



Adoption of G-20 Leaders Declaration, A History in Making : PM Narendra Modi



HT News Network

NEW DELHI, SEP 9: With G20

leaders adopting a declaration at their summit meeting on Saturday, Prime Minister Nar-

endra Modi said history has been created and

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Time To Walk Together For Global Good, Can Triumph Over Trust Deficit Caused By War: Modi

HT News Network

NEW DELHI, SEP 9: Amid deep divisions over the Ukraine war, Prime Minister Narendra Modi on Saturday urged world leaders to turn the global trust deficit into confidence in each other and find new solutions to age-old challenges.

In his opening remarks at the G20 Leaders' Summit, Modi exuded confidence and said if the world could defeat Covid, it could also triumph over the trust deficit caused by the war. "It is time for all of us to walk together for global good," Modi said while addressing the 'One Earth' session of the G20 Leaders Summit attended by US President Joe

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Proud Moment For India As PM Modi's Voice Being Heard Across World: LG Manoj Sinha

HT News Network

GHAZIPUR (UP), SEP 9: Jammu and Kashmir Lieutenant Governor Manoj Sinha Saturday said it was a matter of pride for the country that Prime Minister Narendra Modi's voice was being heard all over the world through the G20 Summit. Speaking at a function here after

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NEWS BRIEF

Govt Official Dismissed In Rs 1.63 Crore Embezzlement Case In J&K

JAMMU, SEP 9: A senior assistant in the Public Health Engineering department of Jammu and Kashmir was dismissed from service on Saturday for being allegedly involved in the embezzlement of funds worth more than Rs 1.63 crore.

An order issued by Financial Commissioner-cum-Additional Chief Secretary of the Jal Shakti department Shaleen Kabra also directed that the embezzled amount be recovered from the employee, Nikhil Gandral, and remitted into the government treasury. Gandral, a cashier in the Public

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Teacher Suspended In Baramulla For Sending "Indecent" Text To Girl Students

SRINAGAR, SEP 9: A school teacher accused of having sent lewd text messages to his female students has been suspended in Jammu and Kashmir's Baramulla district.

The Chief Education Officer, Baramulla Balbeer Singh, suspended teacher Owais Nanda, working at Government Higher Secondary School Shutloo Rafiabad, after a complaint.

"Pending an inquiry into the matter, Owais Ahmed Nanda, a teacher presently posted at HSS Shutloo, is hereby placed under suspension with

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2 men posing as journalist arrested in Ganderbal for extortion

SRINAGAR, SEP 9: Jammu and Kashmir Police arrested two men posing as journalists for extorting money in central Kashmir's Ganderbal district, officials said.

The police identified the duo as Sohail Maqbool of Bamiluna Kangan and Kaiser Farooq of Cheerwan Kangan.

Police said a written complaint was received by Police Station Gund on Friday from Gulzar Ahmed Kasana of Surfraw Gund Ganderbal, stating therein that two unknown persons posing as journalists arrived at his

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Govt will take every measure to provide platform to artists: Secy Tourism

HT News Network

SRINAGAR, SEP 09: Secretary Tourism, Syed Abid Rasheed Shah Saturday said the government will take every possible step to ensure platforms to the budding artists in Jammu and Kashmir.

"Artists are the intellectual class of our society. They explain the circumstances through their art and divert attention of society to the issue," Secretary Tourism and Culture J&K Syed Abid



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SIA announces reward for those providing information about killers of Babar Qadri

HT News Network

SRINAGAR, SEP 9: Jammu and Kashmir Police's State

Investigation Agency (SIA) has announced a reward of Rs 10 lakhs for those providing information leading to the arrest of the terrorists involved in the killing of senior advocate Babar Qadri in 2020.

The lawyer, Babar Qadri, who was a regular participant in TV news debates was shot dead on September 24, 2020 by two gunmen who came as clients to his Srinagar house. A case was later registered in Police Station Lal Bazar in Srinagar. The case was last month handed over to SIA.

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No Restrictions On Air Travel Of Governors, CMs In And Around Delhi, Says MHA

HT News Network

NEW DELHI, SEP 9: The Union Home Ministry on Saturday said no restrictions have been imposed on travel of Governors and Chief Ministers to Delhi or its nearby areas in their state aircraft during the ongoing G20 Summit but those travelling in private chartered flights require



prior approval.

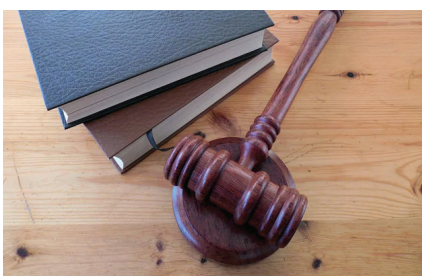
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HC upholds power of JKBOSE to prescribe textbooks for schools in UT

HT News Network

SRINAGAR, SEP 9: High Court of Jammu Kashmir and Ladakh has upheld the power of the Jammu and Kashmir Board of School Education (JKBOSE) to prescribe textbooks for schools in the Union Territory.

Justice Sanjay Dhar while dismissing the petition filed by a J&K Private Schools United Front observed that it is within power of JKBOSE to make it mandatory for the affiliated schools to use only those books that have been prescribed and published by them.



The Court observed that neither the private schools nor other publishers have any right to compel the Board to prescribe text books published by

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Lecturers To Teach 9th, 10th Classes Besides Their Assigned Duty: SED

HT News Network

SRINAGAR, SEP 9: School Education Department directed the lecturers to teach 9th and 10th standard students besides their routine duty of teaching senior secondary students.

The department said that the move was aimed to improve the academic standard. Deputy Secretary to government said, "It is impressed upon lecturers of School

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Election Department To Set Up 278 Polling Stations For Kargil Hill Council Polls

HT News Network

KARGIL, SEP 9: A total 278 polling stations will be set up for the upcoming Ladakh hill council elections, the majority of which are either sensitive or hypersensitive, a senior government official here said on Saturday. The election to the fifth Ladakh Autonomous Hill Development Council (LAHDC)-Kargil will be held on October 4. The votes will be counted on October 8, according to a fresh notification issued by the election department.

"A total 278 polling stations



will be set up across all 26 constituencies for the October 4 election. Of these, 114 are hypersensitive, 99 sensitive and 65

normal," Deputy Commissioner (Kargil) Shrikant Suse, flanked by Senior Superintendent of

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ELECTRIC HAMAM
Upto 8+ HOURS HEAT RETENTION
9070-9070-35
prowarm UNDERFOUR HEATING



CONTINUE FROM FRONT PAGE.....

History Created.....

expressed gratitude to members of the bloc for their support and cooperation.

“History has been created with the adoption of the New Delhi Leaders’ Declaration. United in consensus and spirit, we pledge to work collaboratively for a better, more prosperous, and harmonious future. My gratitude to all fellow G20 members for their support and cooperation,” Modi said on X.

At the start of the second session of the G20 Leaders’ Summit, Prime Minister Modi announced the adoption of the New Delhi Leaders’ Declaration, a significant victory for India’s G20 presidency that came amid increasing tensions and divergent views over the Ukraine conflict. The two-day G20 Leaders’ Summit under India’s Presidency kicked off with a bang on Saturday with the host country forging consensus over joint declaration despite discord over Russia-Ukraine conflict among some of the members.

Prime Minister Narendra Modi made the major announcement saying that the world leaders had agreed on the content of the New Delhi Declaration. This triggered celebratory mood among top negotiators and government functionaries involved in clinching the deal.

“History has been created with the adoption of the New Delhi Leaders’ Declaration. United in consensus and spirit, we pledge to work collaboratively for a better, more prosperous, and harmonious future. My gratitude to all fellow G20 members for their support and cooperation,” PM Modi wrote on ‘X’.

It was crucial for India to bring all the members of the G20 on the same page to make the Presidency a grand success.

The joint declaration focuses on accelerating progress on sustainable development goals (SDGs), green development pact for a sustainable future, strong, sustainable, balanced and inclusive growth, and more effective multilateral institutions for the 21st century among other key issues.

On the contentious issue of Russia-Ukraine conflict, the declaration said, “Concerning the war in Ukraine, while recalling the discussion in Bali, we reiterated our national positions and resolutions adopted at the UN Security Council and the UN General Assembly and underscored that all states must act in a manner consistent with the Purposes and Principles of the UN Charter in its entirety.”

“In line with the UN Charter, all states must refrain from the threat or use of force to seek territorial acquisition against the territorial integrity and sovereignty or political independence of any state. The use or threat of use of nuclear weapons is inadmissible,” it further said.

Amitabh Kant, India’s Sherpa to G20 said that G20 under India’s presidency has been the most ambitious in the history of G20 presidencies.

“With 112 outcomes and presidency documents, we have more than tripled the substantive work from previous presidencies,” he said.

Taking to ‘X’, he noted that India’s G20 Presidency stands as a landmark occasion, symbolizing a concerted effort to address global challenges with unity and purpose.

Apart from consensus on the New Delhi Declaration, the G20 members included the 55-member states African Union into the bloc. The other key takeaway during the summit included the launch of Global Biofuel Alliance seeking to take ethanol blending in petrol upto 20%.

“The launch of the Global Biofuels Alliance marks a watershed moment in our quest towards sustainability and clean energy,” PM Modi said.

Committing to a clean and inclusive energy transition, the G20 New Delhi Declaration recognised the importance of sustainable biofuels in zero and low-emission development strategies. (Agencies)

Time To Walk.....

Biden, Saudi Arabia Crown Prince Mohammed bin Salman, UK Prime Minister Rishi Sunak and Brazilian President Luiz Inacio Lula da Silva among others. “Following the Covid pandemic, the world faced a new challenge of trust deficit and unfortunately, the wars have further deepened this,” he said while addressing the gathering at the Bharat Mandapam convention centre here.

“But we must remember that if we can defeat a pandemic like Covid, we can also win over the challenge of this trust deficit. Today, as the president of the G20, India calls upon the entire world to turn this global trust deficit into trust and confidence,” Modi said.

“This is a time when age-old challenges are calling for new solutions from us. And therefore, with a human-centric approach, we have to move forward to fulfil our responsibilities,” Modi said.

The prime minister told the gathering that it had become a people’s G20 in India with over 200 events held in more than 60 cities.

“For all challenges, right from the upheaval in the global economy to the

North-South divide, from food management to fuel and fertiliser management, from terrorism to cyber security, from health to energy and water security, we have to move towards concrete solutions, together,” Modi said.

He said India’s G20 presidency has become a symbol of inclusion and togetherness within and outside the country.

“It has become the people’s G20 in India. Crores of Indians joined it, over 200 meetings were held in more than 60 cities of the country,” Modi said.

The G20 countries account for 85 per cent of the world’s economic output and 75 per cent of world trade.

The G20 is also home to two-thirds of the world population and Modi has repeatedly stressed that the group also hears the voice of the Global South.

Proud Moment.....

unveiling the statue of Ramnath Yadav, leader of Ghazipur’s Mohammadabad area, Sinha called upon people to reject those who make politics a business and instead support those who serve the country.

Speaking about the ongoing G20 Summit at the national capital, the LG said, “It is a matter of pride for our country that Prime Minister Narendra Modi’s voice is being heard all over the world. Foreign heads of state are praising India and the prime minister. The countrymen are also happy that their country is moving towards progress. The public is appreciating the government.” He said the prime minister “initiated the politics of serving the country” and would take the country to greater heights.

“Reject those who make politics a business and support those who serve the country and countrymen through politics, so that India can maintain its highest position in the world,” Sinha said.

He added that those doing “politics of casteism and familism” and trying to defame the country will be taught a lesson.

“Both in India and outside, they are trying to disintegrate India. Exclude such elements from politics,” Sinha exhorted the gathering. Asserting that he needed people’s cooperation to fulfil his responsibility as the LG of Jammu and Kashmir, bestowed upon him by the prime minister, Sinha said he would come back to Uttar Pradesh only after uniting the Union Territory’s people through love and harmony and after “making Jammu and Kashmir an integral part of India”.

“Indianness is being inculcated in the minds of the people there through love. Not only the country, the entire world is noticing that there is happiness and peace there,” he added. (AGENCIES)

Govt will take.....

Rashid Shah as per KNS said while talking to reporters during an inaugural ceremony of art exhibition held at City Mall, Srinagar.

He said there is a lot of history in Kashmir and Srinagar is the second oldest city in the country after Kashi. “Our recorded history is somewhere on 4000 years and there has been an important role of art here,” he said.

He maintained that the government will do whatever is required for these budding artists to provide them platform and recognize their talent”.

SIA announces.....

The SIA has now issued a public notice announcing a reward for those who help the investigators in identifying the killers .

“A cash reward of Rs 10,00,000 (Rupees Ten lakhs) is announced for those providing information leading to the arrest of the persons involved in the killing of Senior Advocate of J&K High Court Late Babar Qadri S/O Sh. Mohd Yasin Qadri R/O Zahidpora, Hawal, Srinagar who was killed by terrorists on 24.09.2020 at his residence,” the notice issued by Chief SIA . “The identity of the informer shall be kept highly confidential.”

The SIA has said those having any information can contact them.

In August 2021, when security forces shot dead the chief commander of The Resistance Front (TRF), a shadow front of Lashkar-e-Taiba, Abbas Sheikh, and his deputy Saqib Manzoor, the Police underlined that Saqib was also involved in Qadri’s murder.

Last year in August, Police had also conducted searches at the residence and office of three lawyers in connection with the murder of Babar Qadri. UNI

No Restrictions.....

The Home Ministry’s statement came after Chief Ministers of Chhattisgarh and Rajasthan Bhupesh Baghel and Ashok Gehlot respectively alleged that their travel plans were disrupted due to the “restrictions” imposed on air travel in and around Delhi.

“In a news report, Chief Minister (of) Chhattisgarh has expressed his inability to participate in G20 Dinner at Leaders’ Summit at Delhi on 9 Sept 2023 due to air restrictions in and around Delhi.

“The MHA has clarified to the state that while a high-tech security air cover has been deployed for G20 Leaders’ Summit at

Delhi on 8-11 September 2023, movement of Governors and state chief ministers on their state aircraft are allowed,” a Home Ministry spokesperson said.

Reacting to Gehlot’s claim that his helicopter did not get approval to travel to Sikar, near Delhi, the spokesperson said, “Four requests were received from the CM (of) Rajasthan for flight permissions, including for Sikar, and all were approved by the MHA.”

“No request from CM (of) Rajasthan has been denied. While all scheduled flights of commercial aircraft and movement of governors and state chief ministers on their state aircraft are allowed, private chartered flights require specific MHA approval,” the spokesperson said.

Chhattisgarh Chief Minister Bhupesh Baghel on Friday said he would not be attending the President’s G20 dinner, citing “restrictions” on non-scheduled flights to and from Delhi due to the summit.

In a post on X in Hindi on Friday, Gehlot said he had to visit Sangliya Peeth, Sikar, for the death anniversary of Baba Shri Khinwadasi Maharaj. However, he would not be able to go there as the Union home ministry did not give him permission to travel by helicopter from Udaipur. (Agencies)

World Looks.....

collaboration with Russia and America is that we are no longer the lesser cousins. We are now equal partners and, in many ways, more than equal. For example, in the Space sector, we are lending our services to America and Russia...we have already earned more than \$170 million and more than 250 million Euros. We now do \$8 billion (Rs 66,000 crore) of Space business. But at the pace we are rising, India could go up to \$40 billion (Rs 3.3 lakh crore) by 2040, while a recent international report, the ADL report, states that we could even go up to \$100 billion” he said.

Across the world, the entire growth from now onwards is going to be largely technology driven, said Dr Jitendra Singh and added, this was evident from the fact that during PM Modi’s recent US visit, most of the bilateral agreements were based on science and innovation.

Dr Jitendra Singh said, India’s first human Space flight mission ‘Gaganyaan’ is the next big project before ISRO.

“Work is going on feverishly in its various laboratories across the country to realise ISRO’s most ambitious mission yet: putting three Indian astronauts into orbit by indigenously building a ‘human-rated’ rocket launcher and crew module to fly them into space and bring them safely back to Earth,” he said.

Three Indian Air Force pilots are undergoing rigorous training for being rocketed into space at 10 times the speed of sound and then living in zero gravity conditions.

Only three nations, – the US, Russia and China – have sent up their own manned missions to Space so far.

Dr Jitendra Singh termed PM Modi’s decision in 2020 to open the space sector for private industry to manufacture rockets and satellites, instead of just ISRO, as a “game changer.”

“Time and again one thing is proven, there is no dearth of talent in India. We have talent, we have calibre and competence.... For too long, we unnecessarily had a veil of secrecy and confined ourselves to ISRO,” he said.

“Apart from Aditya-L1, Gaganyaan and Venus orbiter, we are going to have a huge number of launches from the private sector. This also happened after the Prime Minister took the courageous decision to completely open up the Space sector to private players. As a result, there is a quantum jump in our space missions,” he added.

Dr Jitendra Singh said the process of synergy is happening, and in just three years, we have more than 150 private Startups in the Space sector. The demarcation between the public and private sectors is being dismantled and it will be a totally integrated approach, he said.

“It is very progressive thinking because from now onwards, if we have to move ahead, we have to move ahead wholesomely and holistically. We cannot depend on government resources alone. If we have to visualise a global role for ourselves, then we have to live up to global parameters with a global strategy. That is what Americans are doing; NASA is no longer depending on government resources,” he said.

Dr Jitendra Singh said the ‘Anusandhan National Research Foundation’ (NRF), set up by an Act passed during the last Monsoon session of Parliament, aims at equitable funding and democratisation of resources in research and academics..

“Now, in addition to the private industry investment, we have this whole ecosystem that includes the legislation, which allocates Rs 50,000 crore to be spent, with Rs 36,000 crore coming from the non-governmental sector,” he said.

HC upholds....

private publishers. J&K Private Schools United Front had challenged a government notification

issued on August 26, 2022 whereby all the private schools were asked to ensure that in the first phase, the text books published by the JKBOSE are prescribed by all the private schools across UT for classes 6th to 8th from the ensuing academic session.

The petitioner argued that while the Board is vested with power to prescribe textbooks, the provision does not make it mandatory for the schools to prescribe the text books by the Board for their students.

The respondent Board in its response submitted that curriculum, syllabi and development of textbooks from Class 1st to 12th is their domain and as per the provisions of the Act of 1975, the Board has the power to advise the Government on the matters of policy relating to the Elementary Education and Senior Secondary Education.

The government lawyer said the JKBOSE has a well established Curriculum Development and Research Wing at its divisional offices in Jammu and Srinagar and it has permanent faculty of qualified academic staff to look after this task effectively.

The Board submitted that it functions according to the broader objectives set in the National Education Policy, 2020 and National Curriculum Framework, 2005.

The government lawyer argued that while issuing the impugned notification, mandate of the law was followed and the said notification has the approval of the competent authority.

It was submitted by the government lawyer that the petitioner is interested in commercialization whereas the endeavour of the respondent Board is to benefit the students so as to provide them low-cost textbooks.

After hearing the two sides, HC Judge Dhar observed that it is clear BOSE is vested with statutory power to prescribe text books which include publication of these books.

“It would be well within its power to make it mandatory for the affiliated schools to use only those books that have been prescribed and published by the Board. Neither the private schools nor other publishers have any right to compel the Board to prescribe text books published by these private publishers,” the High Court observed.

The argument of counsel for the petitioner that the notification has been issued without the approval of the competent authority is without any merit, the court observed

“For the foregoing reasons, I do not find any merit in this writ petition. The same is dismissed accordingly. Interim direction, if any, shall stand vacated,” the order issued by Justice Dhar read. UNI

Lecturers To.....

Education Department to exuberantly involve themselves in teaching at 9th and 10th level besides at the plus-2 level.”

The officer said that the directives were issued in order to improve the academic standard in School Education Department and chisel the talented students of Jammu and Kashmir by way of tapping the professional talent of the able lecturers available in the department.

“This way the students shall be exposed to qualified and experienced staff for competing at the national level in various competitive exams,” the officer said.

The government said, “The Head of institutions and lecturers shall comply these instructions in letter and spirit and report in this regard shall be submitted by concerned Chief Education Officers on monthly basis.”.

Election Department.....

Police Anayat Ali Chowdhary, told reporters. He said the polling stations were categorised jointly by the civil and the police authorities and security and polling personnel will be deployed accordingly.

After a rap from the Supreme Court, the Ladakh election department rescheduled the local body elections in Kargil from September 10 to October 4. It also reserved the ‘plough’ symbol for the National Conference.

Holding that the National Conference is entitled to the ‘plough’ symbol, a Supreme Court bench of Justice Vikram Nath and Justice Ahsanuddin Amanullah on Wednesday dismissed the Ladakh administration’s plea opposing its allotment.

The apex court also imposed a cost of Rs 1 lakh on the administration.

Earlier, High Court of Jammu & Kashmir and Ladakh dismissed the Ladakh administration’s plea against a single-bench order allowing National Conference candidates to contest the polls on the party symbol.

According to the fresh notification, the process for filing nomination papers for 26 of the total 30-member Ladakh Autonomous Hill Development Council (LAHDC)-Kargil will start on September 9. The last date to file nominations is September 16. Four councillors with voting rights are nominated by the administration.

The nomination papers will be scrutinised on September 18 while the last date to withdraw candidates is September 20, according to the notification read. The polling will be held from 8 am to 4 pm. The existing council headed by the National Conference’s Feroz Ahmad Khan will complete its full five-year term on October 1. The National Conference and the Congress have already announced an alliance for the elections – the first such exercise in the district after Ladakh was declared a Union Territory in August 2019. Assuring free, fair and transparent elections, the deputy commissioner said electronic voting machines (EVMs) will be used in the district for the first time. He said the entire election process will be completed before October 11.

Chowdhary, the senior superintendent of police, said additional Central Armed Police Force companies have already been deployed in the district and are performing their duties to ensure peaceful polling. “They are keeping a close watch to ensure a peaceful atmosphere during campaigning and polling,” he said and added that the authorities are keeping a tight vigil to ensure the model code of conduct is not violated in the district. Deployment of adequate women personnel will be ensured during the polling, the officer said.

Govt Official.....

Health Engineering department’s city division 1 here, was placed under suspension on December 12, 2019, pending an inquiry. A four-member committee was formed to verify and compile the revenue details for the period of April 1, 2019, to October 31, 2019, pertaining to financial irregularities.

The action against Gandral coincided with a week-long ‘Bhrashtachar-Mukt J&K’ campaign which started across the Union territory on September 4 with the aim of eradicating corruption and promoting transparent and accountable governance.

Wrapping up a series of investigations and proceedings against Gandral since 2019, the order said, Gandral is also disqualified from any future employment with the government.

An FIR was registered against the official in the Crime Branch, Jammu, and later, the general administration department sanctioned the prosecution against him, it stated. (Agencies)

Teacher Suspended.....

immediate effect. During the period of suspension, the said official shall remain attached in the office of the principal of BHSS (Boys Higher Secondary School) Sopore,” reads the order issued by CEO Baramulla on August 31.

After the incident came to light, the locals staged a protest on Friday and demanded stern action against the accused teacher.

A committee led by the Additional Deputy Commissioner (ADC), Baramulla, has been constituted to probe the matter.

Officials said, as per the complaint, the teacher had exchanged “lewd text messages” with school girls.

2 men posing.....

residence and demanded a bribe of Rs 5000 from him.

Kasana was constructing a residential house, and the two self-styled fake journalists took Rs 500 cash from him and asked him to pay the remaining amount of Rs 4500 after two days.

“Further, the duo asked the victim that if he failed to pay the said amount, then they would dismantle his house,” the complainant told the police.

A team of Ganderbal police later arrested them for blackmailing and extortion, police said.

A case under relevant sections of the law was registered at Police Station Gund, and further investigation was taken up. Police said for many days there were complaints that some boys on scooters with mobile phones and cameras in their hands were blackmailing and extorting the public in the general area of Gund.

Ganderbal Police has requested the general public not to fall prey to blackmailing and report such crimes to police so that culprits shall be nabbed effectively under relevant sections of law in future also. UNI



Advisor for CIPS reaches Ganderbal on 3 days visit for spot inspection of Mashal-e-Gaash literacy campaign

GANDERBAL, SEP9: Advisor for Centre for Innovations in Public Systems (CIPS) and professor NCERT, Dr. N. Upender Reddy today reached Ganderbal on 3 days visit for spot inspection of Mashal-e-Gaash initiative launched by the district administration Ganderbal.

The Mashal-e-Gaash Literacy Campaign was recently launched by the district administration with the purpose to enlighten general masses who are illiterate about the importance of "being literate".

In this regard the District Administration Ganderbal today organized an impressive function in the lawns of Mini Secretariat Ganderbal which was attended by Deputy Commissioner Ganderbal, Shyambir,

ADDC Ganderbal, Mushtaq Ahmad Simnani, CPO, CEO and other district officers.

The programme was also attended by the PRI members and school children.

The Deputy Commissioner Ganderbal, Shyambir highlighted the initiatives taken during the Mashaal-e-Gaash Campaign like conducting a basic survey of identifying the illiterates, identification of volunteers, capacity building of these volunteers and development of literacy material. He said that the Mashal-e-Gaash has been a very successful program in the district and due to this program, the literacy rate has been increased from 59% to 89.97%.

Speaking on the occasion, the



Advisor for CIPS appreciated the district administration for this campaign. He said that literacy of adults is the most important aspect because if parents are educated they can enhance the foundation of reading and writing capabilities in children. He said that there is so much gender inequity coming from generations and somewhere we have to actually address it with a rational mind, with a free mind and free mind only develops through education.

Earlier, the welcome address was given by Chief Education Officer Ganderbal who highlighted the success achieved under the campaign. He also highlighted the challenges faced during the campaign. He said that the people were initially

reluctant to come forward to enroll in the program due to fear of mockery by the society.

There was lack of motivation and learning difficulties as the age factor plays a crucial role in using an individual's learning and cognitive abilities. To overcome such challenges, complete one-to-one mapping and monitoring structure was done involving religious institutions and PRIs, besides awareness was created regarding the importance of being educated among the masses.

On the occasion, a scintillating cultural program was presented by the students and several teachers and volunteers who worked tirelessly during the Mashal-e-Gaash Literacy Campaign were also felicitated.

ULB Elections: Training Prog for ROs, AROs held at B'la

Dr Syed Sehrish emphasis ROs, AROs to acquaint themselves with necessary information

BARAMULLA, SEP 09: In a significant step towards upcoming Municipal/Urban Local Bodies Election 2023 in Jammu and Kashmir, a training programme for returning officers (ROs) and assistant returning officers (AROs) was today organised at Dak Bungalow with Deputy Commissioner/District Election Officer Baramulla, Dr Syed Sehrish Asgar, presiding over the programme.

The training programme was attended by Deputy District Election Officer Baramulla, Nodal Officer SVEEP, NT Elections, Master Trainers, Trainers, ROs AROs, besides other concerned functionaries.

During the training session, ROs and AROs were imparted training about their role and responsibilities, nomination process, scrutiny of nomination papers, withdrawal of candidature, provisions of the model



code of conduct, EVM management for upcoming Municipal council Elections. On the occasion, Dr Sehrish emphasized on the critical role of ROs and AROs and urged them

to prepare in advance the action plan for the upcoming elections and acquaint themselves with necessary information and latest directions of CEO J&K, to ensure free and fair Municipal Elections.

DEO also emphasized adopting a coordinated approach for hassle free elections in the district. Meanwhile, the DEO was informed that the elections will be conducted in 06 Municipalities across the district consisting of 88 Wards and 149 polling stations.

During the programme, a thorough question answer session was also held to clear the doubts about the procedures and rules for the conduct of free, fair, and transparent Elections in the district.

Later, a brief presentation of 'ROs Handbook for Municipal Elections 2023', was unfolded and was distributed among the concerned authorities.

Beautification of Pulwama Towns; DC chairs meeting

PULWAMA, SEP 9: A meeting was held under the Chairmanship of Deputy Commissioner Pulwama Dr. Basharat Qayoom to discuss the beautification of Towns of District Pulwama.

Deputy Commissioner while chairing the meeting emphasised on beautification of towns in a time bound manner and focussed on completion of works.

Towns should not only look clean but an aesthetic overhaul of towns should be done, DC added and all the departments like R&B, KPDC, JJM, Municipalities should work in tandem to achieve this.

DC directed officers to submit action plan with estimates so that works are approved and executed without any further delay.

Deputy Commissioner while addressing the officers stressed on Street lighting and to fill any gaps if there and to ensure that facelifting of the towns should be done by way of art and craft by local artisans. Road signages and markings should be developed all along the towns to add to the overall aesthetics of Towns, DC added.

Beautification of towns will not only add to the aesthetic look but things like colour codings, footpaths, beautification of waterbodies will ensure a sense of pride among the locals and this will further involve them to add to the beauty of towns through various new initiatives.

Brahsatchar Mukht J&K: DPMU, Jal Shakti Shopian organises District Level Pani Samiti Convention at Shopian

SHOPIAN, SEP 09: District Project Management Unit, Jal Shakti Department Shopian today organized District Level Pani Samiti Convention in the Auditorium Hall of Imtiyaz Memorial Government Degree College, Shopian under the banner of Brahsatchar Mukht Abhiyaan.

The event was organized to mark successful culmination of JJM fortnight which was held from 01 August to 15 August 2023 across the district where multifarious activities were held to sensitize masses about proper care of water assets and conservation efforts required from all stakeholders. At the outset, DPMU Project Manager, Masood Ahmad informed the participants about the mandate of Paani Samitis who have a key role in implementation of JJM besides ensuring management and upkeep of the assets at the grassroot level.

He also emphasized on adopting grey water management and rain water harvesting mechanism so as to ensure judicious and optimum use of water resources besides facilitating replenishment of water table. While speaking on the occasion, DIO Showkat Hussain Ganie spoke about the need of the community to preserve water bodies while being responsible citizens. He also gave details of IEC activities being done by ISAs including GVT And NESSWO.

ACR, Shahbaz Ahmad Bodha, in his address said that under JJM every household is being provided with FHTCs ensuring quality of potable water besides imparting training to the members of paani samitis to play guardian role in maintaining JJM assets and their upkeep.

DDC Member, Mohd Maqbool discussed the role of water, and its importance for the continuation of humanity and asked upon all to play their role in using water judiciously.

DDC member, Raja Waheed stressed upon the role of PRIs and community at large on the post management of commissioning of water supply schemes under JJM.

DDC Chairperson, DC Budgam conduct extensive tour of Beerwah

Developmental Works at Shrine of Baba Hanief-U-Din Reshi at Rathsun reviewed

BUDGAM, SEP09: DDC Chairperson, Nazir Khan and Deputy Commissioner (DC), Budgam Akshay Labroo conducted joint extensive tour of Beerwah to take on spot stock of ongoing developmental projects.

President Municipal Council Beerwah, Nazir Ahmad, SDM Beerwah, Taufiq A Gazi were also present on the occasion.

During the tour, the foundation stone for Rs. 2.19 Crore Gandipora Water supply Scheme and inauguration stone of access infrastructure at Bhairava Cave, Beerwah of Shri Abhinav Gupta ji was unveiled.

These projects were recently launched by Lieutenant Governor Shri Manoj Sinha during a function at Rajbhawan Srinagar.

During the extensive tour, the DC also visited the Shrine of Baba Hanief-U-Din Reshi at Rathsun and reviewed the ongoing developmental works at the Shrine. He also visited Jamia Masjid Beerwah and also paid his obeisance at Bhairava Cave site.

DDC Chairman, Nazir Ahmad Khan who spoke on the occasion expressed his gratitude to the Honourable LG Administration for paying special focus to the Beerwah and for sanctioning multiple development projects for the people of Beerwah.

He said that District Administration Budgam has been extending its full support in seeing these projects

completed in time and ensuring holistic development of Beerwah.

The DC, who spoke on the occasion and said Beerwah has tremendous potential for pilgrimage tourism and sites including Shrine of Baba Hanief-U-Din Reshi and Bhairava Cave are best locations to be developed as pilgrimage tourism sites for their heritage and landscape values.

accessibility at Bhairava Cave, development of heritage sites, roads, bridges, Filtration plants and other projects be carried out in time for their timely dedication to the general public.

He said that he is happy to know that tourists have already started visiting Bhairava Cave Beerwah and hoped that an increase in tourist



He said LG Administration recently laid foundation stones and inaugurated various developmental projects for district Budgam virtually and today we are going to unveil few of these projects physically in Beerwah.

During tour, the DC emphasised on speedy work completion of all ongoing developmental projects, including facade development, lavatory complex at the Shrine of Baba Hanief-U-Din, beautification, side-rallying and pending stairs

footfall would enhance the livelihood opportunities of locals.

The DC also met various public delegations at multiple locations and listened to their demands.

He assured that all genuine demands of the public shall be addressed on priority.

Members from various sectors belonging to Beerwah also met DC and expressed their gratitude for timely work execution of developmental projects.

Nabard celebrates Azadi Ka Amrit Mahotsav in Shopian

ANANTNAG, SEP 09: NABARD today organized a one-day programme to celebrate 'Azadi Ka Amrit Mahotsav' on the eve of 76th Year of Independence, here in Shopian.

The event was attended by a large number of women self help groups (SHGs) promoted under NRLM and was attended by DPM NRLM, sub divisional Officers of Agriculture, Horticulture and Animal/Sheep Husbandry.

On the occasion, DDM NABARD Rouf Zargar highlighted the contribution of NABARD vis-à-vis boosting the rural economy by providing undivided attention and pointed focus to credit related issues linked with rural development.

Speaking at the event, Rouf Zargar highlighted various initiatives of NABARD to promote sustainable and equitable agriculture and rural development through participative financial and non-financial interventions, innovations, technology and institutional development for securing prosperity.

He mentioned about the efforts of NABARD to energize rural credit, empowering women by SHG programme, skill development and livelihood programmes for women and rural youth, development of rural infrastructure through RIDF projects, timely and hassle free institutional credit to farmers through KCC at concessional interest, implementation of watershed/springshed projects and FPOs.

He gave details about skill development initiatives of NABARD and bank aided projects on technology transfer and various initiatives/programmes implemented by NABARD in UT of Jammu & Kashmir and in district Shopian in particular.

The officers from the line department guided the participants about the various schemes of the department and the process of availing the benefit.

DC Kulgam reviews physical, financial progress recorded under Capex 2023-24

■ **Farooq Rather**

KULGAM, SEPTEMBER, 09: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers to take the stock of physical and financial achievements made under District Capex 2023-24.

During the meeting it was informed that there are 2421 approved works with an estimated budget of 65 crore and out of these 2421 works near about 700 works stands completed physically.

The DC directed the concerned executing agencies to ensure that implementation of all the works on



ground is expedited so that all the works are completed at the earliest.

While reviewing prog-

ress of ongoing works, the DC instructed concerned officers to ensure quality work under each category

is ensured so that the desired outcome is realized.

He stressed to utilize the working season properly to complete projects well in time. Officers were stressed to put in best efforts for maximum and optimum utilization of funds under different schemes.

He also urged the concerned to work vigorously and put extra efforts to achieve the desired results.

The meeting was attended by ADDC Showkat Ahmad Rather, ADC Viqar Ahmed Girri, JDP Zahid Sajjad, ACD Mohammad Imran, GM DIC, Bashir Ahmad, Executing Engineers from R&B, REW, CEO and other officers.

DC Ganderbal reviews beautification measures of town

■ **HT News Network**

GANDERBAL, SEPTEMBER 09: In order to review the steps being taken for beautification of Ganderbal town, Deputy Commissioner Ganderbal, Shyambir today convened a meeting of all the concerned departments.

During meeting the DC reviewed steps taken so far regarding beautification of the town and brief deliberation was held on various ongoing works like beautification of Beehama Amrit-Sarovar, Marriage Hall Duderhama, construction of open gym at Wani Mohalla Saloor, newly constructed bus stand, renovation of



Mini Secretariat, Dederhama Park, plantation, beautification of Qamaria park, multiple mechanical parking near clock tower and other works within the town.

While reviewing the progress made on beautification works, the DC maintained that district administration is committed

to give aesthetic look to the town thereby further enhancing the natural scenic beauty of town.

He directed the DFO Sindh Forest Division Ganderbal to prepare a plan for increasing the greenery canopy within the town and EO Municipal Council Ganderbal was asked to beautify the Qamaria Park by

way of installing lights and other utilities.

The Deputy Commissioner directed the ARTO to ensure the newly constructed bus stand is fully functional so that better traffic management is ensured in the town area and EO Municipal Council Ganderbal was directed to ensure all fundamental facilities are available for commuters within the bus stand.

On the occasion, the DC directed the officers of all line departments to work in synergy and in unison so that works proposed under beautification plan are completed within the time limits.

DDC presides Pani Samiti Convention held in Pulwama

■ **HT News Network**

PULWAMA, SEPTEMBER 09: District Administration Pulwama today organized District Level Pani Samiti Convention in the auditorium hall of Govt. Degree College for Boys Pulwama.

The convention was presided over by District Development Commissioner (DDC) Pulwama Dr. Basharat Qayoom.

At the onset of the event two vans were flagged off by the District Development Commissioner for dissemination of information and sensitization of masses about proper care of water assets and conservation efforts that are required from all stakeholders.

The District Development Commissioner in his address said that Pani Samiti has brought a Fundamental Shift in JJM.

DDC while expressing his pleasure remarked that Pulwama district has one



of the highest Household Connections in the UT and third highest in Functional Household Connections.

The Pani Samiti Convention however is not only about figures but a step towards transparency, DDC added.

In accordance with the Bhrashtachar Mukht Week that is going across the UT and in District Pulwama, DDC sought feedback from Pani Samiti members as well as participants and asserted that flagging of issues is an important issue as public feedback is a must in improvement of services.

DDC in his address also

mentioned the achievements of JJM wherein 100% of works have been tendered and allotted.

During the course of the event water testing demonstration was performed by the members of the Implementing Support Agency (ISA) team with Field Test Kits (FTKs).

ISA Expert JJM, informed the participants about the mandate of Paani Samitis who have a key role in implementation of JJM besides ensuring management and upkeep of the assets at the grassroots level.

Emphasis was laid on

adopting grey water management and rain water harvesting mechanism so as to ensure judicious and optimum use of water resources besides facilitating replenishment of water table.

JJM is also involved in imparting training to the members of Paani Samitis to play guardian role in maintaining JJM assets and their upkeep and are conducting well organised IEC activities across the district to aware and equip communities in handling water management.

Superintendent Engineer, Executive Engineers of District Pulwama also spoke on the occasion laying emphasis on the role of Pani Samiti in the effective management of water.

The convention was attended by a huge gathering of Pani Samiti members, PRI members, ASHAs, AWWs, students, concerned officials of the department and other public.

■ **HT News Network**

BANDIPORA, SEPTEMBER 09: The Jammu and Kashmir Women's Development Corporation (JKWDC) Saturday organized a mega awareness cum loan Mela at Bandipora, under National Minority Development Finance Corporation (NMDFC) Scheme.

The programme was attended by District Manager Gul Yasmeen, representatives from JKWDC, locals, besides students from various institu-

tions were present on the occasion.

The Mega Awareness was organised to raise awareness about the various financial opportunities and schemes offered by the National Minority Development Finance Corporation to empower minority communities in the region especially women folk.

During the event, informative sessions about the National Minority Development Finance Corporation Scheme, its benefits and the application process.

Experts from various departments,

including the Drug De Addiction Centre, One Staff Centre, Education, on the occasion addressed queries and provided guidance to the participants.

It was given out that the eligible individuals and entrepreneurs could access financial support through different schemes available with the corporation.

On the occasion, a workshop on financial literacy was conducted to equip attendees with the knowledge and skills necessary to manage their finances effectively.

AI: The Future of Humans' event held at SP College Srinagar

■ **HT News Network**

SRINAGAR, SEPTEMBER 9: PG Department of Information Technology organized a one-day event on the theme AI: The Future of Humans in connection with the Digital Week Celebrations. Over 15 participants from various colleges of Kashmir Division participated in the event demonstrating an AI based application which can be helpful in our day today lives. The Chief Guest for this event was Dr. Javaid Ahmad Sheikh, Assistant Professor, Department of Electronics and Instrumentation Technology, University of Kashmir.

Dr. Ghulam Jeelani Qureshi, Principal, Sri Pratap College Srinagar in his welcome address laid emphasis on how the world of Artificial Intelligence and Machine Learning has taken over our lives knowingly or unknowingly and how important is it to remain updated with the latest trends and technologies in today's world.

ADDC undertakes site visit at Bandipora

■ **HT News Network**



BANDIPORA, SEPTEMBER 09: Following the directions of the Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed, a team led by Additional District Commissioner (ADDC) Bandipora, undertook a site visit to Bazipora Ajas to evaluate the reported water supply scheme complaint, which was brought to the attention of the local authorities by a concerned resident of Ajas Bazipora.

The ADDC was accompanied by ADC Bandipora Umar Shafi Pandit, Executive Engineer Jal Shakti Bandipora and Assistant Executive Engineer Jal Shakti Department Bandipora. The issue raised by the residents of Ajas Bazipora, raised concerns about the adequacy and functionality of the water supply scheme in the area. In response to the grievance, the DC Bandipora Dr. Owais swiftly initiated an investigation to ensure that residents have access to safe and reliable drinking water.

The team, accompanied by technical experts from Jal Shakti Bandipora, conducted an assessment of the water supply infrastructure in Bazipora Ajas. The team on the occasion also interacted with local residents to gather firsthand insights into their water-related challenges and concerns. It was given out that the concerns noted the issues & will be resolved on priority basis.

PUBLIC NOTICE

Where as my father's name has been wrongly entered in my 6th semester Marks Card Under Roll No 1128-23M6-65812 Registration No 11-28-R20-3731 as Mohd Yousuf Bhat Instead of Mohammad Yousuf Bhat.

Now I intend to make necessary correction accordingly. Any person having objection to it may please file his/her objections in writing before the Principal K.G POLYTECHNIC COLLEGE Srinagar within a period of 7 days of publication of this notice failing which no any objection shall be entertained.

Name Adnan Yousuf Bhat
S/O Mohammad Yousuf Bhat
R/O Khonmoh Srinagar
Cell No 7780953652

PUBLIC NOTICE

I have lost my Fathers Death certificate as his date of death (DOD) is 29/11/2002 Now I am applying for the issuance of Death certificate. If anybody having any objection in this regard He /She may Contact with concerned police station within seven days from the publication of this notice after that no objection will be entertained.

Name...Gh RASOOL BHAT
Son in law ...ALI MOHD YATOO
F/O ...SHAWKAT AHMAD BHAT
R/O ...TEL GAM Distt ..BARAMULLA

PUBLIC NOTICE

I inform to general public that my date of birth (DOB) in driving Licence bearing no JK0520110005523 Wrongly mentioned as 04/04/1990 instead of 04/04/1993 Now I am applying of its correction if anybody have any objection in this regard He/She may file his/her objection in Concerned department within seven days from the publication of this notice after that no objection will be entertained.

Name....ALTAF HUSSAIN BHAT
S/O ... GH RASOOL BHAT
DOB04/04/1993
R/O... VIZER Block...Wagoora Distt ...BARAMULLA

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION & FLOOD CONTROL DIVISION, GANDERBAL PIN: 191201, PHONE: 0194-2416246, EMAIL-exenifcdganderbal@ifckashmir.com **EXTENSION NOTICE-2ND**

Subject: Extension of dates for this Office e-NIT No. 08 of 2023-24, issued under endorsement No. IFCD/GBL/3245-69, Dated 18/08/2023

In order to have a healthy competition for the work namely: **"Flood Protection Works on Sindh Nallah / Tulmulla Nallah and its Tributaries under Phase II Part A"**, issued vide this office aforementioned e-NIT and as per the requests put forth by the interested bidders, the dates for the below mentioned tender ID is hereby extended as per the details given under;

Tender ID No. 2023_IFC_226784_1

S. No.	Bid Submission end Date	Bid opening Date
01	20/09/2023 upto 05:00 PM	21/09/2023 at 01:00 PM

All the other terms and conditions shall remain same as laid down in the detailed e-NIT followed by corrigendum issued vide this office No. 3558-82 Dated 29/08/2023

**DIPK-8559/23
Date: Sep 9 2023**

(Er. Iftikhar Nadeem Mattoo)
**Executive Engineer
Irrigation and Flood Control
Division Ganderbal**

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL AND HOSPITALS DIVISION SRINAGAR

(Tele-fax No: 019-2496089, e-mail id: scnmhchdk@yashoo.in)

Subject: - Extension of Central Heating Facility to Second Floor of Radiation Oncology Department at Govt. SMHS Hospital Srinagar

Ref : This office e- NIT no: M&HDS/TS/2023-24/87/e-tendering Dated 02.09.2023

CORRIGENDUM/EXTENSION

- Fan Coil Units (Hydronic Hi-wall units):**
General Description:
The capacity of FCU shall be measured at 20°C DB entering air temperature, 75°C entering water temperature. The capacity so indicated against each item is minimum and firm has to supply as per the manufacturers' standards which shall be of equal or higher capacities. The FCU shall be of capacity 6000 kCal/hr
Water Coil: The coil shall have large heat transfer surface utilizing the latest technology in fin profile combined with security in tube thickness and shall be equipped with purge air valve, inlet/outlet valves. The fins shall be made of aluminum and tubes shall be made of copper. The FCU's shall have suitable no of tubes per row with required no of circuits and circular tube and shall have minimal fouling factor.
Blower and motor: Specially designed and high power factor blower motors having optimum air flow efficiency and quiet operation.
Filter: The FCU shall have washable fine mesh air filters located on the front of the unit so that same can be unsnapped and easily removable.
The other salient features of FCU (High Wall) are as under:
A) Air Grill Distribution: The FCU's shall be equipped with deflector blades and independent directional vanes so that the air can automatically be distributed with customized to direct the air where required.
B) Microprocessor Control:
1) Sleep, Auto- Fan, Auto- Restart with memory functions.
2) User friendly Remote Control Handset.
3) High temperature safety cut out.
4) Manual Control Panel in cabinet.
Electrical Work: The FCU's shall be provided with electrical connection using electrical cabling (2.0 Sqmm), concealed in channels to match inside décor and shall have to be provided with 10 Amp. Capacity MCB for individual control. The rate shall be inclusive in the unit rate for FCU's.
2. Please read EMD (Earnest Money Deposit) as Rs 60,000/- instead of Rs 14,600/-.
3. All the related documents mentioned in cover 1 and annexures to be uploaded in the Annexures folder.
4. In view of circular issued by Finance Department of JK UT, no payment shall be released until and unless bill is processed through JKPWDOMS Application and routed through JKPaysys. It is as such impressed upon all firms that they have to get themselves registered with office of Chief Engineer Mechanical and Hospital Engineering Department Kashmir in relevant class of contract.
5. Also the critical dates of the above subjected NIT are extended as follows:-

S.No	Description	Date and Time
1.	Last Date of Bid Submission	12.09.2023 (14:00 hrs)
2.	Date of Bid Opening	12.09.2023 (15:00 hrs)

All other Terms and Conditions of the NIT shall remain the same.

**DIPK-8559/23
Dt: - 09-09-2023**

**Sd/-
Executive Engineer
M&HD Srinagar.**

DC Doda reviews working of Education Department Asks authorities to cancel all attachments of teachers

■ HT News Network

DODA, SEPTEMBER 09: A meeting to review the performance of the School Education department was held here today under the chairmanship of Deputy Commissioner Doda, Vishesh Mahajan.

The meeting was attended by the Chief Education Officer, Zonal education officers (All), Cluster Heads/ the Principals of Government Higher Secondary Schools (All), and other concerned officials. After a detailed discussion the meeting decided that all the attachments, except on the rationalization basis, shall be cancelled, and teachers would be asked to report to their original places of posting. ZEOs shall visit the schools at least for 2 days in a week.

The discussion centred around shortage of teaching staff in the government schools of far flung areas, frequent complaints of irregular/ unauthorised attachments by cluster heads, unauthorised absence of teaching staff from the schools, random attachments on the grounds of Court stays, medical grounds and security reasons, besides involvement of some teachers in spreading rumors and hate contents, were some of the major issues deliberated in the meeting. The DC expressed displeasure over the frequent attachments, leaving schools of the higher reaches without proper teaching staff and ruining the future of poor students. Mahajan directed the CEO to submit the institution wise details of the teachers and release the transferee lectures/



teachers until their reliever joins, especially in the schools located in the far off places of the district. The DC discussed the recent board results with the staff and conveyed them in a strong way to improve the

quality of education in the government schools in justification of the huge salaries they take from the government.

The DC also said that the feasibility may be assessed for pooling up of staff in two or more

schools. The result target was set to more than 90% for the forthcoming board examinations as it was below 70% on average for the last examinations. Attachments of teaching staff in some offices in Jammu

and in other districts were discussed, and the CEO was asked to furnish the status report and convey the shortage of staff to the concerned higher authority.

Administrators were informed not to call teachers to the office frequently and let them do their best on academic sides only. The DC reiterated that ADHBUT Doda attendance / Punctuality of the teachers will be the priority and asked the concerned to ensure no teachers remain absent unauthorisedly. The DC expressed displeasure over the frequent attachments, leaving schools of the higher reaches without proper teaching staff and ruining the future of poor students. Mahajan directed the CEO to submit the institution wise details of the teachers and release the transferee lectures/teachers until their reliever

joins, especially in the schools located in the far off places of the district. The DC discussed the recent board results with the staff and conveyed them in a strong way to improve the quality of education in the government schools in justification of the huge salaries they take from the government.

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National Lok Adalat held at Kupwara

In pursuance to the calendar of NALSA and under the immediate supervision of J&K SLSA A National Lok Adalat was organized today on 9th September 2023, (Saturday) in all the Courts of District Kupwara. The National Lok Adalat was the 3rd National Lok Adalat of the year 2023. In District Kupwara a total number of 06 benches were constituted by and under the supervision of the Chairperson, District Legal Services Authority, Kupwara, for taking up around 678 cases of different natures viz. Civil, Criminal, Bank, MACT, N.I. Act and other nature of cases.

Following benches were constituted to settle and resolve the different nature of these cases amicably and peacefully between the parties. At Headquarter Kupwara Bench No. 1 was presided over by Ms. Shazia Tabasum Pr. District & Sessions Judge/ Chairperson District Legal Services Authority, Kupwara along with Mr. Altaf Ahmad Mir Civil Judge/Munsiff JMIC Kupwara, who acted as a member of the said bench. Bench No. 2 was comprised of Mr. Manzoor Ahmad Khan Sub-Judge/ Secretary DLSA, Kupwara (Presiding Officer) along with Bar President Kupwara (Mr. Shafeeq Ahmad Shah) as its member. Similar other benches were also constituted in the other courts of District Kupwara viz. Handwara, Tangdar and Sogam.

A total number of cases 678 were listed and taken up before all these benches, out of which a total No. of 449 cases were finally disposed off and compromised between the parties. Further, also an amount of Rs. 87,00,000 was also settled/awarded to the parties through the intervention of these benches.

The National Lok Adalat was participated by General Public, Lawyers, Litigants and other Government Officials. The officials of different departments in particular different Banks and officers of BSNL extended their full cooperation and coordination for resolving the cases pertaining to their departments amicably and willfully with the parties to the case.

The General Public, Lawyers and Litigants (particularly people of Kupwara) showed their massive response to the National Lok Adalat and also applauded the efforts of Chairperson District Legal Services Authority Kupwara, Ms. Shazia Tabasum for organizing a smooth and public friendly Lok Adalat, in which the litigants, whose cases were disposed off through amicable and peaceful settlement returned back with happy faces and expected that the process of convening such type of National Lok Adalat and other Lok Adalats should continue in future as well, by the NSLA, SLSA and DLSA, as it provides them an opportunity to put their say and submissions independent to that of a lawyer and by avoiding the normal typical and technical procedure to be followed in legal trials and proceedings before the Courts of the Country.

D&FCO hold awareness events in Chenab region on drug control measures

■ HT News Network

JAMMU, SEPTEMBER 09: As a part of social responsibility, the Drug Wing of Drugs & Food Control Organization organized an awareness program in Doda and Kishtwar Districts to sensitize the stakeholders about growing menace of drug abuse and responsibility of the society to check/ prevent the gullible population particularly adolescents from falling prey to this social evil. A large number of members of the Pharma trade participated in the said programs. The speakers from various walks of life shared their real time experiences about the magnitude of drug addiction. Speaking on the occasion, Mohd Iqbal Palla, Deputy Drugs Controller who joined the aware-

ness program virtually impressed upon the Trade Fraternity to stock and sell medicinal formulations strictly as per mandate of the law. He stressed upon the members to always stick to the procurement of medicines through authorized channels to ensure the genuine medicinal products are made available in the market. He also made it clear that no members of pharma trade indulge in procuring the medicines from unauthorised channels and shall desist from unethical/unfair trade practices. Pankaj Malhotra, Licensing Authority, Doda/Kishtwar impressed upon the trade fraternity to switch over to computerized system of billing for maintenance of records and install CCTV cameras in light of guidelines.

District Election Office Doda conducts 2nd training session for ROs, AROs

■ HT News Network

DODA, SEPTEMBER 09: The District Election Office Doda organized the second training session for Returning Officers (ROs), Assistant Returning Officers (AROs) and Nodal Officers in the run up for the upcoming Municipal Elections.

The one-day training session held in the Conference Hall of the DC office complex was led by Additional Deputy Commissioner Dr. Ravi Kumar Bharti, while State Level Master Trainer (SLMT) Mohammad Ashraf Wani (District Information Officer Doda) and District-Level Master Trainer (DLMT) Akhter Hussain (Assistant Professor at Government Degree College Doda)



imparted training to the participants.

The State Level Master Trainer gave detailed information regarding the preparation and conduct of the upcoming Urban Local Bodies (ULB) election.

He urged ROs and AROs to adhere to the rules and regulations and go through the RO's handbook provided to them by the district election office Doda.

The session included a thorough and brain-storm-

ing question-and-answer segment to address the doubts about the election procedures and rules, ensuring that the Municipal Elections in the district are conducted in a free, fair, and transparent manner.

The district level master trainer gave a detailed presentation on working and handling of the Electronic Voting Machine (EVM).

The participants raised several queries to which the Master Trainers gave satis-

factory answers, clearing all the doubts regarding the EVM.

During the training, the ROs and AROs were explained their role and responsibilities including the election management, the nomination process, scrutiny of nomination papers, procedure for withdrawal of candidature, EVM (Electronic Voting Machine) management, polling and counting votes, declaring results, and adhering to the provisions of the model code of conduct.

The SLMT also gave a brief overview of ROs Handbook for Municipal Elections 2023, the Jammu and Kashmir Municipal Elections Act 2000, and 'Jammu and Kashmir Municipal (Elections) Rules 2003'.

Jammu: DDC Chairman reviews performance of education department

■ HT News Network

JAMMU, SEPTEMBER 09: District Development Council Chairman, Bharat Bhushan, conducted a comprehensive review of the education sector in the district.

Vice Chairman, Suraj Singh and DDC members present in the meeting, deliberated on the progress and challenges faced by the education sector under various schemes, notably the SAMAGRA initiative.

Addressing the assembly, DDC Chairman Bharat Bhushan emphasised the pivotal role of education in propelling progress. He lauded the remarkable advancements achieved in



the district's educational landscape over recent years, highlighting local students' outstanding achievements on national and international levels. He emphasised the need for prompt acknowledgment and action on concerns raised by DDC members and public representatives. Bharat Bhushan underscored the importance of incorporating DDC members' insights into all development plans, including those falling

under the purview of SAMAGRA.

During the meeting, the Chairman identified several pressing issues, including staff shortages and infrastructure inadequacies in certain schools. He directed the Zonal Education Officers to conduct thorough inspections within their respective zones and submit detailed reports addressing these school shortcomings. He also stressed the importance.

Bhrashtachar Mukh Jammu and Kashmir Week Concludes in Reasi with a Focus on Transparency, Anti-Drug Awareness

■ HT News Network

REASI, SEPTEMBER 09: The week-long "Bhrashtachar Mukh Jammu and Kashmir" campaign concluded in the Reasi district, where individuals from all walks of life were enlightened about the various online services launched by different government departments. These services aim to provide hassle-free and corruption-free governance right at people's doorsteps. The main event took place at the auditorium of the Reasi district administrative complex, with District Development Commissioner Babila Rakwal as the chief guest. During the pro-



gram, people and students were educated about these online services through informative PowerPoint presentations delivered by the Revenue Department, Finance Department, Social Welfare Department, and Jal Shakti Department. The overarching goal of this

week-long campaign was to promote transparent and accountable governance.

The event commenced with a water testing demonstration conducted by members of the Implementing Support Agency (ISA) team using Field Test Kits (FTKs).

213 Self Employment cases approved by DC Rajouri under Mission Youth

■ HT News Network

RAJOURI, SEPTEMBER 09: The District Level Implementation Committee for Mission Youth met here today under the leadership of Deputy Commissioner Rajouri, Vikas Kundal to deliberate and approve self-employment cases under Tejaswini and Mumkin schemes.

These initiatives, integral to Mission Youth's mission, aim to empower unem-

ployed male and female youth by providing financial assistance to kick-start their entrepreneurial ventures.

In a productive meeting, the Committee granted approval for 156 cases under the Mumkin scheme and 57 cases under the Tejaswini scheme.

Deputy Commissioner, Vikas Kundal underscored the imperativeness of spreading awareness about such programs among the youth to encourage them to step forward and reap the



benefits. The Mumkin cases approved in the meeting included 104 cases for Tata Magic passenger vehicles, 3 cases for Yodha load carriers,

25 cases for Mahindra passenger vehicles and 24 cases for Mahindra Load Carriers. Vikas Kundal emphasized the significance

of disseminating information about these schemes, assuring the youth that the government remains steadfast in its commitment to provide comprehensive support for the success of their entrepreneurial endeavors. Mission Youth, a dedicated platform for fostering entrepreneurship and self-employment opportunities among young people, takes pride in the Tejaswini scheme. This initiative streamlines access to funding for women, empowering

them to initiate or expand their businesses. Among the officers present in the meeting were CPO Mohd Khurshed, Deputy Director Employment, Qazi Qadeer ul Rehman, Auqil Nuvaidd DIO, Abdul Raheem DSWO, Project Manager Aabid Hussain, ARTO Pawan Sharma, and LDM, J and K Bank. In a heartwarming conclusion to the meeting, keys of the vehicles were distributed among the beneficiaries under Mumkin, and certificates were presented.

Lok Adalat settles over two thousand cases in Samba

■ HT News Network

SAMBA, SEPTEMBER 09: Under the insightful directions of Justice Tashi Rabstan, Executive Chairman, J&K Legal Services Authority and also under the radiant guidance of Yesh Paul Kotwal, Chairman, District Legal Services Authority, Samba (also Pr. District & Sessions Judge, Samba), 3rd National Lok Adalat of the calendar year 2023 was held today at ADR, Centre, District Court Complex Samba.

The Lok Adalat was inaugurated by Yesh Paul Kotwal, Chairman, District Legal Services Authority, Samba (also Pr. District & Sessions Judge, Samba)

Six Benches for settling the referred cases (both Pre and Post Litigation) were constituted at District Court Complex Samba. Bench No.1 consisted of Yesh Paul Kotwal, Chairman, District Legal Services Authority, Samba (also Pr. District & Sessions Judge, Samba) and Rekha Kapoor Nischal, Secretary, District Legal Services Authority Samba; Bench No.2 consisted of Adnan Sayeed, Additional District & Sessions Judge, Samba and Himani Parihar, Munsiff, Samba

EDITORIAL

The Precious Waters of Kashmir: A Lament for a Degraded Paradise

Beneath the scenic facade lies a growing environmental crisis – the degradation of its water bodies, and sadly, it is its own people who bear a significant share of the blame.

The lakes of Kashmir, notably Dal Lake, once symbolized tranquility and natural beauty. Today, they stand as grim reminders of unchecked human activity. Pollution, encroachment, and mismanagement have taken a toll on these precious water bodies. Unregulated tourism and rapid urbanization have led to the proliferation of illegal structures along the shores, disrupting the natural balance of the ecosystem.

One of the most alarming threats to Kashmir's water bodies is pollution. Industrial effluents, untreated sewage, and agricultural runoff have contaminated these vital resources. The iconic Dal Lake now faces a dire crisis, choked by a thick carpet of invasive aquatic plants and afflicted by deteriorating water quality. The same story repeats itself in other smaller lakes and rivers across the region.

Kashmir's population growth has also contributed to this degradation. As more people settle in the region, the demand for land and resources intensifies, leading to encroachments on wetlands and watersheds. The unplanned expansion of urban areas and unchecked construction projects often occur at the expense of these natural treasures.

Conservation efforts have been hampered by political instability and a lack of coordinated action. Environmental regulations and initiatives have often taken a back seat to other pressing issues. Furthermore, the challenges posed by climate change, including altered precipitation patterns and glacier melt, exacerbate the precarious situation.

It is imperative that Kashmir's residents and authorities come together to address this crisis urgently. Sustainable tourism practices, stricter environmental regulations, and robust conservation efforts are needed to revive the region's water bodies. Community involvement and awareness campaigns can play a pivotal role in fostering a sense of responsibility among the populace.

Kashmir's water bodies are not just a source of beauty; they are a lifeline for the region's people. The degradation of these resources threatens not only the environment but also the socio-economic well-being of the entire region. It's time for Kashmir to reclaim its paradise status by protecting its precious water bodies from further degradation and ensuring a sustainable future for generations to come.

G20 Summit In Delhi: An Overview of India's Presidency

"G20 is a significant moment for India, an opportunity to showcase India's credentials as a bridge between Global South countries and the West."

■ [Irfan Attari Kashmiri](#)

Back home our country India is holding a biggest event, it's final summit of G20 on 9th and 10th of September. As countdown is near to zero, it is very important to talk on this summation which is shaping India in many ways. G20 or group of Twenties is an amalgamation of super powers and some other developing countries to talk, and deliberate on some pressing issues world is facing today. G20 contributes 80% of world's GDP and 78% of Global trade. Perse this is an opportunity for India as a Rising global South to showcase it's rich culture, heritage and its power.

The G20 Presidency steers the G20 agenda for one year and hosts the Summit. The G20 consists of two parallel tracks: the Finance Track and the Sherpa Track. Finance Ministers and Central Bank Governors lead the Finance Track while Sherpas lead the Sherpa Track after Finance Track. Acc to g2o.org, The 18th G20 Summit in New Delhi will be a culmination of all the G20 processes and meetings held throughout the year among ministers, senior officials, and civil societies. A G20 Leaders' Declaration will be adopted at the conclusion of the G20 Summit, stating Leaders' commitment towards the priorities discussed and agreed upon during the respective ministerial and working group meetings.

Vasudhaiva Kutumbakam, which translates to "One Earth, One Family, One Future," is the theme of India's G20 presidency. It is inspired from the Maha Upanishad, an old Sanskrit scripture. The theme fundamentally highlights the importance of all life—human, animal, plant, and microorganism—as well as their interdependence on Earth and across the universe. The theme also exemplifies LIFE (Lifestyle for Environment), which highlights the importance of environmentally sustainable and responsible lifestyle choices, both at the individual and national level, in creating a cleaner, greener, and bluer future.

New Delhi views the G20 presidency as an opportunity to show that it has the capacity to serve as a bridge to the Global South; that it can show India's ability to manage relations with



rival powers," Michael Kugelman, the director of the South Asia Institute at the Wilson Center in Washington, tells TIME. But the task was never going to be easy, amid rising tensions around the world from Ukraine to the Indo-Pacific. A key test will be whether Modi can ensure the summit ends with enough consensus to produce a joint communiqué or Leaders' Declaration.

The G20 Summit 2023 is all set to take place in New Delhi between September 9 and 10, 2023, at Pragati Maidan—now known as the Bharat Mandapam International Exhibition-Convention Centre (IECC). India has extended invitations to the leaders of 11 nations to participate as guests in the G20 Summit 2023. Acc to Forbes india.com, G20 has expanded on topics from economics and finance, including climate change, sustainable energy, debt relief, and multinational corporation taxation. For the G20 2023 Summit, the discussions would revolve around:

- Increasing loans to developing nations from multilateral institutions.
- Reforming international debt

structures.

- Regulating cryptocurrencies.
- Addressing the impact of geopolitical uncertainties on food and energy security

G20 And Pakistan

The third tourism Working group meeting was held in Srinagar, which was a huge blow to Pakistan and its allies. Pakistan tried every bit to spread venom against India or holding G20 in Kashmir. Pakistan despite going through the worst crisis is still propagating terrorism and creating ruckus. Pakistan, which is not a member of the G20 group, is unnecessarily losing its nose in India's internal affairs. As a failed state they have been trying everything to create a sense at international level against India but failed miserably.

The G20 TWG Meeting in Srinagar was a successful event spanning three days. Delegates engaged in a working lunch and informative Side Events on 'Film Tourism for Economic Growth and Cultural Preservation' before enjoying a Shikara ride on Dal Lake, experiencing local art and craft, and attending a cultural night and gala dinner.

The inaugural session featured esteemed speakers discussing tourism's importance and sustainable development. Working sessions, bilateral meetings, and a dinner event highlighted the exchange of ideas and collaborations. Delegates also had the opportunity to explore Nishat Bagh and witness mesmerising performances by local artists, making it a memorable and enriching gathering.

The 18th G20 summit will start in Delhi from Sept 9. This summit, the largest one so far, serves as the culmination of a year's worth of

G20 processes and meetings involving ministers, senior officials, and civil society representatives. The highly anticipated event will see the adoption of a G20 Leaders' Declaration, solidifying the leaders' commitment to the discussed priorities from ministerial and working group meetings. This event will have global leaders who shape our lives. India will be a leading south power in Asia.

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Interviewing with Integrity: Balancing Empathy and Objectivity

■ [Aubaid Ahmad Akhoon](#)

Interviews, in their various forms, have become a ubiquitous part of modern life. Whether it's interviewing renowned personalities or job candidates, or even the rise of armchair interviews on social media platforms, the art of interviewing has evolved and expanded. In this article, we will explore the essential qualities required for both types of interviews while addressing the ethical considerations in today's media landscape.

Qualities for Interviewing:

Qualities for Interviewing Job Candidates: Knowledgeable Insight: An interviewer should have a profound understanding of the job, the company, and industry trends to ask relevant questions. As Socrates said, "To know thyself is the beginning of wisdom."

Empathy and Respect: Treat candidates with empathy and respect, regardless of the outcome. Kant's categorical imperative applies: "Act in such a way that you treat humanity, whether in your own person or in the person of any other, never merely as a means to an end, but always at the same time as an end."

Fairness and Objectivity: Be fair and objective in assessing candidates' qualifications. John Stuart Mill's utilitarianism advises, "The creed which accepts as the foundation of morals, Utility, or the Greatest Happiness Principle."

Effective Communication: Communication should be clear and effective, aligning with Aristotle's wisdom: "The aim of art is to represent not the outward appearance of things, but their inward significance."

Patience: In the quest to find the right fit, patience is a virtue. As Lao Tzu said, "Nature does not hurry, yet everything is accomplished." Give candidates time to express themselves fully.

Conflict Resolution: Sometimes, conflicts or differences of opinion may arise during interviews. The ability to navigate such situations calmly and diplomatically is vital for a fair assessment.

Cultural Sensitivity: In today's globalized world, understanding and respecting diverse cultural backgrounds is crucial. Confucius wisely said, "It does not matter how slowly you go as long as you do not stop."

Qualities for Interviewing Renowned Personalities:

Mastery of Subject: Deep knowledge of the interviewee's work

and life is essential to ask insightful questions. Friedrich Nietzsche reminds us, "He who has a 'why' to live for can bear almost any 'how'."

Empathy and Constructive Criticism: When interviewing renowned personalities, empathy is key, but constructive criticism can also be valuable. As Voltaire said, "To hold a pen is to be at war."

Authenticity: Remain authentic in your approach. Søren Kierkegaard suggests, "Life can only be understood backward; but it must be lived forwards."

Adaptability: Be prepared for unexpected developments during the interview. Heraclitus' philosophy, "You cannot step into the same river twice," reminds us of the ever-changing nature of dialogue.

Courage: Interviewing renowned personalities may require the courage to ask challenging questions. Remember Mark Twain's words, "Courage is resistance to fear, mastery of fear, not absence of fear."

Interpersonal Skills: Building rapport and establishing a genuine connection with the interviewee can lead to more profound insights. Dale Carnegie's advice, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you," is apt.

Humility: Approach interviews with a sense of humility, recognizing that every individual has a unique perspective to offer. In the words of Rumi, "Do not be satisfied with the stories that come before you. Unfold your own myth."

Ethical Considerations in Modern Media: In an age where anyone can assume the role of an interviewer, it is crucial to uphold the ethics of journalism. Public criticism, one-sided narratives, and personal attacks must be scrutinized through the lens of fairness and objectivity. We must remember the words of Joseph Pulitzer: "Our Republic and its press will rise or fall together." In this age of armchair interviews, ethical journalism remains the bedrock upon which an informed and just society is built.

The Rise of Armchair Interviews: In an era where information flows faster than ever before, armchair interviews have become increasingly prevalent. Anyone can seize a microphone, metaphorical or literal, and broadcast their views to the world. While

armchair interviews have their challenges, they also provide a platform for diverse voices and discussions, democratizing the interview process.

The Pitfall of One-Sided Narratives: One of the glaring issues with armchair interviews is the prevalence of one-sided narratives. When individuals take it upon themselves to criticize or defame others without allowing the accused party to present their side of the story, it erodes the fundamental principles of fairness and objectivity that ethical journalism upholds.

The Press Enclave Paradox: A concerning parallel to this phenomenon can be observed in cases where individuals resort to public shaming or personal attacks without due process. The comparison to "Press Enclaves" like Srinagar's, where grievances are aired publicly, raises the question: Are these armchair interviews any different from public humiliation, except that they occur in a virtual space?

The Ethical Imperative:

Ethical journalism requires adherence to principles such as fairness, balance, and objectivity. Interviewers must provide a platform for all sides of a story, allowing the accused party to respond. As journalists, we are guided by the words of Walter Lippmann: "There can be no higher law in journalism than to tell the truth and to shame the devil."

Tailpiece: In an age where anyone can assume the role of an interviewer, it is crucial to uphold the ethics of journalism. Public criticism, one-sided narratives, and personal attacks must be scrutinized through the lens of fairness and objectivity. We must remember the words of Joseph Pulitzer: "Our Republic and its press will rise or fall together." In this age of armchair interviews, ethical journalism remains the bedrock upon which an informed and just society is built.

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A VISIT TO THE TAJ AS A ‘FOREIGNER’

■ Basab Dasgupta

My first visit to the Taj Mahal was with my parents when I was twelve years old. My father had rented a private taxi from Delhi, and we made the popular tourist loop covering Agra, Fatehpur Sikri, Mathura, Jaipur, etc. I had a clear expectation of what it would look like based on hundreds of photographs I had seen in books, magazines, tour guides, movies and posters.

I will forever remember my first impression of the beauty of the Taj standing at the main entry to the premises. I was in awe. My expected image could not compare with the real thing. It was like a dream, as if I was floating in clouds and the structure just sprouted like a white lotus. I could probably just stand there and look at it for a very long time.

I do not remember other details of our trip except for a family photograph taken sitting on a bench with the Taj in the background.

The second time I saw the Taj was in 2004 when I visited Delhi on official business while working for Sony-USA and took a Japanese colleague, Mr. Tanaka with me to show him one of the seven wonders of the world. Naresh from Delhi drove us to Agra in his car and was our guide. We left Delhi in the afternoon and spent the night at a modest hotel in Agra, so modest that there were not even brochures of the Taj in the lobby. We headed towards the Taj Mahal in the morning after breakfast.

Now that I was an international traveller and had seen many tourist attractions all over the world, I was anticipating seeing large signs saying something like “Home of the Taj” or “Taj Mahal 2 Km” in English or Hindi with an outline of the mausoleum and arrows indicating how to get there. Nope, there was nothing like that. The city, houses, roads all looked very unin- spiring and outright dirty in places. No sign of Taj anywhere.

Fortunately, Naresh knew his way around Agra, and we soon arrived at the site. My first reaction was one of disappointment. Once again, no sign of any kind and everything seemed filthy. In the parking lot there was a camel taking a mid-morning break sitting across multiple parking spaces with a dump of his manure nearby, attracting flies. There was a row of gift shops next to the parking lot. As soon as we got out of the car we were



surrounded by a crowd of people, both beggars and touts, who started to pester us with all kinds of offers, pleas and suggestions. I was feeling embarrassed because Mr. Tanaka had taken me to see the Buddha statue in Kamakura near Tokyo during a recent visit to Japan and it was such a clean, scenic and serene place. The first impression of the site of Taj was like a pigsty in comparison.

We walked about 500 meters to the main premises with the touts following us. No vehicle was allowed close to the main gate because pollution from exhaust gases damage the marble.

The ticket office was manned by two guys in khaki uniforms. I noted that there was a two-tier system in admission tickets, one for Indians and one for foreigners. I do not remember the exact prices but the price for Indians was very nominal, and the foreigners had to pay about twenty times more. The guy at the ticket counter asked each person for his/her citizenship. Naresh was the first one in our group

and said, “Indian”. He was obviously Indian in both his attire and mannerism and went in by paying the fee for locals. Mr. Tanaka said, “Japanese” and had to pay the higher price for admission.

Finally, it was my turn. By that time, I was very frustrated at the way things were unfolding. I decided that I would not pay the higher “foreigner’s” admission price and get in by declaring I was an Indian. After all, I looked like an Indian. If they wanted a foreigner’s price from me, they should have presented the place like a tourist attraction in a foreign country a la Eiffel Tower or Colosseum.

I told the guards I was Indian. Unfortunately, they did not buy it. I do not know if it was my attire or attitude or just a glow of skin from eating American fast food for all these years that gave it away. They asked me to step aside to an adjoining room for further questioning.

and said, “Jane de” (Let him go).

I heaved a sigh of relief. Fortunately, the inside of the compound still looked as magical as before. We strolled around with wide eyes like kids in Dis-ney world. I told Mr. Tanaka the stories about Emperor Shah Jehan’s unfulfilled dream of a black Taj Mahal on the other side of river Yamuna and his imprisonment in Agra fort by his son from where he could see the Taj every day. He was thoroughly impressed and took dozens of photographs.

He was intrigued to learn that the four minarets at four corners of the base were slightly tilted outward so that they would fall away from the main structure in case of an earthquake. We discussed in amazement the engineering challenge of creating the perfect symmetry of the main dome constructed hundreds of years ago without the help of computers, cranes

and modern machinery. We marvelled at the intricate design and inlays throughout the exterior of the mausoleum. We walked along the pathway next to the reflecting pool.

Of all the wonders of the world, the Taj to me is still the most wonderful.

I always tell anyone going to India, “Regardless of what else you see, make sure you visit the Taj Mahal”. I hope that the cleanliness and welcoming signs have improved in recent years compared to what I saw. I was feeling happy when we left. I stopped at the ticket office on our way out and paid the guard the difference in ticket price between a “foreigner’s rate” and an “Indian rate”, explaining that I had fooled them earlier. He was a little baffled but smiled and did not give me a hard time.

The writer, a physicist who worked in industry and academia, is a Bengali settled in America.

The future of our children who aren’t trained to suffer

■ Vijay GarG

There are some children who adore the sciences, whose careers are then sorted, but a majority who are good in these streams find them terribly boring and wish to escape them.

There are some children who adore the sciences, whose careers are then sorted, but a majority who are good in these streams find them terribly boring and wish to escape them.

You may suspect that you have moved up the social rungs if you do not know anyone who has made it to the Indian Institutes of Technology this year, or to the Indian Administrative Service. Once, this hypothesis was true only if you did not know a national-grade athlete personally, or a person who can bowl faster than 130 kilometres per hour, or a politician. There are some obvious reasons why this is so, but the most influential is not that apparent.

A mainstream career is the creation of parental tyranny. Thus, a person begins preparing “for life” in teenage sorrow, in dreary generational training to go to some dreary hot small-town where there is somehow an institution of excellence. But many parents today wish to be kinder. In the urban upper middle-class and above, generally the target market for air-fryers, parents are giving children the option of choosing enjoyable paths to an uncertain future, probably leaving the next generation of air-fryers in the hands of a very different social class. Homes that can provide the best opportunities to their children to succeed in the most competitive arenas are also the homes that give them a chance to opt out of the most coveted fields. Among the beneficiaries of this act of kindness are children who excel in maths and the sci-



ences, including boys. There are some children who adore the sciences, whose careers are then sorted, but a majority who are good in these streams find them terribly boring and wish to escape them. And their parents sponsor that. So what will they do?

Some drift towards cooler branches of science. For instance, students who in another era would have endured a decade of studying mainstream medicine are now becoming marine biologists; those who would have studied electrical engineering in another time are starting early in rocket science. But, generally I think there are going to be more arts graduates than before who will be telling us about the evils of inequality. Even if students from air-fryer homes pick conventional mainstream courses, they do not have the motivation to suffer the rigours of the first phase of their career.

Most professions are tedious and boring,

especially at the start. The modern Indian student from an affluent family is not trained to endure so much suffering, or the daily humiliations of a daily job. This phenomenon was evident in the previous generations too, but then the rich were very few and in those days only the rich behaved like the rich. For instance, in my early twenties, I noticed that the posh crowd of Madras who were transferred to Bombay could not take the city’s low living standards for too long. They lasted just months; some just days. They fled, seeing no point in enduring a second-rate life in the name of a career. They chose to be in easier outposts than in the head office. This form of quitting will be more rampant in the next generation, especially in the air-fryer-home segment. They will be quitting before they give themselves a chance to become so good at what they do that they make their jobs interesting. That is the strange beauty of a career; its foun-

dations are dreary, the training is hard and terrible, but then everything falls in place. If the young who have the potential to become fine scientists, oncologists or civil engineers choose not to realize their talents, what is to become of these fields? Their lack of ambition will benefit others from more modest backgrounds, as is the case today, but the fields would be impoverished in abstract ways. Just as there are gems in the slums whom the world never knew because they had no opportunity to shine; there are gems among the elite who had an excess of choices to escape the arduous road to greatness.

For decades, science stole artists; now the arts are stealing potential scientists. There is a view that a career is a flawed idea of the modern world, that it makes clerks out of free beings. Whatever its flaws, it is the best way in which the world pays people to get better and better at what they do. And everything beautiful that

people wish to do requires years of repetition and training, most of it being drudgery they can endure only if they are forced. That is why, the way I see the lives of my peers, those who had to suffer the worst aspects of their careers because they had to send money to their families were in the long run luckier than the free who decayed in the rot of a good idle life. In any case, no working person ever escapes a career. What the freed children of today are hoping to pursue is a “an enjoyable career.” They believe this involves “doing what you love.” This is possible, but only for those who have exceptional talent. Those who are in the arts with no special talent, or have nothing new to say can be assured of a living hell. From what I have seen in the writing profession, many people confuse their love for reading with an ability to write. In reality, there cannot be two dissimilar things than reading and writing. Yet here they are, cursed with enough family stipend to pursue their delusions. If sports were a subjective field, it would be filled with sprint-lovers trying to make a career out of running 100 metres in 20 seconds, and networking every night to be voted the best.

In their pursuit of “an enjoyable career” many air-fryer children will find fake professions. If my generation is any indicator, they will find professions that involve empathy, or they will do some abstract research in a safe haven of intellectuality, or they will try to imitate their peers and create “a startup.” All these lines of work do attract exceptional talent, but, like the arts, they also help many pretend to have a vocation.

Vijay GarG Retired Principal Educational Columnist Malout Punjab

G20: PM Modi mentions Ukraine War, calls for overcoming trust deficit

■ HT News Network

New Delhi, Sep 9 (UNI) Asserting that the Ukraine War has deepened the trust deficit in the world, Prime Minister Narendra Modi on Saturday said India calls upon the entire world to first convert this global trust deficit into one trust and one confidence.

The PM also said that when the world can defeat Covid, it can also overcome the Ukraine crisis of mutual trust.

"After Covid-19, a huge crisis of lack of trust has come in the world. The war has deepened this trust deficit. When we can defeat Covid, we can also overcome this crisis of mutual trust. Today, as the President of G-20, India calls upon the entire world to first convert this Global Trust Deficit into one trust and one confidence. It is time for all of us to move together," he said in his opening remarks at the G20 Summit here.

Therefore, PM Modi said the mantra of "Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Prayas" can become a guiding light for the G20.

"Be it turmoil in the



global economy, the divide between North and South, or the distance between East and West, Be it management of food, fuel, and fertiliser; terrorism and cyber security; or health, energy, and water security, we have to move towards concrete solutions to these challenges for the present as well as future generations," he added.

India's G-20 Presidency has become a symbol of inclusion of "sabka saath" within and outside the country, Modi said.

"In India, it became the People's G-20. Crores of Indians joined it. In more than 60 cities across the country. More than 200 meetings were held," he said.

PM Modi said in the

spirit of Sabka Saath, India had proposed that the African Union be given permanent membership of the G-20.

"I believe that we all agree on this proposal. With the consent of all of you, we move ahead. Before we begin the proceedings, I invite the Chair of the African Union to take his seat as a permanent member of the G-20," he said.

The PM also expressed his heartfelt condolences to the people affected by an earthquake in Morocco and prayed for the injured to get well soon. He said the entire world community is with Morocco in this difficult time and is ready to provide them with all possible assistance. "Before we begin the formal proceedings, on

behalf of all of us, I would like to express our heartfelt condolences to the people affected by the earthquake that struck Morocco a short time ago.

"We pray that all the injured people get well soon. The entire world community is with Morocco in this difficult time, and we are ready to provide them with all possible assistance," he said.

Extending a warm welcome, PM Modi urged the G20 delegates to start the G20 Summit by remembering the two and a half thousand-year-old message written in Prakrit on the pillar a few kilometres away from Bharat Mandapam.

The message reads, "Hevam lokasa hitmukhe ti, ath iyam natisu hevam", or the welfare and happiness of humanity should always be ensured."

"Two and a half thousand years ago, the land of India gave this message to the entire world. Let us start this G-20 Summit by remembering this message. This time of the twenty-first century is an important time that is giving a new direction to the whole world," he said.

'India earned over \$170 mn & 250 mn plus Euros by lending space sector services : Jitendra Singh

■ HT News Network

New Delhi, Sep 9 (UNI) Stating that the world looks up to India as an equal partner in international collaboration of every nature, Union Minister of State for PMO Dr Jitendra Singh on Saturday said India is lending space sector services to America and Russia, earning over \$170 million and more than 250 million Euros.

"We now have a collaboration with most of the countries. The best part of the collaboration with Russia and America is that we are no longer the lesser cousins. We are now equal partners and, in many ways, more than equal.

"For example, in the Space sector, we are lending our services to America and Russia...we have already earned more than \$170 million and more than 250 million Euros. We now do \$8 billion (Rs 66,000 crore) of Space business," he said in an interview to a leading national periodical.

At the same pace, Dr Singh said that India's business could go up to \$40 billion by 2040 and even touch \$100 billion according to some international



reports.

"At the pace we are rising, India could go up to \$40 billion (Rs 3.3 lakh crore) by 2040, while a recent international report, the ADL report, states that we could even go up to \$100 billion," he said.

Prime Minister Narendra Modi is today the world's senior-most Head of State and is looked up to with reverence by every other Head of State, he said.

Across the world, the entire growth from now onwards is going to be largely technology driven, said Dr Singh and added, this was evident from the fact that during PM Modi's recent US visit, most of the bilateral agreements were based on science and innovation.

He said, India's first human Space flight mission 'Gaganyaan' is the next big project before ISRO.

"Work is going on feverishly in its various laboratories across the country to realise ISRO's most ambitious mission yet: putting three Indian astronauts into orbit by indigenously building a 'human-rated' rocket launcher and crew module to fly them into space and bring them safely back to Earth," the Union Minister said.

Three Indian Air Force pilots are undergoing rigorous training for being rocketed into space at 10 times the speed of sound and then living in zero gravity conditions.

Only three nations, - the US, Russia and China - have

sent up their own manned missions to Space so far. Dr Singh termed PM Modi's decision in 2020 to open the space sector for private industry to manufacture rockets and satellites, instead of just ISRO, as a "game changer."

"Time and again one thing is proven, there is no dearth of talent in India. We have talent, we have calibre and competence.... For too long, we unnecessarily had a veil of secrecy and confined ourselves to ISRO," he said.

"Apart from Aditya-L1, Gaganyaan and Venus orbiter, we are going to have a huge number of launches from the private sector. This also happened after the Prime Minister took the courageous decision to completely open up the Space sector to private players. As a result, there is a quantum jump in our space missions," he added.

The Minister said the process of synergy is happening, and in just three years, we have more than 150 private Startups in the Space sector. The demarcation between the public and private sectors is being dismantled and it will be a totally integrated approach.

Punjab: Drug peddler arrested with 15 kg heroin

■ HT News Network

Chandigarh, Sep 9 (UNI) In an intelligence-led operation against trans-border narcotic smuggling networks, Punjab Police have recovered 15 kg heroin, having approximate market value of Rs 75 crore, after arresting a drug trafficker, an officer said on Saturday.

DGP Gaurav Yadav said the recovery was made during the search of a tractor trolley loaded with straw in Fazilka.

He said, "In the last 45 days, SSOC Fazilka has recovered 147 kg of heroin".

Police said an FIR has been registered at PS Sadar Fazilka and an investigation is on to disrupt the drug supply chain.

Former Andhra Pradesh CM Naidu arrested in corruption case

■ HT News Network

Vijayawada, Sep 9 (UNI) Telugu Desam Party national president and former Chief Minister N Chandrababu Naidu was arrested by the Andhra Pradesh police in Nandyal in the wee hours of Saturday.

The AP CID police arrested Chandrababu Naidu and registered cases against him on the charge of misusing funds from APSkill Development. A high drama prevailed in Nandyal town for some time as a large number of Police rushed there to arrest Naidu, for which TDP cadres raised objections.

The AP CID police were taking Chandrababu Naidu in a vehicle to the AP CID headquarters, located in Mangalagiri, for questioning. The police likely to produced Naidu before the court in the evening.

The police registered cases against Naidu under sections 120 (B), 409, 201, r/w 13 (1), and other sections. The police on Saturday also arrested former Minister and TDP MLA Ganta Srinivasa Rao on the same charge in Visakhapatnam.

The police either house-arrested or detained a large number of TDP leaders across the state as a precautionary measure. The APSRTC has cancelled bus services across the state as a precautionary measure.

It may be mentioned here that Chandrababu Naidu indicated his arrest three days ago while addressing a meeting in Kurnool.

Karnataka : Will talk about BJP-JDS alliance at appropriate time: Kumaraswamy

■ HT News Network

Bengaluru, Sep 9 (UNI) Former Karnataka Chief Minister and Senior JDS leader HD Kumaraswamy on Saturday did not deny reports on BJP-JDS pre-poll alliance for 2024 Lok Sabha election in the state, but said he would speak about it at an appropriate time.

"When the time arrives, I will make comments on it," he told a section of media at his residence here.

Kumaraswamy, however, denied reports on BJP and JDS discussions on seat-sharing for the Lok Sabha election in Karnataka.

"There has been no discussion on seat sharing... The issue of seat sharing in Mandya or Tumkur, has not at all come up for discussion... When time comes, I will talk about it as well," he said.

African Union formally becomes G20 member

■ HT News Network

New Delhi, Sep 9 (UNI) The African Union on Saturday became a permanent member of the G20 group after Prime Minister Narendra Modi formally announced its inclusion during his initial remarks at the G20 Summit in New Delhi. "It is in the spirit of Sabka Saath that India had proposed that the African Union be given permanent membership in the G20. I believe that we all agree on this proposal," the Prime Minister said. Modi said: "With the consent of all of you, I invite the Chairman of the African Union to take his seat as a permanent member of G20". After the announcement, President of the Union of Comoros and chairperson of the African Union (AU), Azali Assoumani took his seat as the Union became a permanent member of the G20.

The AU comprises 55 nations, and its inclusion in the G20 would mark a significant milestone, making it the second-largest group of nations within the G20, following the European Union. In his inaugural remarks, during Session-1 of the G20 Summit on 'One Earth', the Prime Minister



called upon the world to transform the global trust deficit into one of trust and reliance. Prime Minister Modi said, "This time of the 21st century is an important time which is showing a new direction to the whole world and giving a new direction". "This is the time when age-old challenges are demanding new solutions from us. Therefore, we have to move forward by fulfilling all our responsibilities with Human Centric Approach" Modi further added. "Be it the divide between North and South, the distance between East and West, management of food and fuel, terrorism, cyber security, health, energy or water security, we will have to find a solid solution to this for future.

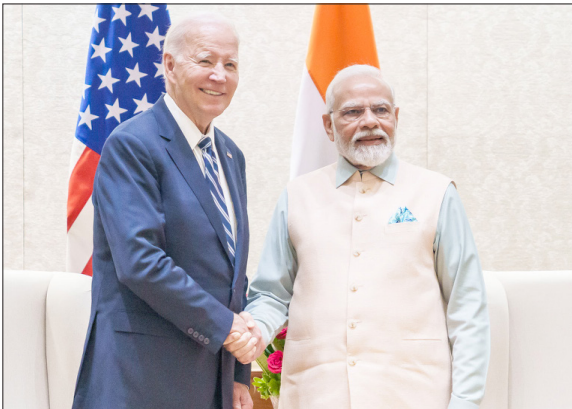
Modi, Biden discuss defence, tech and resilient chip supply chain

■ HT News Network

New Delhi, Sept 9 (UNI) Prime Minister Narendra Modi and the US President Joseph R. Biden on Friday reaffirmed technology's defining role in deepening strategic partnership between the two nations, reiterated their support for building resilient global semiconductor supply chain and welcomed the start of negotiations for a commercial agreement between GE Aerospace and Hindustan Aeronautical (HAL) to manufacture GE F-414 jet engines in India.

As per the joint statement issued after the bilateral talks between the two leaders, the US and India intend to undertake a mid-term review of Initiative on Critical and Emerging Technology (iCET) in September 2023 to continue to drive momentum toward the next annual iCET review in early 2024.

The leaders reiterated their support for building



resilient global semiconductor supply chains, noting in this respect a multi-year initiative of Microchip Technology, Inc., to invest approximately US\$300 million in expanding its research and development presence in India and Advanced Micro Device's announcement to invest US\$400 million in India over the next five years to expand research, development, and engineering operations in India.

"The leaders expressed satisfaction at the ongoing implementation of announcements made in

June 2023 by U.S. companies, Micron, LAM Research, and Applied Materials," the statement said.

The leaders welcomed completion of the Congressional Notification process on 29 August 2023 and the commencement of negotiations for a commercial agreement between GE Aerospace and Hindustan Aeronautical Limited (HAL) to manufacture GE F-414 jet engines in India, and recommitted to work collaboratively and expeditiously to support the advancement of this unprecedented co-product

tion and technology transfer proposal.

Sharing a vision of secure and trusted telecommunications, resilient supply chains, and global digital inclusion,

Prime Minister Modi and President Biden welcomed the signing of a Memorandum of Understanding (MoU) between Bharat 6G Alliance and Next G Alliance, operated by Alliance for Telecommunications Industry Solutions, as a first step towards deepening public-private cooperation between vendors and operators. Reiterating the importance of nuclear energy as a necessary resource to meet the two nations' climate, energy transition, and energy security needs, Prime Minister Modi and President Biden welcomed intensified consultations between the relevant entities on both sides to expand opportunities for facilitating India-U.S. collaboration in nuclear energy, including in development of next generation small modular.

Take up special vaccination campaign to protect cattle from lumpy virus: Yogi

■ HT News Network

Lucknow, Sep 9 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Saturday said that the ill-effects of lumpy virus have been seen on cattle in the recent times and the infection has caused widespread livestock losses in many states. While reviewing the preparations to protect cattle from lumpy virus, the CM said, "To stop the spread of lumpy virus in the state, we will have to work in mission mode.

Organising of cattle fairs in the state should be postponed until the situation becomes normal.

Interstate animal transport should be banned. Dairy farmers should be given complete information about the symptoms and treatment of infection. Entry of unnecessary people into cow shelters should be banned."

He said that it is necessary to take up a special vaccination campaign to protect cattle from lumpy virus for ensuring availability of vaccines. "As the virus spreads through mosquitoes, special cleanliness campaigns should be conducted in villages and cities in coordination with Rural Development, Urban Development and Animal Husbandry departments. There should be no spread of infection under any circumstances," the CM said.

Yogi said that separate enclosures should be arranged for lumpy virus infected, recovered and uninfected cattle. "Along with destitute cattle breeding sites and Kanha groves, common cattle herders should also be made aware about this," he said.

The Chief Minister said that continuous efforts towards protection of destitute cattle are yielding satisfactory results. "At present 11.89 lakh cows are protected in 6,889 destitute cattle breeding sites. Along with these, the Mukhyamantri Sahabhagita Yojana, run for cow protection, has also yielded promising results," he said.

Morocco quake death toll crosses 1,000

■ HT News Network

The death toll from Morocco's deadliest earthquake in decades has risen to 1,037, it was reported on Saturday, causing widespread damage and sending terrified residents and tourists scrambling to safety in the middle of the night.

The state television further quoted the Interior Ministry as saying that more than 1,200 people were injured in the quake in Morocco's High Atlas mountains late on Friday night.

The 6.8-magnitude quake struck the mountainous area 72 kilometres (45 miles) southwest of tourist hotspot Marrakesh at 11:11pm (10:11pm GMT) on Friday, the US Geological Survey reported.

Strong tremors were also felt in the coastal cities of Rabat, Casablanca and Essaouira.

Map locating the earthquake that shook Morocco late on Friday. — AFP

"We felt a very violent tremor, and I realised it was an earthquake," Abdelhak El Amrani, a 33-year-old in Marrakesh, told AFP by telephone.

"I could see buildings moving. We don't necessarily have the reflexes for this type of situation. Then I went outside and there were a lot of people there.

People were all in shock and panic. The children were crying and the parents were



distraught. "The power went out for 10 minutes, and so did the (telephone) network, but then it came back on," he added. "Everyone decided to stay outside."

"Unbearable" screams
Faisal Baddour, an engineer, said he felt the earthquake three times in his building. "People went out into the street just after this total panic, and there are families who are still sleeping outside because we were so scared of the force of this earthquake," he said. "It was as if a train was passing close to our houses."

Frenchman Michael Bizet, 43, who owns three traditional riad houses in Marrakesh's

old town, told AFP that he had been in bed at the time of the quake.

"I thought my bed was going to fly away. I went out into the street half-naked and immediately went to see my riads. It was total chaos, a real catastrophe, madness," he said.

The 43-year-old shared video of piles of rubble from collapsed walls in the streets. Footage on social media also showed part of a minaret collapsed on Jemaa el-Fna square in the historic city.

People look at debris in the aftermath of an earthquake in Marrakech, Morocco on September 9 in this screen grab from a

social media video in this picture. — Reuters

An AFP correspondent saw hundreds of people flocking to the square to spend the night for fear of aftershocks, some with blankets while others slept on the ground.

Houda Outassaf, a local resident, told AFP he was walking around the square when the ground began to shake.

"It was a truly staggering sensation. We're safe and sound, but I'm still in shock," he said.

"I have at least 10 members of my family who died... I can hardly believe it, as I was with them no more than two days ago." Fayssal Badour, another Marrakesh resident, told AFP he was driving when the earthquake hit.

"I stopped and realised what a disaster it was... The screaming and crying was unbearable," he said.

The interior ministry said authorities have "mobilised all the necessary resources to intervene and help the affected areas".

People gather on a street in Casablanca, following a powerful earthquake in Morocco on Saturday (Sep 9). — Reuters

The regional blood transfusion centre in Marrakesh has called on residents to donate blood for those injured.

In the town of Al-Haouz, near the epicentre of the quake, a family was trapped in the rubble after their house collapsed, local media reported.

Significant damage likely

Saudi Crown Prince To Attend G20, Hold Bilateral Meeting With PM Modi

■ HT News Network

New Delhi: Saudi Arabia's Crown Prince and Prime Minister Mohammed bin Salman bin Abdulaziz Al Saud who is on a State visit to India till September 11 will attend the G20 Summit being hosted under India's Presidency on September 9-10, the Ministry of External Affairs said today.

India is hosting the two-day-long G20 Leader's Summit in the national capital at the newly inaugurated Bharat Mandapam starting today. The Summit would commence with the arrival of the world leaders at the venue (Bharat Mandapam) from 9:30 am onwards. The theme of this year's G20 Summit, which is taking place under India's presidency is "Vasudhaiva Kutumbakam" or "One Earth - One Family - One Future".

Saudi Arabia's Crown Prince has travelled to India at the invitation of Prime Minister Narendra Modi, according to the Ministry of External Affairs statement. Mohammed bin Salman bin Abdulaziz Al Saud is accompanied by a high-level delegation, including Ministers and senior officials. On September 11, Saudi Arabia's PM will call on President Droupadi Murmu.

Mohammed bin Salman bin Abdulaziz Al Saud will hold a bilateral meeting with Prime Minister Narendra Modi and both the leaders will co-chair the First Leaders' Meeting of the Strategic Partnership Council. The two leaders will review the progress made under the two Ministerial Committees of the Strategic Partnership Council i.e. the Committee on Political, Security, Social and Cultural Cooperation



and the Committee on Economy and Investments Cooperation. PM Modi and Saudi Arabia's Crown Prince will discuss all aspects of bilateral relations, including political, security, defence, trade and economic, cultural and people-to-people ties. Both the leaders will also discuss the regional and international issues of mutual interest. Earlier, Saudi Arabia's Crown Prince visited India on a State visit in February 2019 and the current visit will be his second State visit to the country. "India and Saudi Arabia have historically close and friendly relations with extensive people-to-people contacts. The trade between both countries reached all time high of USD 52.75 billion in FY 2022-23, the External Affairs Ministry said. India is Saudi Arabia's second-largest trading partner whereas Saudi Arabia is India's fourth-largest trading partner. Both countries also have a strong partnership in the area of energy.

According to the MEA there is a vibrant Indian community of around 2.4 million in Saudi Arabia. Their contribution towards the development of the host country.

North Korea Marks Founding Day With Parade; Russia, China In Attendance

■ HT News Network

Pyeongyang: North Korea marked its founding anniversary with a parade attended by leader Kim Jong Un as well as Russian diplomats and a high-ranking Chinese delegation, state media said Saturday, as Pyongyang deepens ties with Moscow and Beijing.

The Friday event featured Pyongyang's "paramilitary forces", state media said, rather than soldiers in the regular army, and it did not appear to showcase the country's banned weaponry including intercontinental ballistic missiles.

Images in state media showed uniformed paramilitary brigades, including some riding tractors or in large red trucks, as Kim, flanked by his young daughter, looked on smiling and clapping.

Kim Il Sung Square "was full of excitement and joy of the spectators significantly celebrating the birthday of their great powerful country", the official Korean Central News Agency reported.

"All the participants paid the highest glory and



warmest thanks to Kim Jong Un, peerless patriot and ever-victorious iron-willed commander."

Kim met with the visiting Chinese delegation led by Liu Guozhong, vice-premier of the State Council, the second such visit by top officials from Beijing in six weeks, as Pyongyang shows signs of easing its strict Covid-era border controls.

The two sides announced their aims of "further intensifying the multi-faceted coordination and cooperation" between the two countries, according to a separate KCNA report.

Russian diplomats also attended the event, as well as a Russian military song-and-dance ensemble which had arrived in Pyongyang to mark the occasion, KCNA reported.

Moscow expanded its official presence in North Korea shortly before the parade, with its Pyongyang embassy saying this week that it had been allowed to bring in 20 diplomatic and technical staff -- the first such rotation of personnel since 2019.

Russian President Vladimir Putin sent Kim a message marking the anniversary, KCNA said Saturday, in which he called for the two countries to "expand the bilateral ties in all respects".

And according to Chinese state media, President Xi Jinping "extended congratulations in a call to Kim Jong Un" on the anniversary.

Friday's event was the nuclear-armed state's third parade this year.

Boats, helicopters rescue hundreds as storm batters Greece for 3 days

■ HT News Network

LARISSA: Helicopters winched people from rooftops and military personnel used rubber boats to rescue families from floodwaters up to three metres deep in central Greece on Friday after a devastating rain-storm killed 10 people.

Dangerous food combinations you must avoid

Storm Daniel, which meteorologists said was the worst to hit the country since records began in 1930, pummelled Greece for three days, leaving a trail of ruin after a record summer heat-wave that had touched off huge wildfires.

Homes were swept away by torrents, bridges collapsed, roads were made



impassable, power lines fell and crops in the fertile Thessaly plain were wiped out.

Civil protection authorities confirmed a death toll of 10, with four people missing. It said 1,700 people had been rescued in total, among them 296 airlifted away from their homes. Residents said the water was three metres deep in

places.

Dozens of villages in the region were submerged. People who called in to TV stations said hundreds of people were still stranded. Residents, many of them farmers, were despondent at the work of a lifetime disappearing in hours.

"The damage we have all suffered to our homes is irreparable. A lifetime's

worth of work (was lost) within two hours," said Haralampos Tsergas, 59, from the village of Palamas.

Another Palamas resident, Evripidis Manoukas, 46, sitting on a trailer with other locals and their pets after being rescued, said the water level had risen quickly.

"We made an attempt to open the door, more water was coming in, so we closed it again and left through the windows," he said.

As well as the human devastation, the storm will deal an economic blow to the country which emerged from a decade-long debilitating debt crisis in 2018, but Greek Prime Minister Kyriakos Mitsotakis said it could withstand the disaster.

US city bans carry of guns for 30 days due to gun violence

■ HT News Network

Houston, Sep 9 (UNI) Governor of the U.S. state New Mexico, Michelle Lujan Grisham, on Friday issued an executive order suspending the open and concealed carry of firearms in the state's largest city Albuquerque for 30 days. The order temporarily prohibited the carrying of guns on public properties during the period.

"When New Mexicans are afraid to be in crowds, to take their kids to school, to leave a baseball game; when their very right to exist is threatened by the prospect of violence at every turn, something is very wrong," the Democratic governor said in a statement.

The gun violence is "going to pose incredible challenges for me as a governor and as a state," she said at a press conference, adding that she is prepared for a legal fight. According to a report from local media outlet KOB, a television station affiliated with NBC, the order only suspends open and concealed carry laws in communities with extremely high violent crime rates and firearm-related emergency room visits, which currently only includes the Albuquerque metro. Police are exempt from the temporary ban on carrying firearms. Private property, licensed firearm dealers, firing ranges, or shooting competitions will also not be impacted, and people traveling between those locations must store.

66 still missing from Maui wildfires

■ HT News Network

Los Angeles, Sep 9 (UNI) There are still 66 people missing following the devastating wildfires on the Hawaiian island of Maui a month ago, Hawaii Governor Josh Green said Friday.

The wildfires started on Aug. 8 and blazed through the oceanside historic town of Lahaina on Maui. According to the authorities, the fires claimed 115 lives and destroyed swathes of indigenous cultural heritage, making it one of the worst natural disasters in Hawaii's history and the deadliest U.S. wildfires in over a century.

"Today marks one month since deadly fires devastated Lahaina and other areas of Maui," said Green in an address Friday, adding that search and rescue teams have completed search and rescue efforts in Lahaina.

The U.S. Federal Bureau of Investigation reported 66 people "still unaccounted for based on calls and emails they've received," the governor said. "This is the number that initially was over 3,000 and then dropped to 385 last week."

More than 7,500 survivors who were displaced have been relocated from shelters to 29 hotels and hundreds of Airbnbs, according to the governor.

He said that the state's Attorney General Anne Lopez has been conducting a full investigation into the cause of the fires and the emergency response via an independent third-party private organization.

7 dead in bus crash in Nepal

■ HT News Network

Kathmandu, Sep 9 (UNI) Seven people were killed and 27 others injured when a passenger bus crashed into a truck on Friday night in Banke district of western Nepal, local police said on Saturday.

The bus with 41 people on board hit a truck parked on the East-West Highway as it was carrying tourists back from a visit of neighboring Dang district, said Sundar Tiwari, a police officer from Banke.

"It seems the over speeding bus hit the truck, causing the fatal accident," Tiwari told Xinhua, noting that all the injured, two of them in critical conditions, were receiving treatment at a local hospital.

Musk's X Corp sues California over content moderation law

■ HT News Network

Washington, Sep 9 (UNI) Elon Musk's X Corp, formerly known as Twitter, filed a lawsuit challenging the California's Assembly Bill 587 for allegedly infringing upon its First Amendment rights.

"AB 587 violates the First Amendment of the United States Constitution and Article I, Section 2, of the California Constitution because it compels companies like X Corp. to engage in speech against their will," the lawsuit, filed on Friday by X Corp, said.

Assembly Bill 587, signed into law in September of the previous year, mandates that websites and online services collecting personally identifiable information from California users must publicly disclose their privacy policies, according to the document filed with the US District Court, Eastern District of California, Sacramento Division.

Moreover, AB 587 was presented by lawmakers as a measure to combat extremism, hate speech, and misinformation online, the court document revealed.

The lawsuit further contends that the law unjustly burdens social media companies, pressuring them to remove or restrict constitutionally protected content deemed undesirable by the state.

In addition, the lawsuit highlights a contrast between the state's characterization of the law as a mere "transparency measure" and statements from the legislation's authors and supporters, which suggest a different intent.

A California assembly report referenced in the lawsuit indicates that disclosing content moderation practices may pressure social media companies to combat hate speech and disinformation.

Heavy rainfall forecast for Tokyo area, northeast Japan

■ HT News Network

Tokyo, Sep 9 (UNI) Japan's weather agency said on Saturday that high moisture levels are causing atmospheric instability over the Kanto region centered around Tokyo and northeastern Japan's Tohoku region, bringing heavy rain for the areas.

Moist air from Tropical Depression Yun-yeung and the edge of a high-pressure system in the Pacific are generating localized rain clouds over the Kanto and Tohoku regions, according to the Japanese Meteorological Agency (JMA).

The JMA urged people in Fukushima, Chiba and Ibaraki prefectures to remain on high alert due to a heightened risk of rain-triggered landslides and overflowing rivers.

Bands of well-developed rain clouds formed over Chiba, Ibaraki, and Fukushima prefectures on Friday, said the JMA.

In Chiba Prefecture, 11 municipalities reported first floor flooding, while landslides occurred at more than 100 locations in 11 cities and towns, it added.

Landslide alerts have been issued in parts of Chiba, Ibaraki and Bands of well-developed rain clouds formed over Chiba, Ibaraki, and Fukushima prefectures on Friday, said the JMA.

In Chiba Prefecture, 11 municipalities reported first floor flooding, while landslides occurred at more than 100 locations in 11 cities and towns, it added.

DDC Poonch inaugurates one day oversea Rozgar Mela organized by District Employment & Counseling Centre Poonch

■ HT News Network

POONCH, SEPTEMBER 09: Deputy Commissioner, Yasin Mohammad Choudhary on Saturday inaugurated a one-day overseas rozgar mela at Government Degree College Poonch organized by District Employment & Counseling Centre, Poonch in collaboration with empanelled agencies of Ministry of External Affairs. A large number of youth, especially job seekers from across the district participated enthusiastically.

In the event, four (04) private companies/agencies, empanelled agencies of ministry of external

affairs including Sumarkand tour and travel, oversea recruitment bureau, Al-yafur pvt ltd. Sehar oversea placement services participated offering more than 2800 vacancies and short-listed over 973 candidates for various posts.

Approximately 3000-3500 candidates participated and 2720 candidates submitted their resumes against different vacancies and 973 were shortlisted for the second round of interview.

During the event 527 candidates have been registered on the spot.

The Deputy Commissioner, while addressing the participants, highlighted the importance of orga-



nizing such overseas Rozgar mela. He encouraged agencies to repeat such events to provide job opportunities to the local youth. He also praised the department for organizing the mega event in short intervals for the betterment of the youth. He directed the

department to organize such events on a regular basis. Besides this, he laid stress on the unemployed youth to avail the benefits of self-employment schemes. The Deputy Commissioner also advised youth to avail benefits of Career Counseling facility

which is a prerequisite for success in competitive examination.

Earlier, in his welcome address, Mohammad Rafiq, Deputy Director – DECC, Poonch appraised the Deputy Commissioner regarding aims, objectives and procedure adopted for selection of candidates of the said overseas Rozgar mela and other deliverables/activities of the department such as Registration, Survey of unemployed youth and implementation of various self employment schemes of Mission Youth (Mumkin, Tejaswini, Spurring Entrepreneurship Initiative).

Deputy Director – DECC emphasized on registration of unemployed youth on Jk employment portal (jakemp.nic.in) & NCS portal (ncs.

gov.in) for availing the benefits of various employment related opportunities.

During the events empanelled agencies also interacted with the DC and participants and briefed about the various opportunities and avenues available in different countries.

The event was attended by Tahir Mustafa Malik, ADC Poonch, Tanveer Ahmed, CEO Tourism Development Authority Poonch, Zaheer Ahmed Kaifi, ACR Poonch, Mohd Rafiq, Deputy Director Employment, Abdul Rashid Dostum, Xen PDD, Xen Jal shakti and other district and sector officers are also present on the occasion.

Bhrastachar Mukht Week: Agriculture allied Depts conducts awareness cum grievances redressal camp at Kulgam

■ Farooq Rather

KULGAM, SEPTEMBER, 09: Under the banner of week-long Bhrastachar Mukht J&K, Agriculture, Sericulture, Fisheries, Animal Husbandry, Horticulture and other allied Departments today organized a mega grievances redressal cum awareness camp at Kulgam.

This camp was presided over by the Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din Bhat.

ADC, Viqar Ahmad Giri, ACD Mohammad Imran, and

other officers remained available in the camp.

On the occasion, the DC highlighted the aim and objective of organising the camp and added that this week-long programme is observed to deliberate means to eliminate corruption.

He stressed upon officers to adopt robust approach to resolve the issues of people and work religiously for betterment of the people.

Later, he distributed tents and solar lights among beneficiaries of the Sheep Husbandry Department.

During the programme,



through a powerpoint presenta-

tion participants were briefed

about various online services of Agriculture and allied departments. Pertinently the District remained abuzz this week with special camps and programmes under the banner of Bhrastachar Mukht Week with the aim to eradicate corruption and promote transparent and accountable governance. He stressed upon officers to adopt robust approach to resolve the issues of people and work religiously for betterment of the people.

Later, he distributed tents and solar lights among beneficiaries of the Sheep Husbandry Department.

MVD Bandipora conducts awareness prog on Digital J&K, Brashtachar Mukht J&K

■ HT News Network

BANDIPORA, SEPTEMBER 09: In order to acquaint general public of Bandipora about digital J&K Week and to intensify the Bhrastachar Mukht Jammu and Kashmir campaign, Motor Vehicle Department held awareness events at sumo stands of Sumbal, Hajin and Bandipora.

MVD Bandipora had set up on spot facilities to concerned people for availing online services of transport department.

The general public were informed to avail e-services including Transfer of Vehicle ownership, hypothecation termination, issuance of duplicate RC, Change of address in RC, issuance of fresh permit, renewal of permit, renewal of authorization, temporary permit, duplicate permit, transfer/surrender of permit, duplicate counter sign, modification of documents, updation of mobile number, checking status and pending transactions.

Assistant Regional Transport Officer Bandipora Bilal Ahmad Mir said that such camps are scheduled to be held across the district throughout the year to impart awareness to general public regarding e services and online mode transactions and services.

3-days capacity building training programme on NDPS cases for IOs concludes in Baramulla

■ HT News Network

Baramulla September 09: 3-days-long capacity building training programme on NDPS cases for IOs of district Baramulla concluded at the conference hall of DPL Baramulla. The workshop was inaugurated by SSP Baramulla Shri Amod Ashok Nagpure-IPS besides team of NCB Jammu, ANTF, DLSA and Investigating officers from district Baramulla participated in the training program.

The training program was organized to aware the investigating officers with latest techniques and standard practices to expedite the investigation and improve and ensure convictions in NDPS cases.

National lok adalat held in Kulgam, Six benches were constituted.

■ FAROOQ RATHER



Kulgam, 09-Sep: In pursuance to the direction of J & K Legal Services Authority, a National Lok Adalat was held today in District Court Complex Kulgam and other Taluka Courts of District Kulgam under the Chairmanship of Mohammad Ashraf Bhat (Pr. District and Session Judge Kulgam/Chairman District Legal Services Authority Kulgam). National Lok Adalat was inaugurated by Chairman District Legal Services Authority at 10:30 Am.

Six benches were constituted, 04 at Head quarter & 01 each at D.H. Pora and Qazigund.

Bench No. 1 was Presided by Mr. Mohammad Ashraf Bhat (Principal District and Sessions Judge / Chairman District Legal Services Authority Kulgam), assisted by Mr. Intikhab Alam (Advocate) and Ms. Arifa Effit (Member Juvenile Justice Board) Bench No. 2 was Presided by Mr. Pervaiz Iqbal (Presiding Officer Fast Track Court /NIA Court Kulgam) with Mr. Abdul Qayoom Mir (Chief Judicial Magistrate Kulgam) assisted by Ms. Saima Sajad (Advocate). Bench No. 03 was presided by Ms. Tabassum Qadir Parray (Sub Judge/Secretary District Legal Services Authority, Kulgam, assisted by Mr. Mohammad Amin Padder and Ms. Asia Youisif (Advocate)

(Bench No. 04 was presided by Mr. Muneer Ahmad Bhat (Additional Special Mobile Magistrate Kulgam) assisted by Mr. Rayees Ahmed Dar and Ms. Mysar Amin (Advocate) Bench No. 05 was Presided by Mr. Mudasir Bashir (Munsiff/Judicial Magistrate First Class D.H. Pora), assisted by Mr. Amjid Rashid (Advocate) and Ms. Tah-seena Hassan (Member Juvenile Justice Board).

Scammers attract Surankote's youths as Teams Buyers on Telegram

■ M S Nazki

The responsible citizens of the mentioned Tehsil have expressed concern about the youths of some villages which came under Surankote Tehsil such as Bafliaz, Daraba, Kaler Kattal, Lasana, Mohra Pachai, Dhundhak, Bachian-wali, Fazlabad and Mughal Mahra. At present, the youths are falling prey to a scam, which is being run by a few nefarious groups based out of Jammu and Kashmir, with a grand plan of a big Scam. They have (Locals) unanimously stated that some people sitting in Delhi, Mumbai, Maharashtra, Kerala and West Bengal are using Social Sites fearlessly and totally illegally to create a possible rocket of a 'Telegram' making as group game related to cricket, are running, in which simple-minded youths, including a large number of male and female students, are being seen making Telegram accounts and taking huge sums of money from them in exchange for selling the game sale i.e. the team they have selected and they are active on Social Media. After getting the amounts, the Gang suspended their communications and hundreds of youths became easy victims of looting in the process of buying a game team. These respectable citizens believed that the active people in foreign states have pimpled the 'Local People' who are getting rich overnight by making easy money, illegally. These responsible citizens have also suspected the involvement of some agencies and requested the governor's administration to conduct a thorough investigation of such people by the Crime Branch Investigation (CBI) and the Police so that the illegally earned money may be scanned, otherwise God forbid, be used for Anti-National Activities. The responsible citizens said that they didn't think.

3rd National Lok Adalat held at Budgam

■ Reyaz Badana

Under the insightful directions of Hon'ble Mr. Justice N. Kotiswar Singh The Chief Justice of High Court of J&K and Ladakh, Patron in Chief JKLSA and Hon'ble Mr. Justice Tashi Rabstan, Executive Chairman, 3rd National Lok Adalat was organized today held in District Court Complex Budgam.

The National Lok Adalat was inaugurated by Mr. Khalil Ahmad Choudhary Principal District & Sessions Judge (Chairman District Legal Services Authority) Budgam, at District Court Complex Budgam at 10:30 A.M. Each Court had identified cases for Lok Adalat beforehand and same were placed before Six (06) different benches constituted by DLSA Budgam for their settlement in National Lok Adalat.

Nevertheless, Bench No. 1, comprised of Mr. Khalil Ahmad Choudhary (Pr. Distt. & Sessions Judge Budgam) and Ms. Farah Bashir (Munsiff JMIC



Budgam), Bench No. 2 comprised of Mr. Aijaz Ahmad Khan (Additional District and Sessions Judge Budgam) and Mr. Zafar Mehdi (Advocate), Bench No. 3 comprised of Mr. Noor Mohammad Mir (Chief Judicial Magistrate Budgam) and Advocate Javid Ahmad Mir (Panel Lawyer DLSA Budgam), Bench No. 4 comprised of Mr. Mir Wajahat (Sub Judge Chadoora) and Mr. Abdul Rashid Hanjura (Advocate, Bar Association Chadoora), Bench No. 5 Comprised of Ms. Massarat

Jabeen (Munsiff JMIC Magam) In-charge (Additional Special Mobile Magistrate, Beerwah) and Ms. Arfana Anjum (Advocate). Bench No. 6 comprised of Ms. Fakhar un Nissa (Munsiff JMIC Chararisharief) and Mr. N.A. Mashooq (President, Bar Association Chararisharief). Cases for settlement included cases of Civil, Criminal Compoundable, Cheque bounce, Bank matters, MACT, Land Compensation, Matrimonial, Electricity and Pre-litigation matters. Further,

Pre-litigation matters were taken up, which included PDD matters, bank recovery matters, PHE cases, Social Welfare Schemes, Labour, Revenue, Matrimonial disputes, land disputes, BSNL cases, municipality cases and other Government schemes etc.

Nonetheless, a total number of 1597 matters were taken up for their amicable settlement, out of which 981 matters were settled. Besides, an amount of Rs. 11,27,49,417/- was realized in total in the settlement.

3rd National Lok Adalat held at Kathua

7 Benches settle 839 cases, realizes Rs 3.074 cr as settlement amount

HT News Network

KATHUA, SEPTEMBER 09: Under the insightful directions of Executive Chairman, J&K Legal Services Authority, Justice Tashi Rabstan, and also under the radiant guidance of Chairman, District Legal Services Authority, Kathua, 3rd National Lok Adalat of the calendar year 2023 was held at District Court, Kathua. The proceedings of the National Lok Adalat were inaugurated by District Legal Services Authority, Kathua (also Pr. District & Sessions Judge, Kathua) Ashok Kumar Shavan, Chairman, today with the ceremonial lighting of the ceremonial Lamp in District Court Complex Kathua.

Seven Benches for settling the referred cases were constituted in which Bench No. 1 comprised Ashok Kumar Shavan, Principal District & Sessions Judge, Kathua and Surinder Kumar Thappa, Special Mobile Magistrate, Kathua. Bench No. 2 included Kusoom Pandita, Additional District & Sessions Judge, Kathua and Cheena Sumbria, Munsiff JMIC, Kathua. Likewise, the Bench No. 3 was consisted of Swati



Gupta, Chief Judicial Magistrate, Kathua and Neena Thakur, District Mobile Magistrate, Kathua. Bench No. 4 included Jeevan Kumar Sharma, Munsiff JMIC, Basohli, Advocate, Shub Kumar, President, Bar Association Basohli. Likewise, the Bench No. 5 had Jyoti Bhagat, Munsiff JMIC, Billawar and Poonam Gupta, Member, Billawar.

Bench No. 6 consisted of Rajni Bhagat, Munsiff JMIC, Mahanpur and Radhika Sohan, Teshildar/EMIC Mahanpur.

Likewise Bench No. 7 included Rimpi Rani, Munsiff JMIC, Hiranagar and Vijay Kumar President, Bar Association Hiranagar.

Secretary, District Legal Services Authority Kathua Rekha Kapoor Nischal.

Bhrastachar Mukht J&K Week: DC presides over awareness program at GCW Udhampur

■ HT News Network

UDHAMPUR, SEPTEMBER 09: In observance of the ongoing Bhrastachar Mukht J&K Week, Saloni Rai, the Deputy Commissioner (DC) Udhampur took the helm during an awareness program hosted by Government College for Women Udhampur in collaboration with the Department of Social Welfare on the College Campus, today.

The event garnered participation from Kanika Gupta, District Social Welfare Officer, all faculty members of the college, the staff of One Stop Centre, District Hub for Empowerment of Women, Mission Vatsalya, as well as the enthusiastic NSS Cadets and NSS Volunteers of the College.

In her address, the DC emphasized the significance of promoting the Bhrastachar Mukht J&K campaign. She highlighted that the district is conducting a series of community-based awareness programs to educate children, government officials, and citizens about the adverse



effects of corruption and strategies to combat it.

Furthermore, the DC reiterated the District Administration's commitment to transitioning all government offices to the online mode. This shift towards online services has promoted transparency, accountability, and accessibility of government services to citizens. It also ensures timely service delivery and grievance redressal, she added.

Saloni Rai lauded the dedication of GCW Udhampur's staff and the Department of Social Welfare for the successful execution of the event.

Why you need bananas, sweet potatoes, beans and spinach in your daily diet

They have potassium which controls all body functions

Potassium, an essential mineral and electrolyte, plays a crucial role in maintaining the overall health and proper functioning of the human body. While often overshadowed by its better-known counterparts like calcium and magnesium, it is no less important.

UNDERSTANDING POTASSIUM

Potassium is a mineral found in various foods and is an electrolyte, which means it carries an electric charge when dissolved in bodily fluids like blood. This charge is vital for various physiological processes, making it one of the most important ions in the body. The daily recommended intake of potassium for adults is around 2,500 to 3,400 milligrams, but this can vary depending on individual factors such as age, sex, and activity level.

THE IMPORTANCE OF POTASSIUM

Electrolyte Balance:

Potassium is a key player in maintaining electrolyte balance within the body. It works alongside sodium, another essential electrolyte, to regulate fluid levels and control electrical impulses in cells, nerves and muscles. This balance is crucial for proper muscle contraction, nerve transmission and overall cellular function.

Blood Pressure Regulation:

One of the most well-known roles of potassium is its ability to regulate blood pressure. High sodium intake is often linked to hypertension (high blood pressure) while potassium has the opposite effect. It helps relax blood vessel walls, allowing blood to flow more freely, thereby reducing the strain on the cardiovascular system. Adequate potassium intake is associated with lower blood pressure and a reduced risk of heart disease and stroke.

Muscle Function:

Muscle cells rely on potassium to con-

tract and relax properly.

When you consume adequate potassium-containing foods, it ensures that your muscles receive the signals they need to function correctly. This is particularly important for the heart, which is a muscle responsible for pumping blood throughout

health, as even minor disruptions can have adverse effects on metabolism and cellular function.

WHICH FOODS HAVE POTASSIUM

To maintain adequate potassium levels



the body. Potassium plays a crucial role in maintaining a steady heartbeat.

Nervous System Function:

The nervous system depends on the proper balance of potassium and sodium to transmit electrical impulses efficiently. Nerve cells, or neurons, use potassium channels to generate and propagate signals. Without sufficient potassium, nerve function can be impaired, leading to issues such as muscle weakness, tingling sensations, or even paralysis in severe cases.

Acid-Base Balance:

Potassium also contributes to maintaining the body's acid-base balance, often referred to as pH balance. By helping to regulate the acidity or alkalinity of bodily fluids, potassium ensures that enzymes and other biochemical reactions occur optimally. This balance is vital for overall

in the body, it's essential to include potassium-rich foods in your diet. Some of the best dietary sources of potassium include:

- Bananas:

Perhaps the most famous potassium source, a medium-sized banana provides around 400-450 milligrams of potassium.

- Sweet Potatoes: A medium-sized sweet potato offers approximately 500-600 milligrams of potassium.

Spinach:

Dark leafy greens like spinach are excellent sources, with about 800-900 milligrams of potassium per cup of cooked spinach.

Avocado:

One medium-sized avocado contains roughly 900 milligrams of potassium. - Oranges: Citrus fruits like oranges pro-

vide approximately 250-300 milligrams of potassium each.

- Beans and Legumes:

Kidney beans, black beans, and lentils are all rich in potassium, offering between 400-600 milligrams per cup when cooked.

- Potatoes:

A medium-sized baked potato contains about 900 milligrams of potassium.

- Tomatoes:

Tomatoes and tomato-based products like tomato sauce are good sources of potassium, providing around 300-400 milligrams per serving.

HOW TO DEAL WITH DEFICIENCY AND EXCESS

A deficiency in potassium, known as hypokalemia, can lead to a range of health issues. Symptoms may include muscle weakness, fatigue, irregular heartbeat, and even paralysis in severe cases. Hypokalemia can result from various factors, such as inadequate dietary intake, excessive fluid loss (for example through sweating or diarrhoea), or certain medical conditions. On the other hand, excessive potassium levels, known as hyperkalemia, can also be harmful. Hyperkalemia can disrupt the electrical activity of the heart, leading to life-threatening arrhythmias. This condition may result from kidney dysfunction, certain medications or excessive potassium supplementation. Maintaining the right balance of potassium in the body is crucial for overall health. To ensure that the body functions optimally, ensure a diet that includes adequate potassium-containing foods. Be mindful of factors that can disrupt it, such as excessive salt intake or certain medical conditions. It is clear that potassium is not to be underestimated in its significance for human health. So spare a thought to see.

NEWS

Benefits Of Consuming Ginger Daily



Ginger is a flowering plant native to Southeast Asia and is widely used as a spice and herbal medicine. It has a pungent and slightly sweet flavour. Ginger is known to have several health benefits. It has been an essential ingredient in various cuisines due to its aromatic properties and health benefits.

1. Aids digestion

Ginger stimulates the production of digestive enzymes, which can help improve digestion and alleviate digestive issues such as bloating, indigestion, and constipation.

2. Reduces inflammation

Ginger contains powerful anti-inflammatory compounds called gingerols, which can reduce inflammation in the body. This can be beneficial for relieving symptoms of arthritis, joint pain, and other inflammatory conditions.

3. Boosts immune system

Ginger has immune-boosting properties that can help strengthen the immune system and prevent common illnesses such as colds and flu.

4. Relieves nausea

Ginger has long been used as a natural remedy for nausea and vomiting. It can be effective in alleviating morning sickness during pregnancy, motion sickness, and post-operative nausea.

5. Supports cardiovascular health

Regular consumption of ginger may help lower cholesterol levels, reduce blood pressure, and improve blood circulation. This can contribute to a healthier cardiovascular system and reduce the risk of heart disease.

6. Manages diabetes

Ginger has been found to have beneficial effects on blood sugar levels, insulin sensitivity, and lipid profiles. It can help regulate blood sugar levels and improve overall glycemic control in individuals with diabetes.

7. Enhances brain function

Some studies suggest that ginger may enhance brain function and protect against age-related cognitive decline. Its antioxidant and anti-inflammatory properties may contribute to improved memory and cognitive function.

8. Supports weight loss

Ginger can be helpful for weight management as it can increase metabolism, reduce appetite, and aid in fat burning. It may also help control blood sugar levels, which can support weight loss efforts.

6 High-Protein Indian Breakfast Options That Will Help You Lose Weight

Protein plays a crucial role in the weight loss process. A high-protein diet can offer you multiple health benefits and aid in weight loss. Protein lowers cravings and the secretion of hunger hormones. It also increases the feeling of satiety and helps you burn more calories. One of the best ways of consuming protein is by adding it to your breakfast. Studies have shown that eating a high-protein breakfast help consume fewer calories later in the day. Protein keeps you full for longer and suppresses

your appetite. But the problem lies in finding the right protein sources. Vegetarians often struggle to find protein-rich foods. To help you consume enough protein every morning, we have a list of some of the best protein-rich breakfast options. Let's take a look at these.

1. Chickpea sandwich

A simple sandwich for breakfast is the hassle-free option you must try. Chickpeas are a great source of protein which can be turned into a perfect filling for



your sandwiches. Simply mash some boiled chickpeas and combine them with freshly chopped vegetables to prepare the filling.

While preparing these sandwiches, avoid using packed sauces and spreads available in the market. You can prepare a fresh one at home to add extra

flavours.

2. Besan cheela

Besan cheela is light, tasty, healthy and most importantly loaded with protein. It is also easy-to-prepare which is ready within a few minutes. You can also add a few finely chopped vegetables to your cheela batter. Also, use the minimum amount of oil possible while preparing it.

3. Paneer in different ways

Cottage cheese or paneer is

one of the best sources of protein for vegetarians. You can prepare it in different ways. Stuff it into a roti, roast a few cubes of it, make a bhurji or eat it raw. You can also stuff it in a besan cheela.

4. Moong dal cheela

After besan, you can use moong dal to prepare a cheela. Moong dal is a good source of protein. You need to soak some moong dal overnight and make a paste out of it. Use this to prepare cheela just like you make a besan cheela.

Benefits Of Drinking Garlic Tea

Garlic is a popular culinary ingredient known for its strong aroma and flavour. It is a bulbous plant related to the onion family. Garlic is used in various cuisines around the world and is also



known for its potential health benefits, including boosting the immune system and reducing the risk of heart disease.

1. Boosts immune system

Garlic tea is known for its powerful antibacterial, antifungal, and antiviral properties. It can help strengthen the immune system and protect the body against various infections.

2. Improves cardiovascular health

Garlic contains compounds that can reduce cholesterol levels and lower blood pressure, ultimately reducing the risk of heart disease and

improving overall cardiovascular health.

3. Detoxifies the body

Garlic tea has detoxifying properties that can help cleanse the liver,

kidneys, and other organs. It aids in eliminating toxins and promoting healthy cell function.

4. Prevents respiratory infections

The antibacterial properties of garlic tea can help prevent and alleviate symptoms of respiratory infections such as cold, cough, and flu. It can soothe inflammation and promote faster recovery.

5. Reduces inflammation

Garlic tea contains antioxidants that can help reduce inflammation in the body. This can benefit those who suffer from inflammatory condi-

tions like arthritis, asthma, or digestive disorders.

6. Supports digestion

Consuming garlic tea can encourage healthy digestion by stimulating the production of digestive enzymes and regulating bowel movements. It can also help alleviate symptoms of indigestion and improve nutrient absorption.

7. Promotes weight loss

Garlic tea can aid in weight loss as it has been found to boost metabolism and increase fat-burning. It can also help control appetite and reduce cravings, making it easier to maintain a healthy weight.

8. Enhances skin health

The antioxidants present in garlic tea can help protect the skin against damage caused by free radicals, promoting a healthier and younger-looking complexion. It can also help address skin conditions like acne and eczema.

To prepare garlic tea, you will need:
Ingredients
3-4 garlic cloves (peeled and crushed)
2 cups of water
Optionally, you can add honey, lemon, or ginger for taste.
Instructions
Peel and crush the garlic cloves. In a pot, bring the water to a boil. Add the crushed garlic cloves to the boiling water and let it simmer for 10-15 minutes.

Regular Physical Exercise Can Help School Children Cope With Stress: Study

Daily exercise can help school children cope better with stress, making them more resilient, finds a study.

In the study, published in Journal of Science and Medicine in Sport, it was found out that the participants who exercise more than an hour per day, as per the World Health Organisation (WHO) recommendation, produced less cortisol in the stress task than the children who were less active.

"Regularly active children seem to have a reduced physiological stress reaction in general," said lead author Manuel Hanke, from the University of Basel in Switzerland. "When children regularly run, swim, climb, etc., the brain learns to associate a rise in cortisol with something positive. The body's reaction always has a cognitive component as well: this positive association helps to prevent the concentration of cortisol from rising to too high a level in exam situations as well," said Sebastian Ludyga, from the varsity. The study was conducted on 110 children between the age of 10 and 13 who wore a sensor tracking their daily movement over the course of a week. The researchers then brought the participants into the lab on two separate occasions to complete a stressful task and a non-stressful control task.

They tested the children's physical stress reaction via the concentration



of the stress hormone cortisol in their saliva. With the analysis of saliva samples, the researchers also examined cognitive reactions to the stress task by recording participants' brainwaves via electroencephalogram (EEG).

"Stress can interfere with thinking. Some of us are familiar with this in its most extreme form – a blackout," Hanke said. The team now aims to determine whether physical activity also has an influence on these cognitive effects of stress. Regularly active children seem to have a reduced physiological stress reaction in general, reveals study. "Regularly active children seem to have a reduced

physiological stress reaction in general," said lead author Manuel Hanke, from the University of Basel in Switzerland. "When children regularly run, swim, climb, etc., the brain learns to associate a rise in cortisol with something positive. The body's reaction always has a cognitive component as well: this positive association helps to prevent the concentration of cortisol from rising to too high a level in exam situations as well," said Sebastian Ludyga, from the varsity. The study was conducted on 110 children between the age of 10 and 13 who wore a sensor tracking their daily movement over the course of a week.

IPL 2024: S Sriram joins Lucknow Super Giants as assistant coach

He rejoins head coach Langer - the pair had worked together closely for Australia

MUMBAI, SEP 09: Former India allrounder S Sriram has joined Lucknow Super Giants as an assistant coach for IPL 2024. With the recent appointment of Justin Langer as head coach, the two are back together having worked with the Australia team previously.

Sriram had joined Australia's coaching set-up as a spin-bowling coach in 2016; by the end of his six-year tenure, he was an assistant coach. Under Langer and him, Australia won the 2021 T20 World Cup and the 2021-22 Ashes.

Sriram, an ECB level-3 coach, was with Royal Challengers Bangalore as their spin-bowling coach till IPL 2023. Last year, Bangladesh appointed him technical consultant for the 2022 Asia Cup and T20 World Cup, where he became their de facto head coach too in T20Is.

With Sriram's appointment, Super Giants' backroom staff is complete, the franchise said in a media release. Apart from Langer



and Sriram, they have Vijay Dahiya as assistant coach, Morne Morkel as bowling coach, Pravin Tambe as spin-bowling consul-

tant, and Jonty Rhodes as fielding coach. Gautam Gambhir is global mentor and MSK Prasad overall strategic consultant.

Super Giants have been part of two IPL seasons so far. On both occasions they made it to the playoffs.

De Villiers says Suryakumar needs 'mindset switch' to replicate T20 form in ODIs

NEW DELHI, SEP 09: AB de Villiers feels that India batter Suryakumar Yadav, the world's No. 1 T20I batter, needs a slight tweak in his mindset in order to replicate his success in the 50-over format.

Suryakumar, who has managed to hold onto his spot in India's squad for the upcoming World Cup, averages only 24.33 in ODIs, with only two half-centuries in 24 innings with a strike-rate of 101.38. Suryakumar himself has referred to these numbers as "really bad".

"You guys know I'm a big fan (of Surya). He plays in a similar manner to how I used to play, but in ODIs, he hasn't cracked it

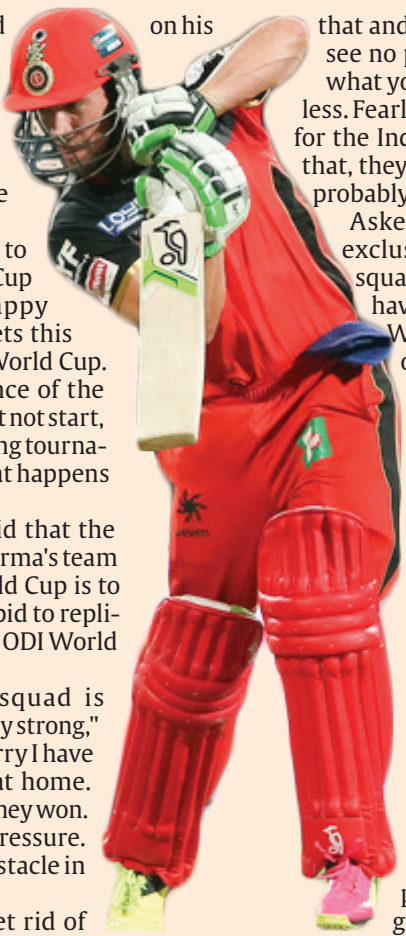
yet," de Villiers said on his YouTube channel. "It is a tiny little mind switch that he's got to make, and he's got all the ability and capabilities that he needs to do that."

"I am very relieved to see SKY in the World Cup squad, I'm very happy about it. I hope he gets this opportunity in this World Cup. Looking at the balance of the Indian squad, he might not start, but a World Cup is a long tournament. So let's see what happens then."

De Villiers also said that the best way for Rohit Sharma's team to approach the World Cup is to "go fearless" in their bid to replicate their 2011 home ODI World Cup win.

"I think India's squad is incredible, really, really strong," he said. "The only worry I have for India is playing at home. They played in India, they won. There will be huge pressure. That's the only big obstacle in my opinion."

"But if they can get rid of



that and just free themselves up, I see no problem for India. Control what you can control. But go fearless. Fearless is the word I'm looking for the Indian squad. If they can do that, they'll go a long way and most probably lift that trophy."

Asked about Sanju Samson's exclusion from the World Cup squad, De Villiers said: "I don't have to say much about him. We know what he's capable of."

"I've been on the receiving end for Royal Challengers Bangalore, watching him score 92 not out at the Chinnaswamy. The ball was flying all over the place. He's also got the conventional cricket game and technique where he plays with a straight bat, plays the ball nicely. He's got a good pull and hook shot."

"He's got everything in his bag. It's all in the mind and it's a matter of adapting to ODI and game plans and the World Cup and the pressure thereof. So yes, two great players."

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