



Harmanpreet 'really excited' for Test homecoming despite limited preparation time

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Div Com inspects developmental works of Northernshore Road at Habbak

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Power Scenario Likely to Improve Within a Week : V K Bidhuri



■ HT News Network

SRINAGAR, NOV 22: Jammu and Kashmir authorities on Wednesday said the power situation in the Kashmir valley will improve within a week's time.

Talking to media here, Divisional

Commissioner Vijay Kumar Bidhuri said that Lieutenant Governor Manoj Sinha has taken up the issue with the central government and the power situation in Kashmir valley is likely to improve within a weeks' time.

Kashmir valley sees

TURN ON.....PAGE 02

KPDCL accelerates night inspections to combat power theft in Kashmir

■ HT News Network

SRINAGAR, NOV 22: Amid power crisis, Kashmir Power Distribution Corporation Limited (KPDCL) has accelerated the pace of night patrolling and inspections across all 10 districts to combat incidents of massive hooking and power theft by consumers.

The KPDCL claimed hooking by the consumers often resulted in outages and damage to Distribution Transformers.

Kashmir valley is facing unscheduled power cuts that has miserably affected life amid cold weather conditions.

Divisional Commissioner Vijay Kumar Bidhuri on Wednesday however, said the power situation

TURN ON.....PAGE 02

IGP Kashmir chairs security review meeting in Kulgam, stresses on proactive measures

■ HT News Network

SRINAGAR, NOV 22: Inspector General of Police, Kashmir V K Birdi on Wednesday stressed on proactive measures to strengthen the anti-terrorist grid, generate specific intelligence and intensify operations for peace and stability in the district.

Birdi said this while chairing a security review meeting with officers in south Kashmir's Kulgam district.

A police spokesman said, the meeting addressed the prevailing security scenario, existing security grid, operational challenges, and countermeasures.

The officers briefed the IGP on various aspects, including security challenges and measures taken.

Emphasizing the need for a robust security grid, IGP Kashmir urged officers to enhance coordination among ground agencies.

He stressed proactive measures to strengthen the anti-terrorist grid, generate



specific intelligence and intensify operations for peace and stability in the district.

Special attention was given to monitoring anti-national elements, particularly terrorist associates, with a commitment to maintaining peace, the spokesman said.

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NEWS BRIEF

Two LeT associates arrested in Srinagar with arms

SRINAGAR, NOV 22: Two militant associates of banned Lashkar-e-Taiba were arrested in Srinagar, police said on Wednesday.

They said the Police on Tuesday received information about the movement of suspected terrorists along National Highway (NH) and upon which a joint team of Srinagar Police and Quick Reaction Teams of CRPF set up a strong checkpoint along the NH bypass.

"During naka checking, a white-coloured Santro car bearing registration no. JK09 A 2788 coming from Parimpora and headed towards Tengpora tried to flee upon seeing the

TURN ON.....PAGE 02

Kishtwar's Saffron Gets GI Tag

JAMMU, NOV 21: Kishtwar saffron, which is cultivated and harvested in the higher reaches, has been given the Geographical Indication (GI) tag by the Geographical Indications Registry.

The news was shared by Deputy Commissioner, Kishtwar Dr Devansh Yadav on social media platform X with picture of certificate.

"Kishtwar Saffron brand gets GI tagged for the first time... Tagged along with Kashmiri saffron - multiple FPO brands coming up now!! Icing on the cake - certified as grade1," the post reads.

The spice is grown in some parts of Kishtwar region of Jammu along

TURN ON.....PAGE 02

Budgam Police cracks Blind Murder Case

BUDGAM, NOV 22: Jammu and Kashmir Police on Wednesday said that it cracked the blind murder case of a man by arresting his own brother in Beerwah.

"On November 20, 2023, Budgam Police received information about Sameer's lifeless body spotted behind his residence. In a swift response, an investigation was initiated, involving the police station Beerwah and Forensic Science Laboratory (FSL) teams," the police said

"Several suspects were called in for questioning including the family members of the deceased. On questioning the family members, Aqib Ahmad Rather, Sameer's brother, confessed

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J&K Admin Considering Winter Vacation For Schools In View Of Cold Wave

■ HT News Network

JAMMU, NOV 22: The Jammu and Kashmir administration is "seriously"



considering winter vacation for schools in the valley in view of the minimum temperatures dropping below the freezing point over the last three days, a senior official said on Wednesday.

"I cannot say anything definitely

TURN ON.....PAGE 02

Kashmir Valley shivers, Srinagar, Pahalgam continue to experience coldest nights

■ HT News Network

SRINAGAR, NOV 22: Kashmir valley shivers as Srinagar and Pahalgam continue to experience the coldest nights with temperatures dipping to -1.8°C and -3.3°C, respectively, on Wednesday, officials said.

Srinagar experienced consecutive coldest nights, with temperatures further dipping from -1.2°C to -1.8°C on Wednesday, and it was -1.9°C below normal for this period of the season, the

Doctor, cop among 4 employees sacked by J&K govt over alleged terror links

■ HT News Network

SRINAGAR, NOV 22: Jammu & Kashmir government has sacked four employees,

including a doctor and police constable, for their alleged anti-national activities and terror links.

The employees were sacked by invoking Article 311 (2)(c) of the Constitution of India, which allows the government to terminate employees without seeking an explanation from them or ordering an inquiry into their conduct.

The government, however, did not reveal specific details of their alleged terror or anti-national activities in which they were involved.

Dismissed J&K Teacher Was Paid Salary While He Was In Jail: Officials

■ HT News Network

JAMMU, NOV 22: The charge sheet against Farooq Ahmed Mir, who is among the four government employees dismissed from service by the Jammu and Kashmir administration on Wednesday, November 22, shows that he was appointed despite being a terrorist of the banned Hizbul Mujahideen and paid a salary while he was in jail, officials said.

TURN ON.....PAGE 02



CAG Of India Elected As Vice-Chair Of UN Panel Of External Auditors

■ HT News Network

NEW YORK (US), NOV 22: Comptroller and Auditor General of India, Girish Chandra Murmu, was elected as the Vice-Chair of the UN Panel of Auditors for the forthcoming year.

This recognition underscores India's commitment to the highest standards of external audit and its active participation in shaping the global audit landscape.

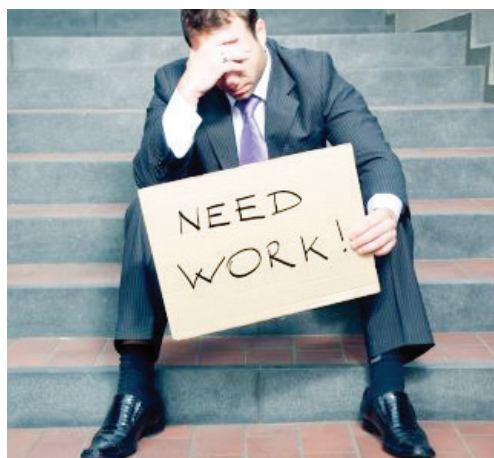
On the sidelines of the panel meeting, the

TURN ON.....PAGE 02

J&K's Unemployment Rate Dips To 4% From 5.2% In 2021-22: Officials

■ HT News Network

JAMMU, NOV 22: Jammu and Kashmir's current unemployment rate has decreased to around four per cent from 5.2 per cent in the financial



year 2021-22, a senior official said.

Director (Employment) Nisar Ahmad stated this during a meeting here to give an overview of the employment scenario in Jammu and Kashmir.

TURN ON.....PAGE 02

CS commends IT Deptt for achieving the milestone of making J&K first in the country to add 1100 services to eUnnat & 500 services to RAS portal

Also felicitates the winners of UT Foundation Day competitions

■ HT News Network

JAMMU, NOV 22: Chief Secretary Dr Arun Kumar Mehta today commended the role of IT Department in adding 15 more services to the eUnnat portal and reaching the tally of 1102 online services and integration of 500 services on Rapid Assessment System (RAS) portal offered by different Departments in the UT.

Dr Mehta called these

TURN ON.....PAGE 02



Infrastructure Milestone: Govt achieves extensive macadamization, enhancing connectivity on Kashmir's interior roads in 2023

■ HT News Network

SRINAGAR, NOV 22: Continuing its commitment to infrastructure development, the Jammu and Kashmir Union Territory government has successfully macadamized the majority of the interior roads across the Kashmir valley in the past eight months.

TURN ON.....PAGE 02

Viksit Bharat Sankalp Yatra commences across all ULB wards of Bandipora

IEC Van receives warm welcome from locals, traverses along different wards

■ HT News Network

BANDIPORA, NOVEMBER 22: The Viksit Bharat Sankalp Yatra was Wednesday successfully rolled out across all the Municipal Committees/ Council of District Bandipora with much enthusiasm and fervor.

Viksit Bharat Sankalp Yatra, a community-centric initiative, to foster growth and awareness regarding various centrally sponsored schemes, received an overwhelming response from the local populace of the district.

At Bandipora, locals accorded warm welcome to Nodal Officer IEC Campaign for district Bandipora, Bilal Ahmad Mir, who reached the venue with the IEC Van. Among others, JD Planning Intiyaz Ahmad, locals, prom-

inent citizens, beneficiaries, and a galaxy of youth including students were also present on the occasion.

On the occasion, an overwhelming response was witnessed from the locals who gathered around IEC Van and enthusiastically listened to the recorded message from the Prime Minister of India regarding the campaign.

During the program, Viksit Sankalp Bharat pledge was also administered to all the participants who pledged for the overall development of the Nation.

On the occasion, a series of cultural events were presented by the students of Girls Higher Secondary School Bandipora depicting rich Kashmiri culture.

It was given out that during the yatra, several schemes including Jal Jeevan Mission, Ayushman Bharat Yojana,



Pradhan Mantri Garib Kalyan Anna Yojana, Pradhan Mantri Mudra Yojana,

Jan Dhan Yojana, PM Awas Yojana, PM PRANAM Yojana and Urea Subsidy Scheme will be showcased.

Later, the IEC Van traversed along the different wards of MC Bandipora to disseminate information and awareness regarding these schemes and to make aware the masses about procedures to avail them.

The IEC Van serves as a mobile platform for disseminating vital information, conducting awareness campaigns and facilitating interactive sessions with residents.

Similarly, the yatra commenced in two other municipal committees of the district viz. MC Sumbal and MC Hajin. At Sumbal, an overwhelming response was witnessed from the locals who welcomed the IEC Van. ADDC Bandipora Mohammad Ashraf

Hakak, along with ARTO Bandipora, who is also the nodal officer for the campaign for the district, was also present on the occasion.

On the occasion, the ADDC said that the collaborative spirit exhibited by residents and local authorities reflects a collective determination to build a more vibrant and empowered community.

At Hajin, the event started by welcoming the IEC (Information, Education and Communication) Van followed by the Viksit Bharat pledge taken by participants, including government functionaries besides citizens of the region.

Stalls installed by different departments were inspected by officers to showcase the services and facilities being provided to the people.

DC Kupwara reviews progress of ‘PM Vishwakarma Scheme in the district

■ HT News Network

KUPWARA, Nov 22: The Deputy Commissioner (DDC) Kupwara, Ms. Ayushi Sudan Wednesday convened a meeting of concerned officers to review the implementation of PM Vishwakarma scheme.

ADC Kupwara, Gh. Nabi Bhat gave a brief overview of the scheme and also informed the committee members about the objectives of the scheme & progress of the scheme in the District.

While highlighting the significance of PM Vishwakarma scheme, the Deputy Commissioner said that PM Vishwakarma is a significant step towards uplifting the lives of traditional Artisans/crafts people.

The DC further said that this initiative is set to empower and provide support to the artisans, and labourers commonly known as Vishwakarmas, who form a vital part of the informal or unorganized sector of the economy.

DC gave a target of registration of 1500 artisans to Handicrafts department and registration of 2000 labourers to labour Department.



ment.

District Manager CSC was directed to take all the beneficiaries on board and get their basic information and complete their registration by next Wednesday.

GM, DIC was directed to conduct IEC campaign in the main towns of the district and depute resource persons for intensive awareness of the scheme.

ACP Kupwara was directed to make the PM Vishwakarma as the agenda point in first Monday Gramsabha meeting so that awareness is imparted to the people about the scheme and artisans and crafts men are identified at Panchayat level.

BLEs were asked to participate in the Gramsabhas and register the eligible

beneficiaries.

The scheme is focused to promote and support the local artisans in as many as 18 trades which include blacksmith, goldsmith, potter, carpenter, sculptor, barber, tailor, mason, washer etc, making them eligible to avail all the benefits under the scheme. The objective of the scheme is to provide skill upgradation to hone the skills of these artisans and make relevant and suitable training opportunities available to them.

ADC Kupwara, Gh. Nabi Bhat, ACP Kupwara, GM-DIC, District Information Officer Kupwara, AD Handicrafts, District Manager, CSC and other concerned officers attended the meeting.

DC chairs Block Diwas at Kulgam

Similar outreach programmes also held at DH Pora & Devsar

■ FAROOQ RATHER

KULGAM, NOVEMBER 22: In order to take appraisal of public welfare and development issues, and to resolve grievances promptly, weekly Block Diwas camps were today held across district Kulgam.

Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-ud-din Bhat chaired the weekly Block Diwas event at Kulgam and listened to the issues of the public in the presence of a gathering of officers, officials and public. People belonging to villages including Amanpora,



Nowpora, Laroo, Chadder, Bhan etc put forth various developmental and welfare demands pertaining to RDD, R&B and KPDC during the camp. The issues, demands and grievances were noted by the concerned. DC assured the public about the prompt resolution of the same and instructed concerned to make immediate efforts

towards their resolution.

The DC on the occasion instructed the authorities of KPDC to ensure power supply to people in all areas as per schedule strictly.

Officers and heads of departments also responded to the queries and grievances of the people pertaining to their departments.

ADC, Viqar Ahmad Giri, various district officers and officials were present in the grievance redressal camp.

Similar Camps were also held at DH Pora and Devsar tehsils of the district to interact with people on a wide range of issues concerning the public.

ADDC Gbl organizes Public Darbar at Safapora

■ HT NEWS NETWORK

GANDERBAL, NOVEMBER 22: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today presided over a public darbar in Safapora, as part of the Government's weekly Block Diwas programme. Active participation from PRI members and various Safapora block delegations characterized the program, where they informed the ADDC about crucial developmental requirements

in their respective areas. During the proceedings of Block Diwas, PRIs and locals raised a number of grievances and general demands related to playfield, better roads, augmentation of water and power supply and other issues of public importance. The ADDC gave a patient hearing to all issues and grievances raised at the event. While underscoring district development activities, he emphasized the District Administration's relentless efforts to ensure the provision of facilities to people in all district blocks.

Government of jammu and kashmir OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT RAJWAR RE- ADVERTISEMENT NOTICE

Application on prescribed proforma (Annexure-1) are hereby invited from the eligible female candidates of the panch ward shown against the below mentioned panchayat Halqa due to non submission of application forms after advertising the post of AWH in panchayat Khahipora for AWC Khahipora "A", for the engagement of Sahayika (AWH) "preferably married" of POSHAN Project Rajwar on "Honorarium basic". The applications along with required documents shall be deposited in the Office of the undersigned i.e Child Development Project Officer Rajwar by or before 02/12/2023 against proper receipt

S.No	NAME OF THE DISTRICT	NAME OF THE PROJECT	NAME OF PANCHAYAT/MUNICIPALITY WARD	VACANCY OF SAHAYIKAS (ANGANWADI HELPER)		
				NO. OF PANCH WARD/ MC WARD	NO. OF PANCH WARD/ MC WARD	No of Posts
05	Kupwara	Rajwar	Khahipora	04	Khahipora "A"	01

.Criteria for Selection of Sahayikas (Anganwadi Helpers) shall be remain as envisaged in the Govt. Order No: 103 JK OF 2023 Dated 28.4.2023 i.e

- Women candidates in the age group of 18-37 years shall be considered for the post.
- The candidate should be domicile of the UT of J&K.
- The candidate should be a resident of the Electoral Ward where Anganwadi Center is located.
- Minimum qualification for Anganwadi Helper shall be Matriculation.
- In case no matriculate candidate is available in the panch Ward/MC Ward, candidate with qualification not less than 8th standard shall be considered.
- The committee shall select the most destitute/ needy married women of the panch ward/MC Ward as helper from amongst those who fulfil the qualification criteria. In case no married candidate is available, unmarried candidate can also be considered.

Self-attested copies of document to be attached with the application form:-

- Panch ward/MC Ward Certificate/present/continuous, Ward residence Certificate issued by BDO/Executive Officer which ever applicable duly countersigned by ACR/SDM.
- Domocile Certificate issued by Tehsildar concerned.
- Date of Birth Certificate.
- Academic Qualification Certificate with marks card of 10th.
- Non employment Certificate from a Gazetted Officer.
- Self-Addressed envelope with postage stamp of Rs 5/-.

Note: prescribed Application proforma can be had from the undersigned office "Free of Cost".

Note: prescribed Application proforma can be had from the undersigned office "Free of Cost".

No:- CDPO/POSHAN/Adv/2023/913-929 Dated:- 22-11-2023

DIPK-12662/23

Date: Nov 22 2023

CHILD DEV. PROJECT OFFICER
POSHAN PROJECT RAJWAR

Government of Jammu and Kashmir OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT PULWAMA

Subject:- Provisional Selection list of Sahayika (Anganwadi Helper) of Poshan Project Pulwama and inviting of objections thereof.

Public Notice

In pursuance to the Government Order No.103-JK (SWD) of 2023 Dated 28-04-2023 and approval from Mission Director Poshan J&K vide No.SMD/ICDS/Recruitment/2022-23/27538-41 dated 05-09-2023, and an advertisement Notice was issued vide Notification No. CDPO/Pulwama/Adv/2023/551-63 Dated 12-09-2023 for selection of 01 Sahayika (Anganwadi Helper) for 01 Anganwadi Center of Poshan project Pulwama. In response to the notification 01 application was received within cut-off date against advertised vacancy of Sahayika (Anganwadi Helper). Merit of the candidate has been prepared as per the criteria laid down vide Govt. Order No. 103-JK (SWD) of 2023 Dated 28-04-2023 and accordingly Provisional selection list has been framed for 01 Sahayika (Anganwadi Helpers) on the basis of merit by the Selection Committee. Provisional Selection list (Annexure-A) is hereby published for information of public in general for filing appeal/Objections if any. The appeal/Objection if any against the selected Candidate shall be filed in the office of the Child Development Project Officer Pulwama against proper receipt within 10 days (in Office Hours) in black and white from the date of publication of this provisional selection list. No objection /Appeal shall be entertained after expiry of last date of filing Appeal/objection.

"Annexure A"

Provisional Selection List of Applicant for the engagement of Anganwadi Helper (Sahayika) Advertised Vide No:-CDPO/Pulwama/Adv/2023/551-63 Dated: 12.09.2023 of Poshan Project Pulwama

S.No	Name of Panchayat Halqa	Ward No.	Name of AWC Applied for	Name of Applicant	Parentage (W/o & D/o)		Date of Birth	Residence	Education Qualification	Marks Obtained out of	%age	If Applicant is a member of Ex AWW/AWH (Yes/No)	whether Listed on Electoral roll	Marital Status	Age as on 01.01.2023	Required Certificates Enclosed (Yes/No)	If the Applicant is Widow, Orphan or Divorce	Remarks
					D/o	W/o												
1	Tukna II	8	Ghat Tukna	Raiesha Jan	Gh Mohammad Bhat	Tashooq Ahmad Dar	10.03.1994	Ghat Tukna	Matriculation	246/500	49.2	No	Yes	Married	29 years	yes	No	Selected

DIPK-12649/23

Date: Nov 22 2023

Sd/
Child Dev. Project Officer
Poshan Project Pulwama

District Road Safety Committee reviews enforcement of regulatory measures in Reasi

Unfit vehicles not to enter District boundary; CCTVs installed in School buses/ vans

■ HT News Network

REASI, NOVEMBER 22: District Development Commissioner Vishesh Mahajan today chaired a meeting of District Road Safety Committee and reviewed the enforcement of traffic rules, identification of black spots, road safety audits, accident reduction, road maintenance, overloading, traffic management here in the video conference Hall of DC Office Complex to assess the road safety measures being implemented in the District.

Discussions covered decongestion, parking, road

safety funds, and signage installation.

Emphasizing proactive measures, the DDC strongly recommended the installation of Closed-Circuit Television (CCTV) cameras in school buses. The initiative aims to enhance the safety of school transportation, providing real-time monitoring and fostering a safer environment for students.

District Development Commissioner Vishesh Mahajan directed the Chief Education Officer Reasi to launch a comprehensive awareness campaign across all schools to promote road safety and Nasha Mukat



(drug-free) campaign.

The DC highlighted the identification of black spots,

with directives to relevant departments for remedial action. Executive Engineers

PWD and PMGSY were instructed to ensure regular road maintenance, installa-

tion of signage and erection of crash barriers. The CMO and ARTO were tasked with organizing medical eye check-ups for drivers and conductors, while Traffic Police were urged to enhance awareness camps.

The XEN PWD and BRO were directed to expedite the safety audit of all district roads and Traffic Police were directed to collaborate with local police to regulate traffic, reduce congestion, and control overloading. Timely removal of construction material was emphasized for public convenience.

The DC ordered that no passenger vehicle should be allowed to carry goods for

transportation. He constituted two committees to work on decongestion of towns. He also emphasised at making the students at school and college level aware of the benefits of following traffic rules. Instructions were issued for ensuring strict punitive action against habitual traffic violators. He also instructed the ARTO to ensure that the unfit vehicles don't enter the boundary of district Reasi.

SSP Amit Gupta, ADDC Jyoti Slathia, ADC Abdul Star, Joint Director Planning Sunita Kanchan, ACR Anshumali Sharma, XEN PWD, ARTO and other senior officers were present in the meeting.

DDC Reasi chairs public outreach camp at Lithium Village

■ HT News Network



REASI, NOVEMBER 22: To get first-hand account of the public grievances, District Development Commissioner Reasi, Vishesh Mahajan today presided over the weekly Block Divas programme, here at Lithium Village in Arnas block. Scores of delegations and individuals apprised the DC about the problems being faced by them in day to day life.

The main demands highlighted by the locals were related to augmentation of supply of water and Power supply, release of land compensation, better road connectivity, cleanliness and sanitation in the area, interrupted water and power supply, shortage of staff in Health and education sector, renewal of gun license, replacement of underground water pipes.

In a collaborative effort to enhance public awareness and promote citizen engagement, various line departments came together during the Block Divas. The event served as a platform for officers from different departments to provide comprehensive briefing on numerous Central and Union Territory-sponsored schemes.

District Industries Centre (DIC) Manager Mohamad Anwar Bandy took the stage to provide a comprehensive briefing to the public about the Prime Minister Vishwakarma Schemes. This initiative aimed to empower the community by offering strategic insights into schemes fostering industrial growth and skill development. The public of the Lithium village requested the DDC to ensure that fair compensation is paid to the persons whose assets might be coming within the zone of lithium reserves. The DC gave a patient hearing to the delegations and passed on the spot directions to the concerned officers for early redressal of their genuine grievances. He also impressed upon the officers to work with zeal to achieve the targets and the delivery of the benefits to the rural masses. The DDC assured that the Government shall take all possible steps and measures to ensure that the people have their genuine grievances redressed on priority. During the Block Divas, the District Development Commissioner Reasi directed the Jal Shakti Department to ensure a regular and timely supply of water to the residents of the area.

3 new JKRTC Buses introduced to improve transport facility in Doda District

■ HT News Network

DODA, NOVEMBER 22: District Administration Doda is taking every step to improve roads, provide better transportation facilities, make the public aware regarding road safety measures and traffic rules and conduct traffic checking to enforce the rules for the safety of the commuters.

In furtherance to these efforts, the District Administration, under the supervision of Deputy Commissioner, Harvinder Singh, introduced three new Jammu Kashmir Road Transport Corporation (JKRTC) buses for Doda-Jammu highway, Doda-Batote and Doda-Marmat routes.

The 32-seater bus for the Pul Doda-Batote route was

flagged off by Deputy Commissioner, Harvinder Singh and SSP Abdul Qayoom, while another 32-seater bus from Doda to Jammu was flagged off by President Municipal Council Doda, Ved Parkash Gupta.

The launch of new buses in the already existing fleet of JKRTC Buses will enhance the transportation facilities for commuters. The aim of this initiative is to provide better and safer means of travel to the residents and visitors travelling to the District. The three newly introduced buses will significantly improve the transportation network and cater to the growing needs of the passengers.

The District Administration and JKRTC are committed to continually improving and expanding its services.

DC Poonch chairs DLC meeting on HADP, approves 58 Cases for Agricultural Development

■ HT News Network

POONCH, NOVEMBER 22: In a significant stride towards advancing agricultural development in the region, Deputy Commissioner Poonch, Yasin M. Choudhary today chaired a District Level Committee (DLC) meeting on the Holistic Agriculture Development Program (HADP) in the conference hall of the DC Office.

The meeting was attended by Additional District Development Commissioner, Sandesh Kumar Sharma; General Manager DIC, Dr. Mohd. Tanwir; Assistant Commissioner Revenue, Zaheer Ahmed Kaifi; Divisional Forest Officer (S), Naveed Iqbal; Chief Agriculture Officer, Rakesh Kumar; Chief Horticulture Officer, Sanjeev Kumar; Deputy Registrar Cooperative/District Information Officer, Vishal Deep Chandan; LDM, Ashutosh Koul Pal; Chief Animal Husbandry Officer, Dr. Younis; AGMO, Charankamal Singh; District Sheep Husbandry Officer, Dr.



Ashish Mahajan; District Sericulture Officer, Jatinder Krishadar; Assistant Floriculture Officer, Dr. Sanjeev Kumar; District Incharge NABARD, N Chander, along with other concerned officers.

During the meeting, the Deputy Commissioner received an update on the progress made in implementing the components of HADP across the district by the Agriculture and allied departments. Furthermore, a draw-

of-lot was conducted to select the applications received for benefits under different components, specifically in relation to the Sheep Husbandry Department, while adhering to the criteria set by other Line departments under HADP. The committee approved a total of 58 applications, including 25 under the Animal Husbandry sector, 20 applications of Sheep Husbandry sector, 10 for Horticulture, and 03 for Horticulture Planning & Marketing sector under different projects/components, respectively. While granting approval to the applications, the Deputy Commissioner urged all sectoral officers from the Agriculture and allied departments to expedite the completion of assigned targets under the HADP in the district. The Deputy Commissioner called upon stakeholder departments to work closely together to implement various initiatives at the district level. He directed officials to disseminate information about the latest agricultural technologies.

Weekly Block Diwas: DC Udhampur addresses public concerns at Barmeen

■ HT News Network

UDHAMPUR, NOVEMBER 22: Deputy Commissioner Udhampur, Saloni Rai today conducted a public meeting at Dak Bunglow Barmeen in Ghordi Block of Sub Division Ramnagar as part of the weekly Block Diwas.

DDC member Rakesh Chander Sharma (Bodhi), BDC Chairman Aarti Sharma, SDM Ramnagar Shishir Gupta, ADDC Ghan Sham Singh, and various senior officers.

During the camp, local PRI members and the general public raised pressing issues, including the need for a J&K Bank branch in Barmeen, unscheduled



power cuts, pending payments of MGNREGA works, requirements for electricity poles, road construction and maintenance, staff shortages in GHS Satyalta, establishment of an Anganwadi center at Upper Barmeen, school upgradations, forest clearance and infrastructure improvements in schools.

While addressing the concerns, the Deputy Commissioner assured swift redressal on a priority basis. On-the-spot directions were issued to relevant offi-

cers from different departments to ensure the prompt resolution of the raised issues.

Emphasizing the importance of such grievance redressal camps, the Deputy Commissioner stated that the District Administration Udhampur is committed to addressing local issues promptly through on-the-ground assessments during these events.

Later, the Deputy Commissioner handed over Shiksha Mitras certificates among the volunteers.

Weekly Block Diwas: DC Rajouri presides over Public Outreach Camp at Siot

■ HT News Network

RAJOURI, NOVEMBER 22: To address public concerns, Deputy Commissioner Rajouri, Vikas Kundal today chaired a highly impactful public outreach camp at Siot block under the weekly Block Diwas Program. The event served as a platform for a constructive dialogue between the public and their representatives, covering a spectrum of issues.

Discussions ranged from the pressing need for road renovations, up-gradation and adequate staffing of government institutions, addressing water scarcity, to bolstering healthcare infrastructure, among other crucial topics.

Government officers took advantage of this opportunity to inform the public about various schemes and programs aimed at improving the well-being of the community, encouraging active participation and utilization of available benefits.

Deputy Commissioner reaffirmed the commitment of the district administration to delivering quality essential services directly to the people. He expressed gratitude for the collaborative efforts of all stakeholders in achieving government objectives and urged them to continue their hard work for the common good.

During the public outreach camp, locals expressed appreciation for the commendable efforts of



the administration in implementing schemes under the Jal Jeevan Mission, recognizing the significant impact and positive changes brought about by these initiatives.

Promptly addressing concerns regarding the shortage of staff at veterinary centers raised during the event, Deputy Commissioner Vikas Kundal directed concerned officers to implement effective measures to address the shortage of staff at Veterinary centers.

In response to the issue of sanctioning HSS at Siot, he assured that he would take up the matter with the concerned quarters. In a pivotal move towards infrastructure development, the Deputy Commissioner has directed the concerned officer to prepare a Detailed Project Report (DPR) for the construction of a bridge from Bal Shama to Salheri.

DC affirmed the swift implementation of Jal Jeevan Mission (JJM) across all eleven Panchayats in the Siot Block. He assured

prompt resolution of issues concerning irrigation canals, emphasizing commitment to addressing community needs.

In a bid to uplift the living standards, the DC motivated the public to expedite the construction of their homes under the Pradhan Mantri Awas Yojana - Gramin (PMAY-G). Simultaneously, he also highlighted the ongoing progress of the Mother and Child Care Hospital (MCH) in Lamberi, underscoring the priority given to healthcare infrastructure.

Turning attention to connectivity, the Deputy Commissioner Vikas Kundal updated on the full-scale advancement of various projects. The dedication to enhancing local infrastructure is evident, signaling positive prospects for the region. Addressing the power scenario, the DC urged the public to adhere to timely payment of electricity bills, emphasizing the collective responsibility for a sustainable power supply.

Doda Admin takes proactive steps to address public grievances through Weekly Block Diwas programme

DC leads public outreach program at Thathri

■ HT News Network

DODA NOVEMBER 22: The District Administration, under the leadership of Deputy Commissioner, Harvinder Singh, is actively working towards addressing public grievances and meeting community expectations. Weekly Block Diwas programs are systematically organized across the district, especially in remote areas as per the directions of LG's administration.

Deputy Commissioner along with SSP, Abdul Qayoom and other district officers recently chaired a public outreach program at Dakbunglow Thathri. He urged concerned officers to prepare for the upcoming Viksit Bharat Sankalp Yatra. The DC directed Prabhari officers, PRIs, and Sectoral officers to compile the data of



government-sponsored schemes and share success stories related to their benefits. The gathering was encouraged to avail themselves of these schemes at their doorstep. Additionally, the PWD (R&B), PMGSY, Health, and other

departments were directed to prepare for winter and assess the challenges for preparing a viable plan.

This week, Block Diwas events unfolded at crucial locations such as village Linga, Panchayat Dandi Kansar, Block Bhaderwah, Sub District Bhaderwah; Village Budhli, Panchayat Budhli, Sub Division Gandoh; Block Headquarter Assar, Sub Division Assar; and Dakbunglow Thathri. These locations served as focal points for addressing public demands, issues, and grievances promptly. The objective is to assess and resolve public concerns effectively with the active involvement of the district administration.

Weekly Block Diwas held at Linga Panchayat Dandi Kansar, Sub District Bhaderwah was chaired by BDC Chairman Omi Chand and ADC Bhaderwah Choudhary Dil Mir.

EDITORIAL

Winter Blaze Surge:
Navigating the Flames of
Recent Fire Incidents

In recent times, an alarming surge in fire incidents especially during the winter season has gripped communities, sparking concerns about safety and emergency preparedness. Among the most devastating incidents are the houseboat fire mishaps and the latest tragedy at Wazir Bagh, shedding light on the crucial role of rehabilitation and rescue efforts.

The houseboat fire mishaps have left families devastated and communities in shock. These incidents underscore the need for stringent safety measures and increased awareness, especially during the colder months when heating devices are in full swing.

The recent Wazir Bagh incident serves as a poignant reminder of the swift and coordinated response required in the aftermath of a fire. The scale of the tragedy necessitates robust rehabilitation efforts, encompassing not only the physical reconstruction of damaged structures but also addressing the psychological and emotional toll on the affected residents. It is crucial to implement comprehensive support systems that extend beyond immediate relief to facilitate long-term recovery.

In the face of these challenges, the resilience of local communities and the dedication of rescue teams come to the fore. Prompt and effective response strategies are imperative, demanding enhanced training and resources for firefighters and emergency responders. Collaborative efforts between government agencies, non-profit organizations, and the community are vital for establishing a robust framework for prevention, intervention, and recovery.

As we grapple with the aftermath of these incidents, it is essential for policymakers to reevaluate existing safety regulations, ensuring they are both stringent and adaptable to the evolving needs of communities. Additionally, public awareness campaigns can play a pivotal role in educating individuals about fire safety practices, emergency evacuation procedures, and the importance of adhering to building codes.

The recent rise in winter fire incidents is a wake-up call for communities. It is incumbent upon us to learn from these tragedies, fortify our emergency response systems, and foster a culture of safety that transcends seasons. Only through collective efforts can we hope to mitigate the impact of such disasters and build a more resilient future for our communities.

India Emerging As Top Source Market For
Leisure Travel To Global Destinations

Economic Prosperity, Youthful Population Add To Propensity For Foreign Trips

■ [K Raveendran](#)

Boosted by rising economic prosperity and a fast-growing economy, India is set to be an important global source market for leisure travel and the world could see a wave of Indian travellers as destinations try to delight and attract them, global consulting agency McKinsey says in a special report on Indian tourists.

India is now the fifth-largest economy, and the population has surpassed China's to become the largest in the world, at over 1.4 billion people, the report pointed out. Another significant aspect is the population is young, with the median age being 27.6, more than ten years younger than that of most major economies. It also cites the fact that consumption of goods and services, including leisure and recreation, is forecast to double by 2030. Adding a strong post-pandemic travel recovery, and a growing appetite for international travel, these factors point to India's significant potential for outbound tourism, McKinsey says.

McKinsey sees a wave of Indian travellers setting out to see the world, spurred by the country's forecast growth in GDP per capita, accompanied by a growing propensity for international travel. If India follows China's outbound travel trajectory, then Indian tourists could make 80 million to 90 million trips a year by 2040.

India is already one of Asia's key outbound tourist markets. Prior to the Covid-19 pandemic, India's outbound tourist market was among the fastest-growing markets in Asia. India has already recovered 61 percent of its pre-pandemic market, with 13 million outbound tourists in 2022. This represents a much quicker recovery than most Asian countries.

There are a few steady favourite destinations for Indian tourists, the top pick being the United Arab Emirates. The report attributes this preference to proximity. In fact, around 70 percent of travellers choose nearby destinations. With a travel time of less than four hours, and a large Indian diaspora, the Middle East is a destination of choice for around one-third of Indian travellers, closely followed by South Asian destinations. For long-haul trips, North America and Western Europe stand out as preferred choices. While the top destinations have remained fairly consistent over the past decade,



others are shaking up the rankings, the report notes.

In 2022, India was the largest source market for leisure travellers to Dubai. The city is known for its luxury offerings and, perhaps surprisingly, also offers a wide range of accommodations, such as 3-star options. And flights from India are affordable when compared with flights of similar distances. Taken together, these factors make the luxury of Dubai accessible to Indian travellers, the report points out.

An important finding of the report is that destination preferences vary across regions. For example, travellers from North India constitute a large share of travel to the United States and Canada, while two-thirds of travellers from Kerala prefer destinations in the Middle East. Purpose of travel, distribution of the diaspora, and cultural linkages play a role in destination choice. The US and Canada attracts a large number of travellers from North India, particularly centres such as Delhi, Chandigarh, Amritsar, Jaipur, Lucknow, Varanasi and Srinagar. Two-thirds of travellers from Kerala visit the Middle East, which is the only region with traffic from non-international airports, indicating connectivity with smaller airports. Compared with other destinations, the UAE attracts a more balanced range of Indian travellers.

McKinsey proposes key decision points for destinations looking to harness the full potential of the growing

India is already one of Asia's key outbound tourist markets. Prior to the Covid-19 pandemic, India's outbound tourist market was among the fastest-growing markets in Asia. India has already recovered 61 percent of its pre-pandemic market, with 13 million outbound tourists in 2022. This represents a much quicker recovery than most Asian countries

Indian market. These could include accessibility, connectivity, affordability and travel experience. The report points out how over the past decade, Thailand has been carrying on marketing campaigns specifically for Indian consumers, travel agents, and niche businesses. For example, marketing campaigns directed at Indian wedding planners and couples positioned Thai-

land as a top choice for weddings and honeymoons. Campaigns for travel agents showcased Thai culture and tourist attractions, catering to budget travellers and high-spending groups alike.

The report cites the case of Azerbaijan to show how easy visa process greatly helps in boosting leisure travel. Complicated visa application processes, or long waiting periods, can influence decisions around vacation destinations. Leisure travellers can be swayed by how difficult or easy it may be to obtain a visa. In 2017, Azerbaijan introduced the ASAN system that processes electronic visas within three working days of application. Popularity with Indian tourists skyrocketed thereafter, with annual arrivals increasing five-fold by 2019. Combined with direct flights from India, and restaurant and accommodation options suitable for Indian tourists, the country became increasingly attractive for Indian travellers, the report points out.

While only 9 percent of Indian travellers focus on long-haul destinations in Western Europe, Switzerland has been an Indian top-20 destination for over a decade. The report attributes the Bollywood connection to Switzerland for this popularity. Many Bollywood hits feature Swiss attractions, there are plenty of Indian restaurants and cultural festivals, and English is widely spoken there.

(IPA Service)

It Is Time To Take Note Of The Leading Israeli
Intellectual's Lessons On Terrorism

■ [Harihar Swarup](#)

Yuval Noah Harari has emerged as one of 21st century's most recognised public intellectuals. In the midst of the Israel-Palestine war in Gaza, it is useful to revisit his 21 Lessons for the 21st Century, published in 2018.

He writes that "terrorism" is a "strategy almost always adopted by very weak parties who cannot inflict much material damage on their enemies". They resort to terror because spreading "fear is their main story." Most important of all, "There is an astounding disproportion between the actual strength of the terrorists and the fear they manage to inspire." He goes on to say that terrorists calculate that when the "enraged enemy uses his massive strength against them, he will, raise a much more violent military and political than the terrorists themselves could ever create". He further underlines, "provoking the enemy to action without eliminating any of his weapons or options is an act of desperation taken only when there is no option."

Although in 2018, when the book was published, Harari like more Israelis, took virtually no note of Hamas as like most Israelis, was totally complacent that Israel's military and intelligence had the Palestinians completely cowed, his extraordinary accurate of "desperation" leaving the oppressed with little "choice" but resort to foredoomed violence is that "since they are very weak and have no military option,



they have nothing to lose and everything to gain." That is why Hamas unleashed its limited stock of missiles in virtually one go, then broke through the Israel barricades to capture about 200 hostages to bargain for release of their own men and women—

some 2000 of them locked in Israeli jails.

They knew, of course, that Israeli would retaliate—and retaliate inhumanly, viciously and disparately. As Harari has predicted, "Fear and confusion will cause the enemy to misuse his intact strength and over-

reach". So that, "Mistakes are made, atrocities are committed, public wavers, neutrals change their stance and balance of power changes". For again as Harari says, "Terrorism is a military strategy that hopes to change the political situation by spreading

Yuval Noah Harari
Underlines There Can
Not Be Any Peace
Without Justice

fear rather than by causing material damage".

There can be no peace without justice. And it is justice of which Palestinians have been deprived. For 75 years, Israel has been driving Palestinians out of their millennial homeland. To do so, it was Israel that introduced terrorism to West Asia. Organs like Irgun, Palmach and Stern Gang secured Independent Israel. At least two of their leading men became PMs of Israel: Yigal Allon and Menachem Begin.

Yasser Arafat, in retaliation, set up the Palestine Liberation Organisation, but after failed, sent his team for secret negotiation in Oslo. It led to the accord that brought Arafat from Tunis to Gaza City but instead of Palestinian state got only panchayati raj in Gaza Script, solving nothing. In consequence, Hamas won a free and fair election over the PLO. Ironically, it was Israel that funded HAMAS to divide Palestine resistance. Now HAMS has shown its true mettle to morally defeat Benjamin Netanyahu, exactly in the manner predicted by Harari. Harari even foresees this when he links "Recep Tayyip Erdogan, Narendra Modi and Netanyahu as peas spouting from the same pod.

Hamas will fight and Israel will retaliate until and unless resistance turns Gandhian and shakes the world's conscience as Martin Luther King and Nelson Mandela did by basing their liberation movements on relentless, determined non-violent resistance.

(IPA Service)

RBI must see crypto as assets, not currencies. No one's using it to buy grocery

India is seeing the second-highest levels of crypto transaction volumes after the US. A missing regulatory environment would leave Indians to the sharks.

■ TCA Sharad Raghavan

The Ministry of Finance and the Reserve Bank of India are running out of reasons not to implement consolidated cryptocurrency regulation in India. It's time for them to finally bite this bullet. Their hesitance made some sense initially, nascent as the crypto industry was at the time. But it's now clear that India is a major crypto market—one of the largest in the world—and the crypto craze is thriving, regardless of how hostile policymakers make it for traders.

Yet, even the latest statements by RBI Governor Shaktikanta Das make it seem as if policymakers either don't understand or are deliberately ignoring the reality of what's happening in the crypto market. Most of the concern seems to be about the ramifications of widespread use of cryptocurrencies as a currency, with close to none being about their use as assets.

This selective blindness is strange, especially considering how proactive the RBI has been about Central Bank Digital Currencies (CBDCs) and the fact that the government itself refers to cryptocurrencies as virtual digital assets (VDAs).

The thing is, people don't buy private cryptocurrencies—such as Bitcoin, Ethereum, Dogecoin, and the like—so they can use them to buy bread. That kind of role as a medium of exchange may have been part of the original idea of cryptocurrencies, but the thinking has since evolved. People buy cryptocurrencies with the hope of achieving the super-normal profits that many have seen from such investments in recent years.

Cryptocurrencies have resurrected and democratised the possibility of becoming fabulously wealthy overnight, and this is the idea that is finding increasing appeal in economies where income inequality is widening—not the notion of using cryptocurrencies at the grocery store.

The 2023 edition of the 'Geography of Cryptocurrency Report' by the crypto analytics firm Chainalysis, released earlier this month, has pegged India at the top of the crypto adoption index, which basically means that India is experiencing the highest levels of crypto adoption at the grassroots level.

The report also says that India has the second-highest levels of crypto transaction volumes, second only to the US, and beating out wealthier nations like the UK, Canada, and Germany.

The report made it a point to mention that India's emergence as a top crypto market is happening despite a tax and regulatory environment that "can be challenging for the industry to navigate". In other words, even though policymakers have made it tough to operate in this space, crypto adoption and usage are still surging in India.



It's not hard to understand why this is happening in developing countries such as India, Vietnam, the Philippines, Indonesia, Pakistan, and Thailand—all of which feature in the top-10 countries in crypto adoption. High rates of economic growth and distress are typically accompanied by rising inequality levels. Those at the bottom increasingly look for unconventional ways to augment their subdued incomes.

Enter cryptocurrencies offering the allure of overnight millions.

The missing touch

Now, it's not as if the finance ministry or the RBI have been blind to this growing interest in cryptocurrencies in India. Over the years, both bodies have made it clear that investing in cryptocurrencies is akin to falling for a Ponzi scheme. The RBI has consistently and vocally advocated for banning

cryptocurrencies.

The finance ministry has somewhat softened its stance, changing the nomenclature of its proposed legislation to remove the word 'banning' from the title and instead focusing on regulation. However, despite being finalised back in 2021, the crypto bill is no closer to being considered and passed by Parliament.

Instead, the government has taken a more piecemeal approach to regulation. In Budget 2022, it announced a 30 percent tax on profits arising from crypto transactions and a 1 percent tax deducted at source (TDS) on all crypto transactions. In March of this year, it said that the Prevention of Money Laundering Act (PMLA) would apply to crypto transactions as well.

However, these are all high-level regulations,

whereas what's needed are the nuts and bolts of the rules. India's stubbornly growing crypto industry needs clear regulations covering aspects such as know-your-customer norms (currently based on the PMLA), explicit specifications on whether cryptocurrencies can or cannot be used as mediums of exchange, and rules for fraud prevention and resolution, among other aspects.

In fact, the Chainalysis report has highlighted that an uneven implementation of the TDS regulation has led many Indian users to flock to international crypto exchanges that don't collect TDS as effectively, to the detriment of homegrown exchanges.

The finance ministry has been saying that it will finalise its own crypto regulations once there is international consensus on what shape such regulations should take. That consensus is now in place, thanks in large part to India's efforts during its recently concluded presidency of the G20. With a draft bill already in place, it should be relatively easy to tweak it and introduce it during the upcoming winter session of Parliament.

RBI Governor Shaktikanta Das recently revealed quite a bit about how the government and RBI are thinking about the crypto issue. Speaking during a one-on-one chat with an International Monetary Fund official during a G20 meeting in Marrakech, he highlighted the risks associated with cryptocurrencies as currencies.

According to him, these risks included threats to domestic financial stability, global financial stability, domestic monetary system, global monetary order, and problems of terror financing and money laundering. "The central bank itself will lose control over the monetary system," he lamented.

As the governor of India's central bank, he would, of course, be well aware of these risks, but noticeably absent in his reply was any mention of cryptocurrencies as assets.

Sure, dealing with assets might have been outside his jurisdiction as a central banker, but a mention of that manner of usage of cryptos would have shown that the regulators were cognisant of how cryptos were actually being used in the country. The fear might be of cryptos as currencies, but the reality is cryptos as assets.

The governor, in Marrakech, evocatively said, "We need to know, before entering the water, how many sharks are there inside the water". The thing is, it's the regulators that can and should dispel the sharks. Leaving Indian crypto enthusiasts to the mercy of these 'sharks' for too long isn't prudent regulation; it's irresponsible.

Courtesy: The Print

More Floods Mean Worse Soil

Data from research initiatives and modelling studies should be widely disseminated and communicated with governments and humanitarian agencies

■ Esther Ngumbi

Across the world, the intensity and frequency of flooding events has escalated. In the last few months alone, record-breaking floods have pummelled New Jersey and New York, Libya, and Greece, killing thousands of people and causing widespread damage to infrastructure, farmland, and livestock. This, in turn, puts pressure on agriculture, which can drive food insecurity.

Compared to the visible devastation caused by flooding, the impact on soil is subtler but no less important. Floods can harm soil biology and health, as well as the beneficial microorganisms and larger organisms like insect larvae, nematodes, springtails, and earthworms that live in the soil and perform fundamental functions such as breaking down crop residues, recycling nutrients, stimulating plant growth, and fending off stressors, including insects. Damage to this symbiotic ecosystem has far-reaching implications for crop production.

New research from my lab at the University of Illinois, which is investigating the impact of flooding on soil-microbial communities and agricultural staples such as maize and tomatoes, and from other scholars, shows that extreme wet conditions can cause severe crop losses, including from reduced plant growth and

unplanted farmland.

Despite being relatively limited so far, research has also demonstrated that flooding can negatively affect soil functioning and soil-microbial communities. One experiment using spring wheat found that floods depleted beneficial microbes and increased those that were detrimental to plants. Another experiment showed that these extreme events reduced microbial biomass and soil-fungi content.

Moreover, once the water recedes, surviving microbes are left with a fundamentally different habitat; depending on the conditions, they can bounce back quickly or die off slowly. Without a healthy and functional soil microbiome, nutrients are not recycled, and plants are weakened, paving the way for invaders—such as insects and pathogens—to attack.

This is bad for plants, but also for humans. Healthy soils are the basis for healthy food production: we depend on them to grow crops that have high nutritional value. Research on different farming methods has highlighted the important— and often underappreciated—role that soil health plays in determining the nutrient density of foods grown. This implies that we need more research aimed at understanding the impact of flooding on crops that are relevant for food security,



including research on how floods affect soil biology, quality, and health, including the consequences for beneficial soil microbes.

More importantly, researchers must work to identify the interventions that, in the wake of a flood, can help support plant health, restore soil fertility, and facilitate the recovery of soil-dwelling microorganisms and larger organisms. For example, applying nitrogen fertilizer

immediately after flooding has been proposed as one of the mitigation strategies that could nurse water-logged plants back to life.

Unfortunately, soil-dwelling microbes and larger organisms may take longer than actively growing plants to recover. Their rehabilitation could last anywhere from a year to multiple years, depending on several factors, including the duration and severity

of the flooding, and the soil's condition prior to the extreme wet conditions. Making use of cover crops is among the recommended measures to restore these organisms.

Modelling studies, which could help determine where future flooding events may occur and how long they may last, should complement these research efforts. It is not feasible to conduct experiments in all environmental

conditions, some of which have yet to be created. Flood modeling is thus a crucial tool for testing hypotheses and analyzing various scenarios, especially regarding soil quality, microbial communities, and plant health.

Data from research initiatives and modelling studies should be widely disseminated and communicated with governments and humanitarian agencies. That way, policymakers and civil-society leaders can formulate strategies and interventions to prevent flood-induced soil degradation.

Countries around the world must connect the dots between flooding, soil quality, plant health, and food insecurity. Only when we care for the invisible world of microscopic life that underpins our agriculture can we create a comprehensive preparedness strategy and design science-backed interventions to minimise flooding's harmful impact on crop production. As extreme weather events become more common and more intense, it is time to stop treating our soil like dirt.

Esther Ngumbi is Assistant Professor of Entomology and African-American Studies at the University of Illinois at Urbana-Champaign. Courtesy: Project Syndicate

Congress has become slave of one family: PM Modi

■ HT News Network

Dungarpur (Rajasthan), Nov 22 (UNI) Prime Minister Narendra Modi on Wednesday accused the Congress of not doing anything for the Dalits, backward classes, Tribals and the poor and said that it has become a slave of only one family.

Addressing a public meeting in support of the Bharatiya Janata Party (BJP) candidate at Sagwara in Dungarpur district, the he said Modi's guarantee begins from where the hope from the Congress ends. "For this reason, today people in the country have started getting relief from problems," he said.

The PM alleged that Congress never did any good to the Dalits, backward, deprived and the poor. "Congress forced women to live in smoke and forced them to wander from door to door in search of water," he said.

Modi said that where the hope from Congress ends, Modi's guarantee begins and today women across the country have started getting freedom from these



problems. "Congress never thought about crores of Tribals in the country, whereas BJP has created a separate ministry for tribal welfare and has also increased the budget for tribal welfare manifold," he said.

Accusing Congress of hurting the self-respect of the Tribals, the Prime Minister said that after independence, they treated them in the same manner as the British used to do.

He said that the BJP government has provided relief to the people of Dungarpur and work will be done with full force for the development of Mangadh and Beneshwar Dham.

Modi said that whoever

challenged Congress was humiliated and the party even insulted the creator of the Constitution Baba Bhimrao Ambedkar. He said that under the BJP government, minimum support price (MSP) is now available for about 90 crops.

He said that the BJP government provided free vaccines to the people during Covid pandemic, similarly it has started a vaccination campaign for animals with a sum of Rs 15,000 crore.

The PM said that not a single Congress leader has visited the Statue of Unity, the statue of Iron Man Sardar Vallabhbhai Patel in Gujarat, and this was the reality of Congress.

Modi said that Congress

has become a slave of only one family. He said that on Tuesday it was seen in Jaipur the picture of a very big Dalit leader of Congress was not visible in the election poster of the party and only the devotion of one family was visible.

The Prime Minister said that the BJP government at the centre launched the PM Tribe Tribal Justice Maha Abhiyan for the welfare of the tribals and to provide them justice. "This is a scheme of Rs 24,000 crore which is going to change the lives of the tribal society," he said.

"The young friends here are suffering from a paper leak. BJP is bringing lakhs of jobs for them. I want to tell the middle class here that BJP is going to come, Modi's guarantee is that you are going to get relief."

Accusing the Congress of making the state a very expensive state in the country, he said that compared to the states ruled by the BJP, petrol is Rs 12-13 more expensive in Rajasthan. "This work has been done by Chief Minister Ashok Gehlot. I guarantee that as soon as the BJP government is formed in Rajasthan.

"12 Metres Left" In Race To Save 41 Workers Trapped In Uttarakhand Tunnel

■ HT News Network

New Delhi: Only 12 metres of rock and debris separate 41 workers trapped in the collapsed tunnel in Uttarakhand's Silkyara and rescue officials racing to save them, and "big news" is expected by 11.30 pm, officials said Wednesday, after the American-made drill bored another six metres into the hillside.

"I am happy to announce we have been able to move forward by another six meters. It is expected that in the next two hours, when we prepare for the next phase, we will be able to (finish) remaining work," Bhaskar Khulbe, the Special Officer deputised to the Uttarakhand Tourism Department, told reporters.

Mr Khulbe said about 67 per cent of drilling had been completed. Earlier today Mahmood Ahmed, a senior official with Uttarakhand's Road and Transport Department, said the auger (or earth drilling machine) that was switched on at 12.45 am had drilled 18 metres so far.

"I am very happy to share that drilling for 39 metres



has been completed. Estimates indicate the workers are trapped 57 metres underground, so only 18 metres is left," he explained.

Mr Ahmed also said the most time-consuming process - in a rescue attempt that is now in its 11th day - is the welding of pipes to be pushed into the drilled holes to provide workers' an escape route. "Welding is most important... this takes time. It does not take much time to drill... due to this it has taken almost 15 hours, from late night, to send 18 metres of pipes, i.e., three sections," he added. "An additional 800mm pipe has also been pushed 21 metres inside the tunnel."

"If there are no obstacles, some big news may be received tonight or tomorrow morning. An iron rod has also come with the debris. We are happy this (rod) did not create any

problems for us..."

"This is very happy news for us, that we are moving forward at a fast pace," he added. However, Mr Ahmed also issued a word of warning - that the remaining section is the most critical.

Rescue efforts have been slow, complicated by falling debris as well as repeated breakdowns of heavy-drilling machines. One machine last week ran into boulders, causing drilling to be suspended for over three days after the tunnel's roof seemed to crack.

Both the state and the central governments have promised to do all they can to bring the 41 workers back up safely, but they have refused to give a definitive timeline for their rescue, noting these are "subject to change due to technical glitches, challenging terrain, and unforeseen emergencies".

Officials have said the workers could be rescued any time between 60 hours and 15 days. Five government agencies, including the Oil and Natural Gas Corporation - have been roped in to this massive effort, and given specific goals, including drilling vertically for an alternative escape route.

In case the route through the main entrance does not work, blasting and drilling have also begun from the far end of the unfinished tunnel, which is nearly half a kilometre long.

Preparations have also been made for a risky vertical shaft directly above.

Rescuers have already drilled smaller holes to reach the tunnel in which the workers have been trapped since November 12, and have used these to supply them with food, water and medicines.

One of these holes was used to insert a smaller pipe and then to push an endoscopy camera nearly 60 metres down to capture the first images of the trapped workers. The blurry images showed over a dozen men, wearing white and yellow hardhats, standing in a large cavernous area.

Amid Myanmar Clashes, India Asks Its Nationals To Register At Embassy

■ HT News Network

New Delhi: Amid mounting hostilities between Myanmar's anti-junta groups and government forces, India on Tuesday asked its citizens to avoid non-essential travel to the neighbouring country and advised Indians living there to register with the embassy in Yangon.

Since the current conflict in Myanmar started in 2021, a large number of citizens from the neighbouring country have taken refuge in India. According to the UN, the intensified fighting in Myanmar since last month has displaced about 90,000 people.

"In view of the evolving security situation in Myanmar, all Indian nationals are advised to avoid non-essential travel. Those already living in Myanmar are advised to take precautions and avoid travel to the regions affected by violence. Inter-state travel by road should also be avoided," the advisory said.

BSF seize 5.3kg of heroin from Punjab border

■ HT News Network

Jalandhar, Nov 22 (UNI) The Border Security Force (BSF) seized five packets of contraband suspected to be heroin from a farming field on the outskirts of Attari village in Amritsar district on Wednesday morning.

A spokesperson of the Punjab Frontier Headquarter of the BSF said early Wednesday morning, on specific information with regard to the presence of drugs in the said area, a joint search was launched with the cooperation of Amritsar police.

During the search, a black bag containing five bags of contraband suspected to be heroin weighing 5.290 kg was recovered.

NEP aims to make India global knowledge superpower: Arif Md Khan

■ HT News Network

Jaunpur (UP), Nov 22 (UNI), Kerala Governor Arif Mohammed Khan said on Wednesday the main objective of the National Education Policy 2020 is to focus on education and learning and make India a global knowledge superpower.

While talking to UNI, Arif Mohammad Khan said the National Education Policy 2020 aims to create an efficient education system by 2040 in which all learners have equal access to high-quality education irrespective of their socio-economic background. He said its objective is to create a new system that will pave the way for becoming a world leader by incorporating the traditions and values of India.

He said in order to restore the glory of India, special emphasis has been given in the new education policy on the dimensions of India's cultural history, scientific exploration, and innovation. He said without education, a human being's life remains incomplete.

The governor said in today's era of technology, capital is created based on technology, and the one who has technology is a capitalist.

"The new education policy has been brought to give technical knowledge and knowledge of our culture to the people," he said.

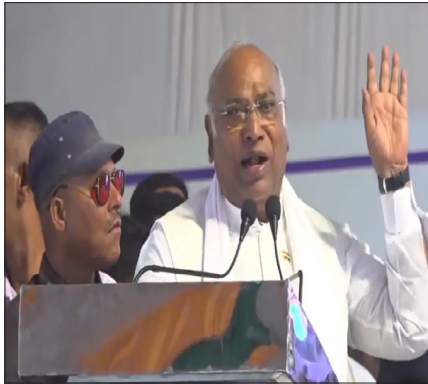
"He Makes Decisions In Farmhouse": Congress Chief Jabs KCR Ahead Of Polls

■ HT News Network

Hyderabad (Telangana): Ahead of the November 30 Assembly elections, Congress national president Mallikarjun Kharge on Wednesday slammed the ruling Bharat Rashtra Samithi (BRS) in the state and took a dig at Telangana Chief Minister K Chandrashekar Rao on corruption and development issues in Telangana.

The Congress chief took a jab at K Chandrashekar Rao and alleged that the chief minister never met the public on issues of development and corruption in the state and made all the decisions while sitting in his farmhouse.

Addressing the gathering at Jogulamba Gadwal district on Wednesday, Mr Kharge said, "This is an important election. We are fighting this election against corruption. We are fighting this election against the people who forcefully take away the public lands. The development that you wanted didn't happen. Neither the road is fine nor the irrigation took place. There is no development in the schools of the state either." "However, KCR has no worries. He makes all the decisions while sitting in his farmhouse and never meets the people.



The person who does not meet the public, who does not stay amidst the public, should never be voted," he added.

The Congress leader further urged the public to vote for the Congress party in the state and said that the state would prosper if the party came to power in Telangana.

Earlier in the day, AIMIM chief Asaduddin Owaisi expressed confidence that K Chandrashekar Rao would be elected as Telangana Chief Minister for the third time and launched a scathing attack on Congress leader Rahul Gandhi. "I am sure that KCR will become the Chief Minister for the third time. The people of Telangana are wise.

Bihar Cabinet Passes Resolution Seeking Special Category Status To State

■ HT News Network

Patna: The Nitish Kumar government in Bihar upped the ante on the Chief Minister's long-standing demand for grant of special status to the state with a resolution to the effect on Wednesday being passed by the cabinet.

Mr Kumar broke the news himself, announcing the development on social media, shortly after the cabinet meeting he chaired here was over.

"The cabinet has passed a resolution (prastaav) requesting the Centre for grant of special category status to Bihar", Mr Kumar wrote in a lengthy post in which he also said that the fresh demand was necessitated by findings of the caste survey his government carried out in the state. Mr Kumar said that while the rise in percentage of population of the deprived castes has led to increase in the quotas for SCs, STs and OBCs from 50 to 65 per cent, his govern-



ment also planned to undertake a number of welfare measures for the benefit of "94 lakh families", which according to the survey lived in abject poverty. "We intend to provide, in instalments, an assistance of two lakh to one member of each of these families for some type of economic activity (rozgar)", said Mr Kumar, adding that his government was also committed to building pucca houses for "39 lakh families living in huts" and every such household will be provided 1.20 lakh for the purpose.

He also said that his government had been provid-

ing an assistance of 60,000 to landless families for purchasing land but has now decided to raise the sum to one lakh which would benefit 63,850 such households identified in the survey.

"The implementation of all such measures will incur an expenditure of 2.50 lakh crore. Because of the huge sum involved, we have set a deadline of five years from now for the completion of the schemes. But if we get special category status, we will be able to accomplish the task in a much shorter time", said Mr Kumar.

The JD(U) leader, who is

the state's longest-serving chief minister, also recounted that he had been raising the demand for special status "since 2010" and rallies to press the demand were addressed by him here in 2012 and a year later at the Ram Lila Maidan in Delhi. "To look into our demand, the government at the Centre had set up a committee headed by (former RBI governor) Raghuram Rajan which submitted its report but nothing came of it. In May 2017, we again wrote to the Centre requesting special status.... it is my request that the Centre agree to the demand keeping in view the interests of the people of Bihar", said Mr Kumar.

Notably, Mr Kumar, who had dumped the BJP last year and has emerged as a key figure of the opposition coalition INDIA, has been asserting that if the new formation formed the next government at the Centre, he would press for "special status to all backward states".

"Pitch Good, Hopefully Will Win": Congress' Azharuddin On Telangana Polls

■ HT News Network

Hyderabad: Congress leader and ex-Lok Sabha MP Mohammad Azharuddin is taking guard for the next innings in his political career - the former India cricket captain is his party's candidate for the Jubilee Hills seat in Hyderabad in this month's Telangana election. Azharuddin, who led India in 47 Tests and 174 One Day Internationals, faces a strong challenge from the incumbent lawmaker - the ruling BRS' Maganti Gopinath - but told NDTV he is confident of a good result after the state votes on November 30. "The pitch is very good. I'm working hard and, inshallah, hopefully will prevail," he said, swatting away the challenge of his rival, whom he accused of encouraging "goondaism". "In last nine years, no work has been done here and people are fed up, and are living in fear. He (Maganti Gopinath) only promotes 'goondaism'! Even now, his men are scaring away people working for me... they are putting fake cases with help from the police."

"This is not the way a MLA should be. The other day he was standing next to KT Rama Rao (a Telangana minister and Chief Minister K Chandrasekhar Rao's son) and saying, 'I will remove 'rowdyism'. But he himself is a rowdy... so how will he do anything?" The Jubilee Hills seat - one of the poshest areas in Hyderabad - is home to over one lakh Muslim voters. For the Congress, fielding Azharuddin from here was an obvious option. That said, his Muslim identity wasn't the only reason the Congress picked Azhar, party sources had told NDTV, pointing to the emotional connection between him and the city. The large number of Muslim voters is also why Asaduddin Owaisi's AIMIM has fielded its candidate - Mohammed Rashed Farazuddin, a municipal corporator with influence over voters in the Shaikpet area.



positive changes in the society. Moral education makes us aware of the life values of compassion, kindness, friendship and fraternity.

Murmu said positive changes can occur in an individual having these qualities. Positive changes in an individual can result in a better society. "I am happy to note that Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is making the path to happiness, peace and joy, accessible through

character-building, self-realization and divine experience," the President said. She said positive attitude towards these values should be created in the minds of children through education. The President said that moral education helps in building our life and brings positive changes in the society. Moral education makes us aware of the life values of compassion, kindness, friendship and fraternity.

Israel and Hamas agree on 4-day truce upon exchange of hostages, Palestinian prisoners

■ HT News Network

Israel's government and Hamas agreed on Wednesday to a four-day truce to allow the release of some hostages held in Gaza in exchange for Palestinians imprisoned in Israel, and the entry of humanitarian aid into the besieged enclave.

The official start time for the truce is expected to be announced within 24 hours, with the first hostages to go free on Thursday.

50 Israeli hostages to be released
150 Palestinians freed from jail
no military operation for four days
Israel to allow more relief aid

In a statement, mediator Qatar called the agreement a "humanitarian pause".

A statement by Israeli Prime Minister Benjamin Netanyahu's office said 50 women and children will be released over four days, during which there will be a pause in fighting.

For every additional 10 hostages released, the pause would be extended by another day, it said, without mentioning the release of Palestinian prisoners in exchange. However, Israel's justice ministry published a list of 300 names of Palestinian prisoners who could be freed.

"Israel's government is committed to returning all the hostages home. Tonight, it approved the proposed deal as a first stage to achieving this goal," said the statement, released after hours of deliberation that were closed to the press.

Hamas said the initial 50 hostages would



be released in exchange for 150 Palestinian women and children held in Israeli jails. Hundreds of trucks of humanitarian, medical and fuel supplies would enter Gaza, while Israel would halt all air sorties over southern Gaza and maintain a daily six-hour daytime no-fly window in the north, it said.

Israel had committed not to attack or arrest anyone in all parts of Gaza during the truce period, it added.

US President Joe Biden said he welcomed the deal. "Today's deal should bring home additional American hostages, and I will not stop until they are all released," he said in a statement.

The accord is the first truce of a conflict

in which Israeli bombardments have flattened swathes of Gaza, killed 13,300 civilians in the tiny densely populated enclave and left about two-thirds of its 2.3 million people homeless.

Pending the start of the truce there was no let-up in fighting. As morning broke, smoke from explosions could be seen rising above northern Gaza in live Reuters video from across the fence.

Israel's military released footage of soldiers shooting in narrow alleyways and said it had carried out airstrikes. Its "forces continue to operate within the Strip's territory to destroy terrorist infrastructure, eliminate terrorists and locate weaponry", it said. "What truce can there be?"

"What truce can there be after what happened to us? We are all dead people," said Mona, a woman in Gaza whose nieces and nephews were among those killed by an Israeli air strike that hit the home of the Seyam family.

"This will not bring back what we lost, will not heal our hearts or make up for the tears we shed."

Kamelia Hoter Ishay, whose 13-year-old granddaughter Gali Tarashansky is believed held in Gaza, said she would not believe reports of a deal until she got a call that the girl was freed.

"And then I'll know that it's really over and I can breathe a sigh of relief and say that's it, it's over," she said.

"We hope the truce will happen and there will be good solutions, and we hope people will live peacefully, return to their homes and workplaces with stability," said Abu Jihad Shameya, a displaced man from north Gaza who had taken refuge in the main southern city Khan Younis.

"May God not prolong this hardship."

Qatar's chief negotiator in ceasefire talks, Minister of State at the Foreign Ministry Mohammed Al-Khulaifi, told Reuters that the International Committee of the Red Cross would be working inside Gaza to facilitate the hostages' release.

He said that the truce means there would be "no attack whatsoever. No military movements, no expansion, nothing."

Al-Khulaifi added that Qatar hopes the deal "will be a seed to a bigger agreement and a permanent cease of fire. And that's our intention."

3 dead, 3 missing in U.S. Alaska landslide

■ HT News Network

San Francisco, Nov 22 (UNI) At least three people were killed and three missing after a Monday night landslide in Wrangell, a southeast town of the U.S. state of Alaska, officials said on Tuesday.

A female was found dead Monday night during initial search efforts, said Alaska Department of Public Safety spokesman Austin McDaniel.

On Tuesday afternoon, the bodies of two adults were found in the slide area, while two juveniles and an adult remained unaccounted for, said Alaska State Troopers.

The landslide occurred after a combination of rain and high winds buffeted the community. The slide is estimated to be 450 feet wide where it crossed the road, with a significant debris field, according to state transportation officials.

1 killed as 6.6-magnitude earthquake jolts E. Indonesia

■ HT News Network

Jakarta, Nov 22 (UNI) A 6.6-magnitude earthquake rocked off Indonesia's eastern province of North Maluku on Wednesday, leaving one person dead, local disaster official said.

The tremor, which hit the hardest at III to IV MMI (Modified Mercalli Intensity) in Ternate city, caused the collapse of a telecommunication tower and killing of a worker, said Fehby Alting, head of the provincial disaster management and mitigation agency.

The quake happened when a worker was working to demolish the Telkomsel-operated tower whose lifetime had expired, whereas the tower collapsed and killed the worker, Alting told Xinhua via phone.

The official added that other buildings or houses in the city and other parts of the province were not damaged, while the risk assessments of the impact of the tremors have yet to be completed. The earthquake occurred at 09:48 a.m. Jakarta time (0248 GMT) with its epicenter situated at 68 km northwest of Halmahera Barat (West Halmahera) district and a depth of 109 km under the seabed, the country's meteorology and geophysics agency said.

The quake was also felt in districts of West Halmahera and North Halmahera of North Maluku province, as well as Manado city, Bitung city, Minahasa district and Sitaro district of North Sulawesi province, the agency said.

WHO plans to evacuate patients from three hospitals

■ HT News Network

GENEVA: The World Health Organisation said on Tuesday three hospitals in Israeli-besieged northern Gaza had requested help with evacuating patients and that planning for that was under way, expressing regret that doing so would rob people of a lifeline.

Hospitals have come under Israeli relentless bombardment and all hospitals in the northern part of the enclave have effectively ceased functioning normally, although they continue to house some patients that could not flee and displaced Gazans.

"Were looking at three hospitals right now in the north that asked to be evacuated but the important point is where to? There is no safe space," WHO spokesperson Christian Lindmeier told a Geneva press briefing, saying that southern hospitals were already full and suffering shortages.

North Korea fires 'spy satellite', stokes panic in Japan

■ HT News Network

SEOUL: North Korea has fired what it claims is a military spy satellite, the South's armed forces said on Tuesday, hours after Japan confirmed that Pyongyang had warned it of an imminent launch.

North Korea's previous efforts to put a spy satellite into orbit in May and August both failed, and Seoul, Tokyo and Washington had repeatedly warned Pyongyang not to proceed with another launch, which would violate successive rounds of UN resolutions.

Seoul's military "detected at 10:43pm one alleged military surveillance satellite launched from the Tongchang-ri area in North Pyongan province," South Korea's Joint Chiefs of Staff said. The rocket and its purported satellite payload "flew to the west of Baengnyeong island", it said, referring to an island near the maritime border between the two Koreas in the Yellow Sea. The JCS did not give any details on whether the launch appeared to have succeeded or failed. Japan also confirmed the launch, with Prime Minister Fumio Kishida's office posting on X: "North Korea has launched a suspected ballistic missile". Space launch rockets and ballistic missiles have significant technological overlap, experts say, but different payloads, and Pyongyang is barred by UN resolutions from any tests involving ballistic technology. Tokyo warned residents in the southern region of Okinawa to take shelter, but soon lifted the alert, saying the projectile had "passed into the Pacific". Kishida said he condemned North Korea's missile launch in the "strongest possible terms". Seoul has been saying for weeks that Pyongyang was in the final stages of preparation for another spy satellite launch, warning it would take "necessary measures" if it went ahead. The office of South Korean President Yoon Suk Yeol — who is in London for a state visit — hinted earlier on Tuesday that it would consider suspending the Sept 19 military agreement.

Xi Jinping Calls For "Immediate Ceasefire" In Israel-Hamas War

■ HT News Network

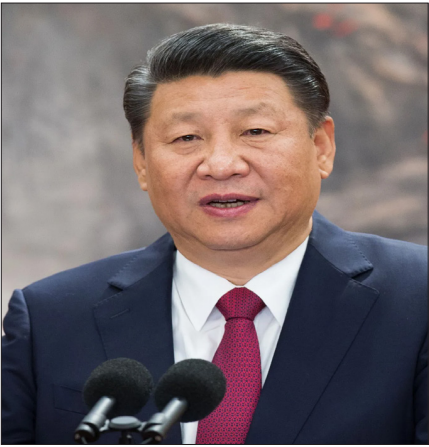
Beijing: Xi Jinping on Tuesday called for the release of civilian detainees and an immediate ceasefire in the war between Israel and Hamas, state media said, as the Chinese President addressed a virtual summit of fellow BRICS leaders.

"All parties in the conflicts should immediately cease fire and hostilities, stop all violence and attacks targeting civilians, and release civilian detainees to avoid more loss of lives and suffering," Xi said, according to Beijing's state news agency Xinhua.

He did not make specific reference to the estimated 240 hostages abducted from Israel by Hamas last month, nor to Palestinian prisoners being held by Israel. Xi also called for an "international peace conference" to resolve the conflict between Israel and Hamas. "There can be no sustainable peace and security in the Middle East without a just solution to the question of Palestine," Xi said, speaking through an interpreter. "China calls for an early convening of an international peace conference that is more authoritative to build international consensus for peace," he said.

Such a conference would, Xi added, "work toward an early solution to the question of Palestine that is comprehensive, just and sustainable." "Since the outbreak of the latest Palestinian-Israeli conflict, China has been working actively to promote peace talks and a ceasefire," he said.

Beijing, he said, "has provided humanitarian assistance to help ease the humanitarian plight in Gaza" and would continue



to do so. Pretoria is hosting a virtual meeting of BRICS — a group of major emerging economies that includes Brazil, Russia, India, China and South Africa — aimed at drawing up a common response to the Israel-Hamas conflict. Fighting has raged in Gaza after Hamas gunmen killed around 1,200 people, mostly civilians, during cross-border raids on October 7 — the deadliest attack in Israel's history. In retaliation, Israel launched a relentless bombing campaign and ground offensive in Gaza, which is ruled by Hamas. According to Hamas, the war has killed more than 13,300 people, thousands of them children. China has historically been sympathetic to the Palestinians and supportive of a two-state solution to the Israeli-Palestinian conflict.

Listen to the latest songs, only on JioSaavn.com Beijing has been calling for an immediate ceasefire since the start of the war last month.

Worst Dengue Outbreak In Bangladesh As Cases Cross 3,00,000 Mark: Report

■ HT News Network

Dhaka, Bangladesh: Dengue cases in Bangladesh have crossed the 300,000 mark as the nation grapples with its worst outbreak of the vector-borne disease, media reports said on Monday.

Bangladesh's overall tally of dengue infections stood at 301,255, with the country logging 1,549 deaths by the viral disease this year, the bdnews24.com news portal reported, citing data from the Directorate General of Health Services.

On Sunday alone, 1,291 new cases of the viral fever were reported, according to the report.

A total of 4,949 patients, including 1,127 in Dhaka, are receiving treatment at hospitals across the country.

After August saw 71,976 cases and 342 deaths, a record 79,598 dengue cases and 396 deaths were recorded in September amid the worst outbreak of



the disease, while 67,769 cases and 359 deaths were reported in October.

The death count in the first 19 days of November was 201, while 30,080 new dengue cases were recorded during this period.

According to the report, experts blamed a prolonged monsoon, rising temperatures, and a lack of effective measures to kill the Aedes aegypti mosquito, the known carrier of the dengue virus, for the outbreak.

It said an alarming surge of the Aedes aegypti mosquito was recorded in a government-funded pre-monsoon survey of Dhaka,

fuelling the worst spread of the disease over the past five years.

Last year, hospitals in Bangladesh reported 62,382 patients who took medical care for the disease, and the death count stood at 281, the previous highest since the record-keeping began for dengue hospitalisations in the 1960s, the news portal said.

Dengue can be controlled in many ways, including vector management and reducing the Aedes breeding sources, said former chief entomologist at DHGS, Mohammad Khalilur Rahman.

UNHCR raises alarm over Afghans' exit order

■ HT News Network

ISLAMABAD: The UN Refugee Agency, has raised concerns over Pakistan's announcement for undocumented foreigners to leave, as the orders have adversely affected Afghan nationals including registered refugees and others with valid documents. UNHCR Representative in Pakistan Philippa Candler told a press briefing at UN European headquarters in Geneva on Tuesday that mass arrivals back to Afghanistan were adding to the ongoing humanitarian crisis, as winter temperatures in some locations dip to as low as -4°C. Since Pakistan's announcement of the repatriation plan on October 3, an estimated 374,000 people have returned to Afghanistan. "We are witnessing an exponential increase in arrests, detentions and deportations of Afghans in Pakistan. Many Afghan returnees are vulnerable, including women and children who could lose their lives in a harsh winter if left without adequate shelter," the official said. He explained that the Afghans interviewed in Khyber Pakhtunkhwa and Balochistan said they were leaving in a rush, fearing arrest and detention. All registered Afghan refugees are exempt from the government's orders, but the announcement and follow-up actions created a sense of panic.

"We have been reiterating our call that any return to Afghanistan should be voluntary, safe and dignified, irrespective of legal status in Pakistan. We have urged the Government of Pakistan to put in place a screening.

Indonesia gives hundreds of Rohingya temporary stay

■ HT News Network

LHOKSEUMAWA: Hundreds of Rohingya refugees were on Tuesday given shelter for three months in western Indonesia, the country's immigration office said, after locals threatened to turn them back to sea for a third time.

The group of 256 from the persecuted Myanmar minority were turned back twice last week by locals and, after they made land successfully at the third attempt on Sunday, residents protested their presence and threatened to put them back to sea again.

But local authorities ordered a hold on them for two days while they waited in a temporary shelter in



Bireuen district, Aceh Province. On Tuesday, national officials ordered their relocation to a new shelter in Lhokseumawe, one of Aceh's biggest cities.

"The security of the refugees during temporary stay is the government's responsibility by coordinating with the local police," the national immigration office said in a statement.

"The aforementioned building will be undergoing major renovations in 2024... therefore the temporary permit to accommodate Rohingya ethnic refugees is a maximum of three months." Authorities gave no details about what would happen to the refugees after their three-month stay expires. The refugees were being moved on Tuesday

evening and a journalist saw trucks packed full of Rohingya men, women and children setting off for the new shelter. Ann Maymann, representative of the UN refugee agency in Indonesia, said the decision was "better... than having the refugees stay at a beach" with no security. "There are many vulnerable people like women and children among the group," she said. The group of 256 were part of more than 800 who arrived in Aceh in the past week as conditions eased on the long sea journey from Bangladesh. Many Acehnese, who themselves have memories of decades of bloody conflict, have long been sympathetic to the plight of their fellow Muslims.

DM Ramban chairs District Road Safety Committee meet

Directs to launch systematic awareness drive to sensitize youth, drivers about road safety measures

■ HT News Network

RAMBAN, NOVEMBER 22: Take all measures on National Highway and other link roads to contain road accidents and to save precious lives, District Magistrate Ramban, Baseer-Ul-Haq Chaudhary directed the officers of stakeholder departments, while chairing District Road Safety Committee meeting, here today.

Discussing different issues regarding road safety, the DM directed ARTO, Police and Traffic Police Department

to involve all the stakeholders in the efforts being made to minimise the road accidents, and generate awareness about road safety among masses.

Among others, Senior Superintendent of Police, Traffic, Rohit Baksotra, ADC, Harbans Sharma, Addl. SP Gourav Mahajan, ARTO Samrinder Singh, PD, NHAI, PIU, Ramban, Parshotam Kumar, Executive Engineers PW(R&B) Department Division Ramban and Banihal and other concerned officers attended the meeting, while SSP, Ramban attend the meeting in virtual mode.

Asking stakeholder



departments to conduct road safety audit ensure maintenance of roads, the DM direct-

ed them to execute projects as per Detailed Project Reports (DPR) ensuring quality of

work.

The DM also directed the Police, Traffic Police and

Motor Vehicle Department to take strict action against traffic rules violators to control over-loading and over-speeding on NH-44 and other link roads, besides sensitizing the drivers to avoid drunken driving to prevent mishaps on the roads.

Directing ARTO to submit a route-wise detailed list of passenger vehicles along with their carrying capacity, the DM directed for conducting routine fitness tests of all the vehicles and to make unfit vehicles off-road. He directed the ARTO and the Police Department to launch a sys-

tematic awareness campaign to sensitize the youth by conducting mass awareness programmes on the road safety in vocational and higher educational institutions. He also directed to take all the stakeholders on board to implement the traffic rules on the ground.

The Executive Engineers of PW(R&B) Department were asked to install crash barriers at identified locations along roadsides. The DM also directed to ensure maintenance of Mahu road for the convenience of the general public.

Strengthening Community Bonds: DC Pulwama convenes Block Diwas at Inderwali Panchayat, Achgoze

■ HT News Network

PULWAMA, NOVEMBER 22: In a significant community-driven event, Block Diwas was today conducted at Inderwali in Block Achgoze of Pulwama, showcasing a commitment to effective governance and public welfare.

The event, presided over by Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom emphasized the redressal of grievances, awareness about CSSs, self-employment initiatives, and the enrollment of beneficiaries under various schemes. The core objective of Block Diwas is reaching out to people and ensuring that the benefits reach every eligible individual under different schemes of Government. The DC active-



ly reviewed previous grievances and demands, fostering an open dialogue with attendees, including citizens and PRI members.

Residents of the area including PRI members put forward their demands and the community expressed gratitude to DC for fulfilling various earlier

demands, notably addressing the crucial need for water supply and playground facilities. On-the-spot grievance redressal took place, with District officers addressing concerns within a defined timeline. Officers from R&B, RDD, PDD and Education departments engaged with attendees, responding promptly to their grievances. The DC directed District Officers to expedite ongoing projects and adhere to established timelines, reinforcing the Government's commitment to efficient and timely service delivery. The event also saw the distribution of Forest Right Claims and appointment certificates for AAYA in the Education Department, further underscoring the administration's dedication to inclusivity and equitable resource distribution.

Distt Admin B'la organises Mock Drill/ Training programme on Disaster Management at Watergam Sopore

■ HT News Network

BARAMULLA, NOVEMBER 22: In a proactive step towards bolstering community resilience, the District Administration Baramulla in collaboration with Tehsil office Watergam and SDRF today organized a Mock Drill cum Training Programme on Disaster Management at Watergam Sopore.

The programme witnessed active participation of local authorities, Volunteers, and expert professionals.

The programme was presided over by Additional Deputy Commissioner Sopore, Shabir Ahmad Raina, who emphasized the critical role of preparedness in mitigating the impact of disasters. The involvement of experts enriched the training, providing insights and best practices in disaster response.

The simulation encompassed various disaster scenarios, including earthquakes, floods, and fire emergencies, offering participants practical experience in handling diverse crisis situations. The collaborative efforts of participants underscored the community's commitment to safety and effective emergency response.

The ADC said preparedness is the key to safeguarding our community. This Mock Drill cum Training programme is a significant step towards ensuring that our residents are equipped to face any unforeseen challenges.

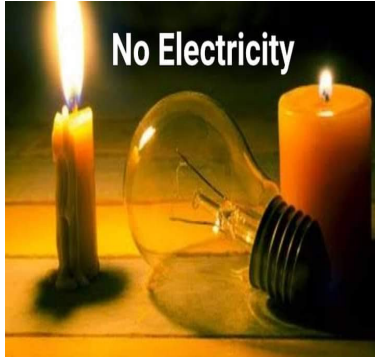
During the programme, experts from SDRF imparted valuable training, and also conducted a live demonstration.

Later, volunteers who actively participated in disaster training were honored with certificates.

Unscheduled power cuts fume Langate and Handwara resident's, seek redressal before snowfall: People

■ DR.AB QAYOOM

Handwara, Nov, 22: Unscheduled power cuts for long hours have irked the residents of both rural and urban areas of Langate and Handwara constituency. Metered, as well as non-metered area consumers alleged that the Power Development Department (PDD) division Handwara is not following its reduction schedule and subjecting them to long hours of unscheduled power cuts during day and night hours. Local residents of Handwara told HEADLINES TODAY, "We are witnessing frequent power cuts opposing our locality being full metered, adding that unscheduled power cuts have grown severe from past twenty days giving a hard time to people, especially in evening hours. It is a very tough time to survive without electricity in these harsh winters, said Mustafa Manzoor resident of Handwara. Residents of different villages like Kulthoor, Gulloora, Phaulopeth, Khuroo, Hanjishat, Gund Kharou, Chotipora, Gund Chogal and Chogal said, despite paying electric bills, the unscheduled power cuts have thrown people in darkness. We hardly receive power supply for three to four hours a day, people added. "We



have been paying bills in time and still not getting electricity on time. The department forces us to suffer in these cold days by frequent power cuts. In 24 hours the electricity remains hardly for Three to Four hours they said unscheduled and expanded power cuts have also distressed the business units in Handwara and other Langate," Trade president Handwara Sofi Ajaz said. (HT) A group of students from different institutions especially from GMC Handwara said due to unscheduled and prolonged power cuts, they could not study after every 20 minutes. "The light goes off forcing them to wait for hours and after that, the hardships continue till night," said a student Akther Azad from Handwara. We are facing acute power crisis in our locality. Unsched-

uled power cuts are causing us a lot of miseries. Our children aren't able to give their 100% to their studies as they need," local villagers said. (HT) A resident of Kulthoor Bashir Ah said, "Frequent power cuts are evident here. We do not receive proper power supply as per schedule, which have become a daily affair now since last 20-days". The residents have sought an intervention of concerned authorities to look out the grievance so that the residents have a sigh of relief. PDD department on the other hand claims there is no power shortage and no cuts are being imposed. It says "technical faults" might be leading to interruption in supply. (HT) While talking to HEADLINES TODAY Exn. PDD Division Handwara Bashir Ah said, that the main reason behind the power cuts are increasing load at many power stations like Armpora and STD station Sopore, we are going to create a proper mechanism so we will equally distributing electricity to all the areas one by one. he said "Load increase is happening due to dip in temperature from last few days," he added, Due to overloading people are facing such problems and said if they will use the electricity supply as per payable power bill, they will not face the problems, he added.

District Prabhari Officer reviews preparations for Viksit Bharat Sankalp Yatra in Samba

■ HT News Network

SAMBA, NOVEMBER 22: The District Prabhari Officer Samba, Sridhar Babu Addanki, Executive Director, Tobacco Board, GOI, Ministry of Commerce & Industry, Department of Commerce today chaired a meeting here in the Conference Hall of the District Administration Complex to assess and ensure the preparedness for the Viksit Bharat Sankalp Yatra in the district.

The Viksit Bharat Sankalp Yatra, a nationwide initiative, is part of the Government of India's commitment to achieve saturation of flagship schemes. This nationwide campaign seeks to raise awareness through outreach activities covering



all GPs/Intermediate panchayats/District Panchayats/ULBs.

Prabhari Officer, Sridhar Babu Addanki, along with key officers including DC Samba Abhishek Sharma, SSP Samba Benam Tosh, ADDC Rajinder Singh, and others, delved into the preparations for the Yatra. Sidharath Dhiman, Assistant Commissioner Development (ACD) who is the District Nodal Officer for Viksit Bharat Sankalp Yatra, presented a comprehensive

overview through a Power Point Presentation (PPT), discussing the District Profile, action taken so far, formulation of committees, control room, and training on operating the portal.

During the meeting, the route plan for the Yatra, deployment of staff for capturing video testimonials, and security aspects were addressed. Prabhari Officer, Sridhar Babu Addanki expressed satisfaction with the preparations and emphasized the importance.

Audit Diwas: Students' interaction cum Debate organized in SKUAST Jammu

■ HT News Network

JAMMU, NOVEMBER 22: As a part of ongoing week long Programme of Audit Diwas (19-24 Nov. 2023), a student interaction cum debate programme was organised by the Office of the Principal Accountant General at the auditorium hall of SKUAST Jammu. The event started with the lighting of lamp by the esteemed dignitaries which included the Vice Chancellor of SKUAST J, Principal Accountant General (Audit), Sr Dy Accountant General (A&E), Dean student welfare SKUAST J, Controller Examinations SKUAST J and Dy. Accountant General (Audit). The event was attended by an enthralling audience of Officers of the Principal Accountants General, Officers and academicians from SKUAST J, Students from 04 Jammu City colleges (MAM College, SPMR College, GGM Science College, GCW Parade) and 2 Universities (Jammu University and SKUAST J). The event started with a presentation by Ms Inabat Khaliq, Deputy Accountant General. She discussed the role and consti-



tutional mandate of CAG. She also discussed the career opportunities for students to join the prestigious supreme audit institution of India. The presentation was followed by a brain storming session of debates on various contemporary topics by the participating colleges and universities. Prizes and participation certificates were presented to top two winning teams, besides the best speaker. The event concluded with a vote of thanks by Sr. Dy Accountant General, Ravinder Singh.

Two-Day Workshop on Embedded Systems and Robotics Concluded at IUST

■ HT News Network

Awantipora, Nov. 22 - The culmination of the two-day workshop on Embedded Systems and Robotics, jointly organized by the Department of Computer Science and Engineering, IUST in collaboration with e-Yantra, Indian Institute of Technology, Bombay concluded at IUST today. The workshop was attended by principals and faculty members from 36 degree colleges from different parts of Kashmir. The workshop provided a robust platform for discussions, knowledge exchange, and hands-on learning experiences in embedded systems and robotics. Sessions covered FireBird V introduction by Mr. Lohit Penubaku, I/O interfacing, PWM, and Sensor Interfacing by Mr. Arun Sadhu, and topics like LCD, ADC, and Motor control by Ms. Isha Kamone.

CUK VC releases university newsletter

■ HT News Network

New Delhi, Nov 22: Central University of Kashmir (CUK) Vice-Chancellor, Prof. A Ravinder Nath released the university Newsletter "CUKashmir Newsletter" on the sidelines of the 28th meeting of the varsity's Executive Council (EC), held at IIC here. The copy was released in the presence of JKBOSE chairman, Prof. Parikshat Sahani, Department of Commerce, Delhi School of Economics, University of Delhi, Prof. Ajay Kumar Singh, Dean Academic Affairs and Director MPRC, Prof. Shahid Rasool and Dy Reg. Abdul Rashid Dar. Congratulating the team of Media and Public Relations Centre (MPRC) led by its Director, Prof. Shahid Rasool, Public Relations Officer (PRO), Arshad Me'raj, Asst Prof. Dr. Akhter Hussain Bhat, designer, Amir Abbas and photographer, Sameer Wani, Vice-Chancellor, said the maiden newsletter is aimed at fostering communication and engagement within the university community. "The newsletter will provide a platform for sharing achievements, updates, and exciting developments across the university," he said. Expressing enthusiasm about the newsletter's potential to enhance connectivity among faculty, staff and students, Prof. Shahid Rasool, said, the newsletter will serve as a channel to showcase the talents, research endeavors, and accomplishments within the CUK community.

PUBLIC NOTICE

It is to be informed to the general public that my Car Alto VXi (Granite Grey) under bearing No. JK01AS-6096, engine number FBDN6787472, chassis number MA3EUA61S00L28224 model 2022, has been stolen from Aram Pora, Chatabal, Srinagar on 17 March 2023. The owner of the said vehicle is Tariq Ahmad Dar S/o: Haji Ali Mohammad Dar R/o: Ganderpora Eidgah Srinagar. Any information regarding the said vehicle they can contact at 9906681257 or to any nearest police station.

Name: Tariq Ahmad Dar
S/o: Haji Ali Mohammad Dar
R/o: Ganderpora Eidgah

PUBLIC NOTICE

I inform to general public that my name Wrongly mentioned as AEYAZ AHMAD LONE instead of AYAZ AHMAD LONE in Driving Licence. Now I am applying of its correction if anybody have any objection in this regard He/She may file his /her objection in ARTO SOPORE within seven days from the publication of this notice after that no objection will be entertained.

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Block...Wagoor
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Distt...BARAMULLAH

Pollution affects Beauty



Shahnaz Husain

If the views from your large office windows seem more hazy and compromised than usual, and a wave of colds and coughs have held your coworkers hostage, you have the increasing pollution to blame

The rising air Pollution has become a buzzword nowadays and is affecting the normal functioning of life due to toxic air and a heavy blanket of smog.

Pollution breaks down collagen and oxidizes the lipid layer in the skin, which impairs skin-barrier function. Smog particles are generally too large to penetrate the skin, but they can disturb the barrier, resulting in dehydration, sensitivity, uneven skin tone, dullness, acne, and premature aging.

Skin of women living in a city is more likely to age 10 per cent faster than those living in rural areas .

Airborne pollutants on human skin can contribute to skin aging, atopic dermatitis, skin discoloration, eczema, psoriasis, and acne and can be absorbed through the skin into the body, causing a wide range of diseases. While pollution takes a toll on the environment and health but it also affects natural beauty very adversely. Pollution breaks down collagen and oxidizes the lipid layer in the skin, which impairs skin barrier function.

Highly toxic air containing smoke, soot, acid, and other pollutants severely affects the skin by draining away skin moisture which leads to allergies and pigmentation spots on the forehead and cheeks on dry and rough skin.

The toxic haze hanging in the sky cause uneven skin tone, accelerated ageing , wrinkles, and black spot on the face

For many living in big cities like in Metropolitan cities it is completely unavoidable so it is matter of reducing exposure, repairing the damage and protecting it as much as possible

Among the other organs of the body, the skin is also one of the first to bear the brunt of air pollutants, which not only attack the skin's surface but also lead to an accumulation of toxins. In fact, they are potent skin irritants. There are both long and short-term effects of pollutants. Chemical pollutants cause oxidation damage and this can lead to the manifestation of premature ageing signs on the skin, like wrinkles, loss of elasticity, dark patches, spots, etc. Chemical pollutants also disrupt the normal balance of the skin and scalp, leading to



problems like dryness, sensitivity, rashes, acne, irritation or allergic reactions, dandruff, and related conditions. They also make the skin and hair dull, lacking vitality. All of us who live and work in urban areas need protective beauty care, whether we are housewives or working women. Of course, for working women, the job may involve traveling long distances to work. The skin is thus more exposed to the pollutants in the air.

Cleansing of the skin assumes more importance in order to get rid of the impurities and pollutants that are deposited on the skin. If you have dry skin, use a cleansing cream or gel. Deep clean the skin at night, neutralize it with antioxidants and create a barrier with sunscreen. Include antioxidants in your diet and skincare regime. Citrus fruits contain Vitamin C, E, and limonene which lower the risk of cancer and protect your skin from damage. Avoid cleansers containing Sodium lauryl sulphate and sodium laureth sulphates or denatured alcohols as they dry out the skin and can damage our skin barrier over time.

Use skincare rich in antioxidants. Pamper your skin with sheet masks or hydrating overnight masks to repair the damage.

For oily skin, cleansing milk or face wash may be used. For oily skin, also use a facial scrub after cleansing. Look out for products with ingredients like sandalwood, eucalyptus, mint, neem, tulsi, aloe vera, etc., when you buy cleansers. The antitoxic and tonic properties of such ingredients have helped in clearing the skin congestion and eruptions that result from exposure to chemical pollutants. Aloe vera, for example, is also a powerful moisturizer and an anti-oxidant. So are ingredients like apricot kernel oil, carrot seed, wheat-germ oil, etc. the skin needs to be protected. If the skin is prone to eruptive conditions like acne, pimples, or rash, it should be protected with specialized creams that not only protect but also reduce

oiliness and deal with the problem.

After cleansing, wipe the skin with a rose-based skin tonic or rose water, to complete the cleansing process and refresh the skin. Soak cotton wool in chilled rose water and tone the skin with it, patting briskly. It also improves blood circulation to the skin's surface and adds a glow. Green tea also makes a good skin toner. If there is a rash or eruptions, add a little rose water to the sandalwood paste and apply it to the face. Wash off with plain water after 15 minutes.

■ **Anti-pollution cosmetics help to provide protection and reduce the damage caused by environmental effects. These are basically "cover creams" that form a barrier between the skin and pollutants. sandalwood protective cream is very useful to protect the skin from environmental effects. It forms a transparent protective cover. Sandalwood soothes the skin and protects it from irritative reactions and eruptive conditions. It suits all skin types and increases the skin's moisture retention ability too.**

■ **The hair also needs frequent washing if one regularly travels long distances for their work. Pollutants also collect on the scalp. Shampoo, hair rinses, serums, and conditioners help to restore normal balance if they contain ingredients like amla, Brahmi, Triphala, bhringaraj, and henna. They also coat the hair and form a protective cover. Mix one teaspoon each of**

vinegar and honey with one egg. Massage the mixture lightly into the scalp. Leave on for half an hour and then wash the hair. Rinse well with water.

■ **My advice is while rely on healthy eating, drinking water, and regular exercise to keep your skin healthy. Making the right choices about our skincare regimen is an equally or even more important part of a successful beauty routine.**

Or, give the hair hot oil therapy. Heat pure coconut oil and apply it to the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Leave the oil on overnight and wash your hair the next day.

The impurities and pollutants can also affect the eyes, causing burning or redness. The eyes should be washed with plain water several times. Soak cotton wool pads in chilled rose water and use them over the eyes as eye pads. Lie down and relax for fifteen minutes. This really helps to remove fatigue and brightens the eyes.

if one is also exposed to cold weather, poor diet, a lack of sleep, or simply stress, as many of us are. In the presence of any of these factors along with pollution, the quality of the skin can become further diminished.

To brighten the skin and even skin tone, I recommend products containing Vitamin C to be used in conjunction with richer creams. Deeply moisturizing creams can truly help repair and hydrate the skin. Use an air purifier with a humidifier at home and the workplace to lessen the effects of pollution. Humidifiers make the air breathable and maintain the room's humidity.

Eat your greens, Vitamin C rich foods, jaggery and drink loads of fluids rich in antioxidants. Antioxidants can neutralize the effects of pollutants. Lemon, orange, amla, green vegetables, grapefruit, tomatoes and potatoes are some examples of Vitamin C rich foods.

My advice is while rely on healthy eating, drinking water, and regular exercise to keep your skin healthy. Making the right choices about our skincare regimen is an equally or even more important part of a successful beauty routine.

It's a rough deal for your skin, but there are plenty of ways to care for it in the face of pollution.

The author is an international fame beauty expert and is called the Herbal Queen of India

NEWS

'Silent Atherosclerosis' Can Be Especially Deadly for Young People, Study Finds



Atherosclerosis is a hardening of the arteries due to plaque buildup from calcium, fats, and cholesterol that can lead to blood clots, stroke, and heart attack or heart failure. It has commonly been associated with older adults.

But a new study published Monday outlines an increased risk to younger adults for so-called "silent atherosclerosis," suggesting that risk factors like high cholesterol and hypertension should be addressed earlier in life to prevent the disease from developing further.

The study, carried out at Spain's Centro Nacional de Investigaciones Cardiovasculares (CNIC) and published in the Journal of the American College of Cardiology, analyzed the key arteries including the carotid, femoral, and coronary arteries and aortas of more than 4,000 healthy middle-aged employees of a bank in Madrid.

The researchers found that even moderate increases in blood pressure and cholesterol were shown to significantly impact the risk of atherosclerosis in younger adults.

At what age should blood pressure and cholesterol be checked?

Risk factors like high cholesterol and hypertension can affect younger adults' chances of atherosclerosis later in life more than previously known.

Testing earlier in life (between the ages of 20 and 25) and aggressively mitigating risk is beneficial, Dr. Borja Ibañez, the scientific director of CNIC and one of the authors of the study, told Heathline.

"Given these findings, it would be worthwhile for healthcare professionals to start assessing cardiovascular risk earlier on, including during check-ups in early adulthood," Dr. Rigved Tadwalkar, a cardiologist at Providence Saint John's Health Center in Santa Monica, Calif., told Heathline. "This approach is consistent with the idea of early intervention and aggressive control of cardiovascular risk factors as a means for reducing cardiovascular disease burden."

What age groups are most at risk for atherosclerosis?

Given the physiological changes that come with aging, older adults are still at the highest risk, Tadwalkar said.

"This includes arterial stiffening, atherosclerosis progression, and increased vulnerability to oxidative stresses and inflammation. The cumulative exposure to risk factors, such as high blood pressure and cholesterol, further amplifies cardiovascular risk as people age," Tadwalkar noted.

But the study suggests that even seemingly healthy younger adults should be monitored for risks associated with cardiovascular disease, Tadwalkar said, adding that genetic traits can play a role.

Want Healthy Hair? Include These 04 Superfoods In Your Healthy Food Chart For Hair

Strong and shiny hair is something that we all desire. To achieve this, many of us end up splurging on expensive hair care products. Sure, they can be helpful, but not so much in the long term. If you have dry, dull, or frizzy hair, it's important to tackle the problem from its roots. And by this, we mean the type of diet we follow. We often pay attention to the outer nourishment of our hair, but it's equally important to focus on what we eat. This is when a healthy food chart comes in handy. It's like a guide that you can always fall back on to figure out which foods to eat for hair health. Here, we have enlisted five such superfoods that must be a part of your diet.

1. Eggs

Your healthy food chart for hair must include eggs. This is because eggs are an excellent source of protein, the most essential nutrient for hair health. The majority of our hair is composed of a protein called keratin. A diet enriched with eggs ensures that your hair gets



fully nourished from the scalp and prevents it from damage. It also gives them a healthy and shiny appearance. Whether you prefer an omelette, boiled eggs, or scrambled eggs, make sure to include some in your daily diet. Apart from this, you can also apply eggs directly to your hair by preparing a hair mask.

2. Amla

Amla has been a part of our hair care rituals since time immemorial. You'll often find this ingredient on the labels of various hair care products. This ayurvedic superfood is enriched with vitamin C

and aids in the production of collagen protein. This helps stimulate hair growth and keeps your hair looking shiny and luscious. However, the taste of amla is slightly sour and bitter, which is why many people avoid eating it. If you want to reap its benefits, you can do so by making delicious juice, aachaar, or even chutney. For more interesting ideas to include amla in your healthy food chart for hair, click here.

3. Leafy Greens

Leafy greens have some incredible benefits to offer our health. It comes as no surprise, as they are ben-

eficial for our hair as well. Green leafy vegetables are brimming with essential nutrients such as vitamins A, C, and folate. They are also a great source of iron, which is a vital mineral to keep our hair follicles strong and shiny. A diet deficient in iron may cause hair loss and give them a dull appearance. To prevent this, make a conscious effort to include green leafy veggies in your healthy food chart for hair. It could be in the form of a refreshing salad, sabzi, snacks, etc.

4. Nuts and Seeds

Our hair also requires an adequate amount of healthy fats to keep it looking shiny. And nuts and seeds provide them in abundance. They are rich in omega-3 fatty acids and also contain plenty of other nutrients. Incorporating them into your diet can stimulate hair growth and prevent hair loss. Almonds, walnuts, cashew nuts, flaxseeds, chia seeds, and pumpkin seeds all make excellent additions to a healthy food chart for hair. Eat a handful of any or a combination of them.

Statins Can Help Women With Breast Cancer, Study Finds

Statins may reduce the risk of mortality among women with breast cancer, new research has found.

The study Trusted Source, published in JAMA Network Open this month, found that the risk of dying was substantially lower in women with breast cancer whose cholesterol levels dropped after starting statins, which are commonly prescribed lipid-lowering medications.

Past research Trusted Source suggests high cholesterol may be associated with a greater risk of breast cancer. It's possible that statin use interrupts cancer cell signaling and tumor development.

The new findings suggest statins may be beneficial for people with breast cancer, which is the most common cause of cancer death Trusted Source among women across the world, the researchers say.

"This suggests a potentially beneficial role for statins in breast cancer treatment, highlighting the importance of cholesterol management in cancer prognosis," Dr. Wael Harb, board-certified hematologist and medical oncologist at MemorialCare Cancer Institute at Orange Coast and Saddleback Medical Centers in Orange County, CA, told Healthline.

Harb was not involved in the study. Statins linked to lower risk of death from breast cancer



The researchers evaluated statins in 13,378 females with breast cancer.

They followed up, on average, for 4.5 years after breast cancer diagnosis, during which time 16.4% of patients died and 7% died from breast cancer. The researchers found the risk of death dropped among those who started taking statins after diagnosis and experienced a reduction in cholesterol levels.

The team found that 7.6% of the participants who did not take statins died of breast cancer compared to 6.1% who took statins.

"In a retrospective study, this is a very small difference and not definitive," Dr. Parvin Peddi, the director of Breast Medical Oncology for the Margie Petersen Breast Center at Providence Saint John's Health Center and Associate Professor of Medical Oncology at Saint John's Cancer Insti-

tute, said. Peddi was not involved in the study.

The reduced risk of death was also observed among women with estrogen receptor-positive tumors.

The risk further declined with increasing intensity of statin use, the study found.

The risk of death didn't drop in women whose cholesterol levels did not substantially decrease after starting statins. In addition, the decreased risk was only apparent in people with localized disease. The researchers suspect statins may not improve survival rates among those with metastatic disease. "The main take-away is that post-diagnostic use of statins in breast cancer patients is associated with a reduced risk of death from the disease, especially when statin use leads to decreased cholesterol levels," Harb said.

Statins may interrupt tumor growth. In studies conducted in mice, a metabolite of cholesterol — 27-hydroxycholesterol — appeared to promote tumor growth and metastases. In the current study, the researchers note that statins may be beneficial for breast cancer because they lower serum lipoproteins or interrupt cancer cell signaling pathways. Laboratory studies have found that statins have anti-invasive and antiangiogenic effects, meaning they inhibit tumor growth.

Harmanpreet 'really excited' for Test homecoming despite limited preparation time

NEW DELHI, NOV 22: That is the big challenge facing Harmanpreet Kaur. India's captain has had a glittering international career, playing in 285 internationals, and has become a globetrotting superstar in leagues across the world - she is currently the only Indian player playing in the WBBL in Australia.

Extraordinarily, though, Harmanpreet will play more home Tests in two weeks in December, against England and Australia in Mumbai, than she has in her previous 14 years at international level. The only home Test in her career came back in 2014 against South Africa where she took nine wickets in a huge innings victory. She has only played one Test match since then, full stop, in 2021 against England, and three Tests in her career overall.

Making the task harder is the preparation. She won't leave Australia until after Melbourne Renegades' final game at the MCG against Melbourne Stars on Saturday night. She will then have just ten days to prepare for the start of the three-match T20I series against England that precedes the Test that starts on December 14.

"The Test series is something which we are really looking forward to because I haven't played in front of a home crowd [since 2014], so I'm really excited for that," Harmanpreet told ESPNcricinfo. "The challenge for us is that we haven't played with the red ball. We have been play-



ing with the white ball for so many years, even in domestic cricket also we don't have red-ball cricket back home. So the challenge for us is to make yourself ready in such a short time."

Harmanpreet's Renegades team-mates are facing the same preparation pressures with England's Tammy Beaumont and Australia's Georgia Wareham both aiming to play in the respective Test matches against India with similarly compromised preparations. Although they have more recent Test experience, with Beaumont making a stunning double-century in the Ashes this year.

There had been hopes from Australia's standpoint that their bowlers would get some Test-

match practice in during the WBBL in order to increase their loads. They actually trained with pink balls during the October ODI series against West Indies in anticipation of a day-travel Test in India, but that was subsequently changed to a red-ball game.

"I had that thought if I can simultaneously do some red-ball practice also, but because it's such a packed schedule you can't mix things"

But the WBBL schedule is so tightly packed with 14 games in six weeks and a huge travel burden, that it has been difficult to find time. Harmanpreet had grand designs on getting some red-ball practice in while in Australia, but the weekly grind of play, travel, play, travel with very

little training in between has made that impossible to implement.

"I had that thought if I can simultaneously do some red-ball practice also, but because it's such a packed schedule you can't mix things," Harmanpreet said. "We're playing T20 cricket and the Test game is a totally different kind of game, so I didn't want to mix it. When I'm going back, I have ten days to prepare myself."

Harmanpreet missed India's last Test against Australia on the Gold Coast in late 2021 because of a thumb injury. But she said she spent a lot of that match observing how the game unfolded to try and get a sense of how to play long-form cricket and how to lead her side tactically.

But in the short term, her focus is on finishing the season well with Renegades. It has been a disastrous tournament for a team that had high expectations coming into the WBBL off the back of recruiting three of the world's most in-form players in Harmanpreet, Beaumont and Hayley Matthews. Renegades are anchored to the bottom of the table with just two wins from 12 games.

However, they have a chance to finish the season well. Firstly, against Hobart Hurricanes at Bellerive Oval on Thursday, before finishing with the Melbourne Derby at the MCG on Saturday, which will be part of the WBBL's stadium series. It is the first time the WBBL has held a standalone fixture at the MCG. There have been games there in the past, but they have been part of double-headers with men's BBL matches.

The Melbourne derby will be the first women's game at the MCG since the historic 2020 T20 World Cup final, where Harmanpreet captained India against Australia. She said she was thrilled to get the chance to return to the venue and play there again.

"It's always an honour to play here at one of the best stadiums to play," Harmanpreet said. "When we played the T20 World Cup final here, and before that in some games against Australia, it's been always amazing. And now again this season we are getting the opportunity to play here and I'm really looking forward to that."

Royals trade Padikkal for Super Giants' Avesh in straight swap

MUMBAI, NOV 22: Fast bowler Avesh Khan is set to make a move to Rajasthan Royals from Lucknow Super Giants, who will acquire top-order batter Devdutt Padikkal in a straight trade swap ahead of IPL 2024. ESPNcricinfo has learned that the franchises and players agreed on the trade in the past week with the BCCI set to put a stamp on the swap this week.

Avesh, who is part of the India squad for the T20I series against Australia starting Thursday, was bought by Super Giants in the mega auction in 2022 for INR 10 crore (US\$ 1.2 million approx.). Royals, meanwhile paid INR 7.75 crore (US\$ 945,000 approx.) for Padikkal. Both the players were retained by the respective franchises this year.

It was especially disappointing for Padikkal, who, despite playing every match for his team in 2022 (17) and 11 games in 2023, struggled to fulfil the top-order role Royals had assigned to him. In 28 matches in these two seasons, Padikkal scored 637 runs at an average of 23.59 and a strike rate of 125.88 with just three half-centuries. Overall, Padikkal has scored 2768 runs in 92 IPL games at 33.34 with 17 fifties and three centuries striking at 133.52.

Super Giants will be the third franchise for Padikkal, who started his IPL journey with his hometown franchise Royal Challengers Bangalore where he spent two seasons (2020 and 21).

For Avesh, too, Royals will be the third franchise after he debuted at Delhi Capitals: in 2021, he was the second-highest wicket-taker in the tournament with 24 wickets at 18.75. After Capitals released him ahead of the mega auction, Super Giants bid fiercely to buy Avesh in a four-way bidding war. He finished the 2022 season as Super Giants' highest wicket-taker, helping them make the playoffs in their inaugural IPL season.

However, on the slow and underprepared pitches in Lucknow, Avesh struggled in 2023. Failing to finish his full quota of four overs in five of the nine games he played, Avesh finished the 2023 season with just eight wickets at 35.37, going at an economy of 9.75.

Danielle McGahey acknowledges her international career 'is over' after ICC transgender ruling

NEW DELHI, NOV 22: After a key change to ICC's gender eligibility requirements that banned transgenders from participating in women's internationals, Danielle McGahey, the first transgender to play internationals, has acknowledged "with a very heavy heart" that her international career for Canada "is over".

"Following the ICC's decision this morning, it is with a very heavy heart that I must say that my international cricketing career is over," McGahey posted on Instagram. "As quickly as it began, it must now end." The ICC board on Tuesday approved the new rules by which any player who has transitioned from male to female and has been through any form of male puberty will not be allowed to participate



in women's international cricket, regardless of any surgery or gender reassignment treatment they may have undertaken.

"It is based on the following principles (in order of priority), protection of the integrity of the women's game, safety, fairness and inclusion," the ICC said in a statement. "The regulations will be reviewed within two years." ICC CEO Geoff Allardice added: "Inclusivity is incredibly important to us as a sport, but our priority was to protect the integrity of the international women's game and the safety of players."

Originally from Australia, McGahey, 29, moved to Canada in 2020 and underwent a male-to-female medical transition in 2021. In September this year, she played for Canada in the Women's T20 World Cup Americas Qualifier that acts as the pathway for the Women's T20 World Cup 2024.

"While I hold my opinions on the ICC's decision, they are irrelevant," McGahey wrote. "What matters is the message being sent to millions of trans women today, a message saying that we don't belong. I promise I will not stop fighting for equality for us in our sport, we deserve the right to play cricket at the highest level, we are not a threat to the integrity or safety of the sport."

McGahey played six T20Is and scored 118 runs at an average of 19.66 and a strike rate of 95.93.

Athapaththu signs with Northern Brave for Super Smash 2023-24

NEW DELHI, NOV 22: hamari Athapaththu, who has been in the middle of a sensational run of form, has been signed up by Northern Brave for the 2023-24 women's Super Smash competition, with the team calling it "a huge coup".

Sri Lanka stalwart Athapaththu is playing in the WBBL for Sydney Thunder, and is currently the second-highest run-scorer in the tournament across teams with a tally of 451 runs from 12 innings at an average of 45.10 and strike rate of 134.62, behind only Perth Scorchers' Beth Mooney, who has 535 runs from 12 innings.

In a statement released by Northern Districts, she said she was "super excited" at the opportunity. Athapaththu will join the Northern Brave camp in late December.

"We're excited to get Chamari around the group," Eimear Richardson, the Ireland international who is also captain of Northern Brave, said in the statement. "She's been in great form the last few months and is showing her class in the WBBL currently, so we're excited to add her firepower to our lineup."

"Chamari's all-round abilities will be a great addition to the Super Smash and is sure to excite the crowds with both bat and ball in hand. It will be great to have a player of her abilities on the park with us."

Athapaththu, the ninth-highest run-getter in women's T20Is with 2651 runs from 120 innings, has had a sensational 2023. In ODIs, there were the two centuries - 108 not out and 140 not out - against New Zealand at home in Galle in June, which gave Sri Lanka a famous 2-1 series win, while she has hit three half-centuries in 16 T20I innings this year too. Overall, she has 3255 ODI runs at an average of 34.26 with eight centuries, and 2651 T20I runs at a strike rate of 106.20 with one century.

A more than handy offspinner, Athapaththu also has 68 wickets in international cricket.

Easily the most popular Sri Lankan woman cricketer, Athapaththu has played in the Women's CPL, for Guyana Amazon Warriors, as well as in the FairBreak Invitational T20 tournament and in the Women's T20 Challenge At the WBBL, Thunder is her third team, after she turned out for Melbourne Renegades and Scorchers in previous seasons.

"We cannot wait to have a world-class player in Chamari join the Northern Brave for this season's Super Smash competition," Ian Sandbrook, general manager of performance and talent at Northern Districts, said. "There's no doubt that her exciting skill set, and destructive x-factor will be a huge addition to our team but just as importantly, to the competition as a whole."

"We also know that Chamari will be a great role model and leader within our environment, and imparting these behaviours on our talented young squad is another important step in making the Northern Brave the best performance environment in the country."

Northern Brave's Super Smash campaign kicks off on December 22 as part of a double-header with the men's Brave team, who will take on Central Districts' Hinds (women) and Stags (men) at Seddon Park. Athapaththu is expected to be available for selection for the game against Wellington Blaze on January 2.

خوشی ہے آم کے لال علیہ کے تشریف لانے کی؟

لا الہ الا اللہ

محمد رسول اللہ

میلاد النبی ﷺ کا انفرنس و رداپوشی

بمقام مدرسہ فیضانِ بٹول للبنات اجارہ پو بیار ضلع بارہمولہ مورخہ 26 نومبر صبح 10 بجے سے نماز عصر تک

حضرت مولانا مفتی قمر الدین اویسی صاحب	زیر سرپرستی و دعا صاحب ارشاد احمد مفتی	مناظر اہل سنت حضرت مولانا فیاض احمد رضوی صاحب
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