan, Malaysia, and Singapore had detailed discussion on subjects with local surgeons, experts, and students. HOD General Surgery, Prof Ajaz Ahmad Malik informed that this conference was the first of its kind in the UT wherein workshop, with hands-on training, was conducted in the skills development Lab for enhancing the skills of the budding surgeons.

He thanked the director of the institute, Prof Pervez Koul, and the administration for unflinching support in conducting such activities. The conference would go a long way in improving the care of such patients in our region, he added. It is worth mentioning that the Department of General and Minimal Invasive Surgery at SKIMS is providing advanced and quality health care to the patients and has been in forefront in improving the academics, teaching, patient care and medical research at this prestigious Institute.

Director CSIR-IIIM inaugurates AIC-IIIM Leather Training Centre

■ HT News Network

SRINAGAR, SEPTEMBER 06: CSIR-Indian Institute of Integrative Medicine, a premiere R&D organisation of Council of Scientific and Industrial Research (CSIR), under Union Ministry of Science & Technology, Govt of India, today started the leather training course besides various others soft initiatives under Atal Incubator Centre (AIC-IIIM).

Dr. Zabeer Ahmed, Director, CSIR-IIIM, Jammu who is ex-officio Chairman of AIC-IIIM Bio-innovation Foundation, inaugurated the leather training centre at CSIR-IIIM Srinagar Branch.

Speaking on the occasion, Director CSIR-IIIM informed that the leather training programme is a part of Skill Development initiative in the Manufacture and Design of Leather



Goods and Garments which would be pivotal to support the local economy and generate livelihoods for many others. He also highlighted the importance of such events to promote the startup and entrepreneurial ecosystem in the region.

He further said that the mandate of Atal Incubation Centre has been envisaged in the areas like leather training, medicinal mushroom cultivation, food technology, aroma and natural products sector, keeping in view the richness of natural resources

and expertise available here, so as to provide idea incubation support to the innovators at their doorstep.

The event organised coincided with the National Teachers Day, thus Dr. Zabeer extolled the contribution of teachers in building the future of our nation.

Earlier, AIC-IIIM also organized Hackathon 3.0 competition under the aegis of AIC-IIIM Bio-innovation Foundation. Under the activity, participants from different institutes of Kashmir valley participated with

great zeal and enthusiasm.

The Hackathon 3.0 competition offered a platform to the startups to share their business ideas which have potential to be converted into promising products / technologies. The official logo and brochure of AIC-IIIM were also released during the ceremony.

Meanwhile, it was given out that in order to promote the startup ecosystem in the region, AIC-IIIM has formulated a series of events and skill development programmes which would be conducted in the near future.

As prelude to today's event, during last month, Entrepreneurial Road Shows were conducted in various Colleges / Universities of Kashmir including Cluster University Srinagar, Central University of Kashmir, Islamic University of Science and Technology and NIT Srinagar.

Bhrastachar Mukht Week: DC inaugurates special camp of Jal Shakti at Kulgam

■ Farooq Rather

KULGAM, SEPTEMBER 06: As part of week-long Bhrastachar Mukht J&K campaign, Jal Shakti department Kulgam today organized a Special camp at new conference hall Kulgam. The programme was inaugurated by the Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din Bhat.

Addressing the gathering, the DC said that the aim to observe this week-long programme is to eradicate corruption and promote transparent and accountable governance. ADC Viqar Ahmed Giri, ACD Mohammad Imran, Exen Jal Shakti and other officers remained present in this camp during which the issues and grievances of people were listened to for redressal.

PRI members and Pani Samiti Members from various panchayats also participated in the programme

During the programme, through a powerpoint presentation participants were briefed about various online services of the Jal Shakti Department.

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

District Legal Services Authority, Budgam organized an awareness program at Khansahib

■ Reyaz Badana

In a remarkable initiative aimed at fostering awareness and promoting societal well-being, District Legal Services Authority (DLSA) Budgam, in collaboration with the Human Rights & Anti-Corruption Forum (J&K Chapter), Civil and Police Administration, Khan Sahib and Government Degree College Khan Sahib, Budgam, successfully organized a transformative awareness program on “Drug Abuse and Domestic Violence.” The event took place at Government Degree College, Khan Sahib, Budgam, and witnessed the honorable presence of distinguished guests and community leaders and students.

The event commenced with a grand inauguration by Khalil Ahmad Choudhary, Principal District and Sessions Judge (Chairman DLSA), Budgam, who graced the occasion as the Chief Guest. The Chief Guest and other distinguished guests were warmly received by Ms Nargis Bano, Principal GDC, Khan Sahib, Budgam, who also presented formal Welcome Address. The distinguished gathering also included Ms. Nargis Bano, Principal of Government Degree College Khan Sahib, Jahangir Ahmad Bakshi, Secretary DLSA, Budgam; Malik Tariq, Sub-Divisional Magistrate (SDM) Khansahib Budgam; Ghulam Mohi-ud-din, Sub-Divisional Police Officer (SDPO), Khan Sahib, Budgam and Resource persons Mrs. Insha Hassan, Councillor, Drug De-Addiction Centre, Budgam, Mr. Mohammad Yousof Akash and Mr. Majeed Masoor. Their presence added depth and significance to the event, reinforcing the shared commitment to address these pressing issues in the community.

Police organises Cybercrime awareness programmes in Awantipora

■ HT News Network

Awantipora September 06: In order to make the general public aware about Cyber Crime, Police in Awantipora organized Cyber Awareness Day cum Cyber Jagruckt programmes at Police Station Pampore, MTI School Bajwanai Tral, Government Degree College Awantipora, Government Higher Secondary School Khrew, Government Higher Secondary School Kachkoot and Rehmat-e-Alam Model School Reshipora.

PUBLIC NOTICE

I have lost my medical assistant marks sheet under roll no: C-ii-1159 passed in year February 1983. Now I am applying for duplicate certificate of this from pharmacy council srinagar. If anybody have any objection regarding this he may contact President pharmacy council srinagar within one week from issuance of this notice. After that no objection shall be entertained.

Mohd Sulaiman Rather
S/o Gh Mohammad Rather
R/o Tilagam Pattan

DC Ganderbal chairs grievance redressal camp at Hariganwan

■ HT News Network

GANDERBAL, SEPTEMBER 06: With a purpose to redress the grievances of people living in far flung areas, the Deputy Commissioner (DC) Ganderbal, Shyambir today convened a mega grievance redressal camp at Govt Boys Higher Secondary School Hariganwan as part of weekly Block Diwas programme. The camp witnessed overwhelming participation of PRI members and prominent citizens of block Gund who highlighted the issues and demands pertaining to their areas including better health facilities, compensation to locals whose land is acquired in Sumbal Bala road, playground at High School Surfraw, macadamization of inner roads, staff deficiency in schools, fencing of GBHSS, completion of water filtration Plant Rayil and other issues of public importance. The DC listened to all the issues raised by the locals and assured them that the demands raised would be taken with concerned departments for



prompt redressal. He gave necessary instructions to the officers for ensuring timely redressal of the genuine concerns of the locals and several issues were also redressed on spot. While replying to grievances, the DC said that District Administration is committed to ensure all facilities are provided at the door steps of the people and several roads which were pending for many years have been completed under PMGSY. He maintained that PRIs are the integral part of the administration and urged them to make people aware about allotted funds.

Bisleri International extends its commitment to sustainable development In the Himalayan valley Completes the restoration of 24.3 Million Litre Ladakh Reservoir

■ DR. AB QAYOOM

Leh, Sep. 06: (HT) Bisleri International, India's leading packaged drinking water company, announced the successful restoration of Ladakh Reservoir in the Kyagar region of Tegar Village, Nubra Valley, Leh. The ambitious project, undertaken by Bisleri, aims to strengthen the local community's resilience and alleviate the risks of water scarcity. The primary objective is to revitalize the Kyagar Panchayat Reservoir, bolstering the region's water infrastructure and addressing its agricultural needs. The reservoir, measuring 135 meters in length, 90 meters in width and 2 meters in depth, underwent a thorough desilting and repair process to optimize its capacity and operational efficiency. The project also included essential repairs to the water canals, extending over 3 kilometers. Bisleri International's initiative to repair and restore the reservoir serves a multifaceted purpose. It has significantly increased the storage capacity to 24.3 million litres, providing a dependable water source crucial for the agri-



cultural requirements of 210 families and approximately 1,050 households. It supports crop irrigation, including wheat, barley, apples, apricots, cherries, and a variety of vegetables such as potatoes, onions, tomatoes, mustard seeds, beans, peas, carrots, cabbage, and various green vegetables. This initiative ensures sustained agricultural activities throughout the year, extending beyond the monsoon season, enhancing crop productivity. Also, it contributes to livestock maintenance and improves sanitation facilities within the community. Commenting on the company's vision to foster sustainable development in the Himalayan,

Skincare Routine for Autumn



Shahnaz Hussain

It's that time of year again when the leaves start to change color and the air becomes crisp. The changing colors, crisp weather, and the anticipation of the holiday season and everything that goes with it make it a favorite season for many. As we say goodbye to summer, This is also the time of year to switch out your current summer skincare routine. With the change in season comes a change in weather and, for many, a change in the skin

Autumn is often unpredictable in terms of temperature changes, which can be difficult on your skin. Autumn brings cooler weather and a drop in humidity, which makes for dry, stale air and even drier skin. Autumn isn't just lovely for its beautiful foliage and perfectly crisp temperatures—it also provides ample time for us to prepare for the impending chilly turmoil. Autumn skincare can get overlooked as “a thing” but as a transition season between summer and winter, autumn can give our skin a tough time adjusting without the right support.

It's that time of the year again. As we skip into a brand new season, here's everything you need to do to keep your skin healthy and glowing

EXFOLIATE REGULARLY IN AUTUMN

The weather can cause your skin to dry up, leaving a lot of dead skin cells on top of your skin that make it even more difficult to moisturize your skin. As the seasons change and your tan starts to fade, it's time to reset your skin with regular exfoliation. Invest in a good-quality scrub or an exfoliating face mask. Exfoliate your skin at least twice a week to get rid of all the dead skin cells as well as cellular regeneration



without risking irritation from excessive skin scrubbing. Releasing the dead cells also helps your skin creams to sink in more easily and reduces the likelihood of dead cells contributing to spots by congesting pores.

When you do exfoliate, avoid products with exfoliating beads, scrubs, and other ingredients that can be too harsh for sensitive fall skin. Instead, look for gentle yet effective ingredients like lactic acid and PHAs.

INJECT MORE MOISTURE

Moisturizing is the key to a healthy and hydrated skin.

Your skin must work extra hard to hold on to hydration in the autumn, so a good day cream and a rich night cream are autumn skincare essentials for all skin types.

Your skin definitely needs a little more moisture now that the temperatures are falling again, but stick with something relatively lightweight—like a serum rather than a heavy-duty cream—for the time being.

Serums are perfect for treating your skin with special ingredients depending on your skin's needs. Since your skin needs more hydration in autumn, use a serum that hydrates and protects the skin.

Your regular moisturizer might have gotten you through the summer, but a thicker moisturizer in the fall will help better protect your skin from the cool, crisp autumn air. Look for hydrating ingredients and ingredients that suit your skin's specific needs.

If you have oily skin, you can even opt for a light moisturizer. Oilier and acne-prone skin types might want to use a light moisturizer or oil like jojoba that they may not have needed in summer. They'll keep skin supple but overall should avoid thicker products that may clog or contribute to oiliness.

The skincare love doesn't need to stop at the face. You should also moisturize the rest of your body to prevent irritation and dryness caused by colder, drier weather. Use body lotion, hand cream, chapstick, and anything else that will keep you comfortable and hydrated.

WATCH YOUR DIET ---

At the end of the day, what we put inside our bodies is just as important as what we put on the outside. Healthy skin comes from the inside out.

High-fiber foods like dark, leafy vegetables and berries help keep the skin healthy but also acne-free. So it's great to develop a taste for them. To maintain your

summer glow into the autumn, eat plenty of fruit and veggies, stick to healthy fats and oils, and keep drinking plenty of water throughout the season to maintain your hydration from the inside. Drinking water is one of the oldest remedies in the book for glowing skin. Drinking water helps improve elasticity and can save you from wrinkles showing up in the long run! Drinking water helps your skin fight off toxins more effectively because your skin is functioning the way it was always supposed to. High-glycemic foods, such as sweets and refined carbohydrates, can cause sugars and hormones to rise, worsening acne and other skin problems by clogging our skin. Vitamin C will help to brighten and boost skin, stimulating collagen production so skin can better retain moisture, and helping to protect it from external aggressors. The use of vitamin C will help to correct and reverse the damage and assist with maintaining an even skin tone and texture and enhancing the skin's natural glow. Coffee and alcohol are known to make your skin dry. So keep your coffee intake to a minimum, especially during these months when the skin needs more moisture than ever.

Avoid Long Hot Water Showers

Try showering with lukewarm water instead and limit your time in the shower to a maximum of 10 minutes. Showers that are too hot and too long strip the skin of their natural oils. It is also vital that you moisturize right after you're done with the shower.

These easy autumn skincare tips will help your skin transition from summer to fall. Just remember to be gentle with your skin, hydrate often, and protect it from the elements.

Healthy skin isn't achieved by a spot-treatment mindset, but by investing in your skin 24/7

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

Thanks and Regards

Dr. G.L. Mahajan, PhD New Delhi

Mobile/Whatsapp -----#9868520019

NEWS

High Cholesterol? Try These 5 Indian Kitchen Remedies For Better Health



High cholesterol is a common health concern worldwide. Cholesterol is a fatty substance found in your blood, and having high levels of LDL (low-density lipoprotein) cholesterol can increase the risk of heart disease.

While medication is often prescribed to manage cholesterol, incorporating these desi remedies can complement medical treatment and promote overall well-being. In India, where rich culinary traditions abound, there are several remedies right in your kitchen to help manage high cholesterol naturally.

1. Turmeric:

This vibrant spice contains curcumin, known for its anti-inflammatory and cholesterol-lowering properties. Add turmeric to curries, soups, or even warm milk for a comforting, cholesterol-fighting drink.

2. Garlic:

Garlic has been used for centuries in Indian cuisine and is celebrated for its ability to reduce LDL cholesterol levels. Crush or chop garlic cloves and add them to your dishes to enhance flavour and health benefits.

3. Fenugreek:

Fenugreek seeds are a powerhouse of soluble fibre that helps lower cholesterol levels. Soak a teaspoon of fenugreek seeds overnight and consume them in the morning for an effective remedy.

4. Cinnamon:

A pinch of cinnamon can go a long way in managing cholesterol. Sprinkle it on your oatmeal, yoghurt, or even in your tea for a delightful, heart-healthy touch.

5. Indian Gooseberry (Amla):

Amla is rich in antioxidants and vitamin C, which can support heart health. You can consume it as a fruit or in the form of amla juice to help reduce cholesterol levels.

Incorporating these desi remedies from your kitchen into your daily diet can be a flavorful and effective way to manage high cholesterol levels naturally. These kitchen staples not only add flavour to your meals but also contribute to lower cholesterol levels. While these remedies are beneficial, it's crucial to consult a healthcare professional for comprehensive cholesterol management. Did you know high cholesterol levels can be managed with the help of desi remedies from your kitchen! Here are kitchen secrets that can help you keep high cholesterol woes at bay.

Eye Health: Diabetes Can Build Up Cholesterol In Retina, Affecting Vision - Claims Study

Researchers found that diabetes, age-related health conditions and other metabolic disorders can lead to a buildup of cholesterol in the retina, which can crystallise and lead to the development of diabetic retinopathy.

Diabetic retinopathy is a serious sight-threatening complication of diabetes and can cause permanent vision loss and blindness. The study led by a team from the Michigan State University in the US showed that crystallised deposits are very reflective

and can be seen in images of the retina. This is important because noninvasive retina evaluations can be done by most optometrists, creating an opportunity for earlier diagnosis for more people, they wrote in the paper published in the journal Diabetologia. "Retinopathy is the leading cause of preventable blindness and one of the most feared complications of Type 1 and Type 2 diabetes," said Julia Busik, MSU professor emerita of physiology. "Within 20 years of developing diabetes, every



individual with either Type 1 or Type 2 diabetes will have some degree of retinopathy. Current treatment approaches are very invasive and are only directed at the very late stage of retinopathy."

In the study, the researchers

discovered that these cholesterol crystals are like the crystals found in atherosclerosis—a plaque that can form in arteries and cause heart attacks,

George Abela, chief of the MSU Division of Cardiology, helped the team identify ways to scan retinas using modified tissue preparation for scanning electron microscopy. This also helps researchers analyse the composition of the crystals, which typically result when

there is too much cholesterol in one place.

"We are actively pursuing what can be done to lower cholesterol in the retina," said Tim Dorweiler, a doctoral candidate in the Molecular, Cellular and Integrated Physiology Program at MSU and first author of the paper. The retina is a very isolated organ, just like the brain, and both have a blood barrier that separates them from the rest of the body. This is what makes the retina hard to study and extremely complex."

High Blood Sugar: Understanding Pomegranate's Role In Diabetes Management

Patients with diabetes have always been flooded with dietary recommendations.

A diabetic is constantly aware of what they eat. A diabetic must avoid refined sugar and carbohydrates in their diet. They must also stock their kitchen pantry with whole grains and other essential herbal ingredients and one such fibre-packed fruit a diabetic can consider is pomegranate.

Pomegranates offer various potential benefits for individuals with diabetes due to their antioxidant-rich and anti-inflammatory properties. However, their natural sugars and caloric content require careful consumption.

It's crucial for individuals with diabetes to consult with a healthcare professional before making significant dietary changes involving pomegranates or any other food.

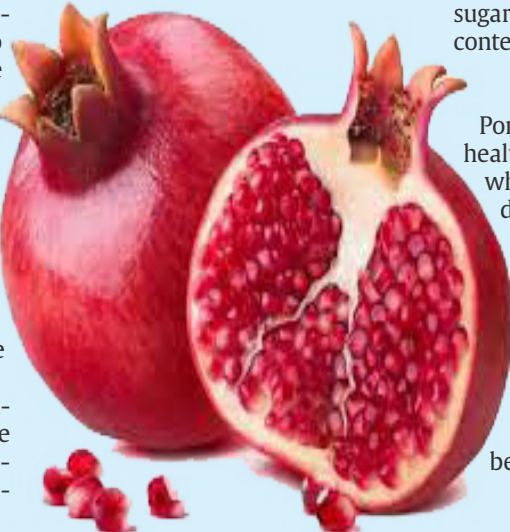
Is Pomegranate Good For Diabetes? Pomegranates have long been celebrated for their health benefits, but when it comes to diabetes, the question arises: Is this vibrant fruit a friend or foe? This article will delve into the pros and cons of incorporating pomegranate into a diabetic diet to help individuals make informed choices for their health.

Nutritional Facts of Pomegranate - The pomegranate is a good source of potassium, folate, and dietary fibre.

- Fruit is therefore one of the best

foods for regulating blood sugar and heart health.

- Antioxidants like polyphenols are found in pomegranates. They give the fruit a vivid crimson colour.



- Pomegranates combat breast and prostate cancer as well as obesity.

- Pomegranate is a healthy option for diabetics due to its low GI (53) and GL.

- Pomegranates have potent immune-stimulating minerals. These are E, C, and K vitamins.

Pros of Pomegranate for Diabetes

1. Antioxidant Powerhouse:

Pomegranates are rich in antioxidants, particularly polyphenols, which may help reduce oxidative

stress in people with diabetes.

2. Blood Sugar Regulation:

Some studies suggest that pomegranate may aid in regulating blood sugar levels, thanks to its polyphenol content.

3. Heart Health:

Pomegranates could benefit heart health, a crucial aspect for diabetics who are at a higher risk of heart disease.

4. Anti-Inflammatory:

The anti-inflammatory properties of pomegranates may help combat inflammation, a common issue in diabetics.

Cons of Pomegranate for Diabetics

1. Natural Sugars:

Pomegranates contain natural sugars, which can raise blood sugar levels if consumed in excess.

2. Caloric Content: Pomegranates

are calorie-dense fruits, so portion control is essential for those with diabetes.

3. Interactions with Medications:

Some compounds in pomegranate may interact with medications, potentially affecting their efficacy.

Do You Have An Irregular Heartbeat? Here's What You Can Do About It

An irregular heartbeat, also known as arrhythmia, refers to a condition where the heart beats too fast, too slow, or in an irregular pattern. This occurs when there is a disturbance in the heart's electrical system, which controls the heart rate and rhythm.

While occasional irregular heartbeats can be common and harmless, a consistently irregular heartbeat may be a sign of an underlying medical condition. Certain factors can contribute to irregular heart rhythms, such as heart disease, high blood pressure, stress, smoking, excessive alcohol or caffeine consumption, drug abuse, genetic disorders, and hormonal changes.

Preventing or managing irregular heartbeat can be possible depending on the cause. Following certain habits can help manage irregular heartbeat. In this article, we discuss some simple steps you can incorporate into your routine to better manage irregular heartbeat. Some preventative measures and management techniques include:

1. Regular exercise

Engaging in moderate-intensity exercise for at least 30 minutes per day can help strengthen the heart and improve its functioning. It can also lower the risk of various other chronic heart diseases.

2. Healthy diet

A balanced diet rich in fruits, vegetables, whole grains, lean proteins,



and healthy fats can support heart health and manage irregular heartbeat. Similarly, an unhealthy diet can worsen your heart health and increase the risk of other cardiovascular diseases.

3. Stress management

Adopting stress-relief techniques such as meditation, deep breathing exercises, yoga, or engaging in hobbies can help reduce stress levels that can trigger irregular heartbeats.

4. Avoid stimulants

Limiting or avoiding excessive consumption of caffeine, nicotine, alcohol, and other stimulants can help manage irregular heartbeat. As discussed above, certain stimulants can not only worsen but also cause irregular heartbeat.

5. Maintain a healthy weight

Achieving and maintaining a healthy weight reduces the strain on the heart and can prevent or manage irregular heartbeat. Along with this, being obese can lead to an increased risk of cardiovascular diseases such as diabetes, cholesterol, etc.

6. Get enough sleep

Aim for 7-8 hours of quality sleep each night as sleep deprivation can contribute to heart rhythm abnormalities. Getting good quality and quantity of sleep also boosts your overall cardiovascular health and reduces the risk of various diseases.

7. Follow the medication regimen

If prescribed medications to manage irregular heartbeat, it is important to follow the prescribed dosage and timing as directed by a healthcare professional.

8. Stay hydrated

Drinking an adequate amount of water throughout the day helps maintain electrolyte balance and supports heart health. Make sure to consume 2-3 litres of water daily.

9. Regular check-ups

Regularly visiting a healthcare professional for check-ups and screenings can help monitor.

Australia's Abbott gets first World Cup call; Cummins, Smith, Starc and Maxwell in provisional squad

MELBOURNE: Pat Cummins, Steve Smith, Mitchell Starc and Glenn Maxwell were all included in Australia's 15-member provisional squad despite injuries while bowling all-rounder Sean Abbott earned his maiden World Cup call-up.

Cummins and Smith are nursing wrist injuries they picked up during the Ashes, while Starc and Maxwell are out with a groin problem and ankle issue respectively.

Of the quartet, only Cummins is in the ODI squad to face South Africa, starting Thursday.

However, his participation is also doubtful.

All four are in a race against time to get fit for the marquee event, starting in India on October 5.

"All are well placed to come back online in the coming weeks and potentially for selection in the upcoming series against India," selection chief George Bailey said.

"There are eight one-day matches still to play in South Africa and India before the final squad is due to be declared. They are followed by two World Cup practice



games, which offers plenty of opportunity to continue the build for the tournament," he

added. The 31-year-old Abbott trumped fellow quick Nathan

Ellis for a spot in the squad, while Aaron Hardie and leg-spinner Tanveer Sangha also failed to make the cut.

All-rounders are of huge importance in limited-overs cricket and Australia have preferred to go with multi-talented players.

Apart from Abbott, the five-time champions have also picked Mitchell Marsh, Cameron Green, and Marcus Stoinis as the seam-bowling all-rounders.

Adam Zampa and Ashton Agar are the two specialist spinners picked while Josh Inglis has been included as the back-up wicketkeeper.

Changes to the 15-player squad can be made until September 28.

Australia are scheduled to play a five-match ODI series against South Africa following which they will travel to India to play three ODIs, starting September 22.

Australia will then play the Netherlands and Pakistan in the World Cup warmup matches on September 30 and October 3 respectively.

They will open their World Cup campaign against hosts India in Chennai on October 8.

US Open 2023: Why the phrase 'Deutschland uber alles' uttered by a fan angered Alexander Zverev?

'Deutschland uber alles' – Germany above all. This was the phrase used by a fan which forced German player Alexander Zverev to complain to chair umpire James Keothavong resulting in the fan being ejected from a US Open tennis match early on September 5.

Zverev, the No. 12 seed, was serving at 2-2 in the fourth set of his match against No. 6 Janik Sinner when he suddenly

went to chair umpire James Keothavong and pointed toward the fan, who was sitting in a section behind the umpire.

"He just said the most famous Hitler phrase there is in this world," Zverev told Keothavong. "It's not acceptable," The Associated Press reported.

This is the phrase that makes my nation hang its head in shame: 'Deutschland uber alles' – Germany above all. To some,

it might easily be dismissed as an unremarkable, patriotic chant, wrote Constantin Eckner in the Daily Mail. But for Germans like me it is unmistakably the phrase adopted by the Nazi party and now forever associated with Adolf Hitler's heinous rule, Eckner said. There is the swastika, there is the Holocaust and there is this ugly slogan. Nazism is an indelible stain on my country's collective memory.

District Tennikoit Championship To Be Held At Kriri

BARAMULLA, SEP 06: District Tennikoit Championship will begin from 9th Sep.2023 to 10th Sep.2023 at Higher Secondary School Kreeeri ground under the aegis of District Tennikoit Association Baramulla. Scores of players are participating in this Championship across the district.

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