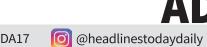


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Empowering Tribals, Transforming J&K

Historic Step for Inclusive Development

Communities getting benefits of ST reservation

• Balti

• Beda

• Sippi

- Bot, Boto
- Brokpa, Drokpa, Dard,
 Shin
- Changpa
 Garra
- Mon Purigpa
- Gujjar 🛛 Bakarwal
- Gaddi

Addtional Communities who will get benefits of ST reservation

- Pahari Ethnic Group
- Paddari Tribe

• Koli

- Gadda Brahmin
- Based on SEBC Commission Recommendations
- Additional & proportionate reservation will be provided separately for above communities



Existing Communities including **Gujjar Bakarwal** will continue to get the 10% reservation and there will be no reduction in it

Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas

Government of Jammu & Kashmir





@headlinestodaynews

JJM organises debate competition on water conservation Collective efforts, use of technology crucial in water conservation: Shaleen Kabra

HT News Network

JAMMU, FEBRUARY 08: Aimed at creating awareness about importance of water conservation, the Mission Directorate Jal Jeevan Mission of Jal Shakti Department organized a debate competition on the topic "Water Conservation is primarily the duty of government, not the individual" at Teachers Bhawan here.

The event was participated by students from ten schools of Jammu district who spoke for and against the motion.

Additional Chief Secretary (ACS), Jal Shakti, Shaleen Kabra, was the Chief Guest while Divisional Commissioner Jammu, Ramesh Kumar was the Guest of honor on the occasion.

Speaking on the occasion, ACS outlined the importance of collective efforts of different stakeholders like community, individuals and the most importantly different departments and private institutions like NGOs to make the country water secure by countering the challenges like climate change, contamination etc.

ACS highlighted that the advancements in the technology particularly the spread of internet connectivity and lowering cost of software, hardware and electronic devices has made it possible to bring efficiency in the management of water resources and water supply systems

Shaleen Kabra appreciated the understanding of students about the importance of water



security while complimenting them for sharing their ideas in an articulated way.

Divisional Commissioner, while speaking on the occasion, highlighted the importance of

community engagement for making impact of government initiatives like Jal Jeevan Mission, Jal Shakti Abhiyan, Pradhan Mantri Krishi Sinchayee Yojana in making the UT water secure.

The students from various schools presented their views on water conservation and touched all concerned aspects of the initiative. Nal Se Ial. Catch the Rain, Micro Irrigation etc.

Neha Rana from GGHSS Shastri Nagar bagged first prize while Moksh Sharma from Jodhamal School won second prize and Khushboo Parihar from GGHSS Mubarak Mandi got third prize in the debate competition.

During the event, the Mission Directorate displayed the IJM Tableau and demonstrated its significance to the students for disseminating the aim and objective of Jal Jeevan Mission. Pertinent to mention here that Jal Shakti Department is implementing the Jal Jeevan Mission in the UT, aimed to cover all its 18.71 lakh rural households with functional household tap connections with the active involvement of the local communities in planning, implementing, monitoring, owning, operating and maintaining the water sup-

ply systems. Mission Director Jal Jeevan Mission, Director School Education Jammu, Chief Engineer, PHE Department Jammu, ChiefEngineerI&FCJammu and other officers of the Jal Shakti Department and School Education Department were present on the occasion. During the event, the Mission Directorate displayed the JJM Tableau and demonstrated its significance to the students for disseminating the aim and objective of Jal Jeevan Mission.

Pertinent to mention here that Jal Shakti Department is implementing the Jal Jeevan Mission in the UT. aimed to cover all its 18.71 lakh rural households with functional household tap connections with the active involvement of the local communities in planning, implementing.

JKAACL's 2 day Punjabi writers seminar commences **Principal Secretary lauds Academy for** promoting local languages, culture

senior artists. He added that

the Academy has organized

many such Punjabi literary

programmes at district and

tehsil levels in J&K. He

emphasized that the seniors

should encourage the

young generation to pursue

art, culture and literary

pursuits, so that the next

HT News Network

JAMMU, FEBRUARY 8: A two day Punjabi writers seminar on the topic 'Samkali Punjabi Sahit, Jammu-Kashmir', organized by J&K Academy of Art, Culture and Languages (JKAACL) commenced today at KL Saigal auditorium.

Principal Secretary Culture, Suresh Kumar Gupta, was the chief guest on the occasion.

Secretary, JKAACL, Bharat Singh and former Additional Secretary, JKAA-CL, Dr. Arvinder Singh Amn besides others were also present.

S. Ajit Singh Mastana, senior Punjabi writer and ghazal poet was the guest of honour in the function while Popinder Singh Paras, Senior Editor Sheeraza Punjabi, JKAACL shared the dais.

The programme orgaof Secretary JKAACL was



of intellectuals, writers, poets, faculty students and scholars of Jammu University and colleges besides lovers of Punjabi language. Principal Secretary appreciated the Academy

for promoting local languages and cultural legacy of the region beaides encouraging the youth in this regard. He also appreciated the regular publication of Sheeraza Punjabi of **JKAACL**.

The Secretary said that emyfororganizingliterary the Academy is organizing activities of Punjabi lanliterary, cultural and art events in different parts of nized under the guidance the Union Territory of Jammu & Kashmir to provide



S. Ajit Singh Mastana, senior Punjabi writer and ghazal poet was the guest of honour in the function while Popinder Singh Paras, Senior Editor Sheeraza Punjabi, JKAACL shared the dais.

The programme organized under the guidance of Secretary JKAACL was attended by a large number of intellectuals, writers, poets, faculty students and scholars of Jammu University and colleges besides lovers of Punjabi language.

generation is prepared to Principal Secretary make their contribution in appreciated the Academy the field.In his presidential for promoting local lanaddress, S Ajit Singh Masguages and cultural legacy tana appreciated the Acadof the region beaides encouraging the youth in this regard. He also appreguage at tehsil and district ciated the regular publicalevel. He also applauded the tion of Sheeraza Punjabi of regular holding of Punjabi JKAACL.The Secretary said that the Academy is orga-



HT News Network



KUPWARA, FEBRUARY 8: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today conducted an extensive tour of Kupwara town. The tour encompassed areas including the Bus stand Kupwara, Jamia road Kupwara, parking slot at main chowk Kupwara, Hospital road and Bye-Pass road and other markets of town, where the Deputy Commissioner assessed the status of basic amenities, cleanliness and and interacted with people.During her visit, the DC also engaged with local residents to gather feedback, understand concerns and reinforce collaborative efforts towards beautification of the town and to provide hassle free services to the people.

DC took first hand appraisal of Solid waste management, market checkings, and anti encroachment drive from **GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI** (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from SADAF JAN D/O GHULAM MOHAMMAD WANI R/O DARWAFRASTWARI Tehsil Wagoora Distt. Baramulla for issuance of Birth/Death certificate in favour of his/her Son/Daughter. SADAF JAN Father/ Mother namely GHULAM MOHAMMAD WANI having verified the date of birth 30/08/2022. event has been shown to be occured at S.D.H Kreeri .In this connection if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

> **REGISTRATION BIRTH & DEATH** (Block development Office Wagoora)

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delaved Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from TARIQAHMAD SHEIKH S/O ANDUL AHAD SHEIKH R/O WALRAMAN Tehsil Wagoora Distt. Baramulla for issuance of Birth/Death certificate in favour of his/her Son/Daughter. TARIQ AHMAD SHEIKH Father/Mother namely ABDULAHAD SHEIKH having verified the date of birth 04/06/1980 event has been shown to be occured at S.D.H Kreeri .In this connection . if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

literary activities during

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from ANWAR JAVAID S/O JAVAID AHMAD GANAIE R/O JEHANGIRPORA Tehsil Wagoora Distt. Baramulla for issuance of Birth/Death certificate in favour of his/her Son/Daughter. ANWAR JAVAID Father/Mother namely JAVAID AHMAD GANAIE having verified the date of birth 01/04/2020.. event has been shown to be occured at S.D.H Kreeri .In this connection if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

> **REGISTRATION BIRTH & DEATH** (Block development Office Wagoora)

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from HAIQA BASHIR D/O BASHIR AHMAD WANI R/O DARWA WAGOORA Tehsil Wagoora Distt. Baramulla for issuance of Birth/Death certificate in favour of his/her Son/Daughter. HAIQA BASHIR Father/Mother namely BASHIR AHMAD WANI having verified the date of birth 03/03/2022. event has been shown to be occured at S.D.H Kreeri .In this connection if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

> **REGISTRATION BIRTH & DEATH** (Block development Office Wagoora)

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from AASIFA JAVAID D/O JAVAID AHMAD GANAIE R/O JEHANGIRPORA Tehsil Wagoora Distt. Baramulla for issuance of Birth/Death certificate in favour of his/her Son/Daughter, AASIFA IAVAID Father/Mother namely JAVAID AHMAD GANAIE having verified the date of birth 05/05/2015.. event has been shown to be occured at S.D.H Kreeri .In this connection .

If anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

> **REGISTRATION BIRTH & DEATH** (Block development Office Wagoora)

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

This office is in receipt of representation from ASLAM AVAID S/O AVAID AHMAD GANAIE R/O JEHANGIRPORA Tehsil Wagoora Distt. Baramulla for issuance of Birth/ Death certificate in favour of his/her Son/Daughter. ASLAM JAVAID Father/Mother namely JAVAID AHMAD GANAIE having verified the date of birth 20/04/2018.. event has been shown to be occured at S.D.H Kreeri .In this connection . if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office or Tehsildar kreeri/ wagoora within 07 days, after that no objection shall be entertaine.

> **REGISTRATION BIRTH & DEATH** (Block development Office Wagoora)

roads and pavements of Kupwara town.

DC reviewed the status of traffic management in the town and checked the parking slots besides assessing bottlenecks impeding smooth flow of traffic in the town. DC directed CEO, Municipal Council Kupwara to get

important roads and pavements like Bye-Pass road and Hospital road free from vendors and illegal encroachments.

DC directed EO to impose fine on those shopkeepers who don't use dustbins and spread litter and plastic wastes in the market.DC directed that no vehicle shall be parked on Jamia road Kupwara, Hospital road and bypass, instead commuters will use parking slot near old Chowk Kupwara and Rigipora bus stand.

Subject-Grant of Registration of the Tour and Travel under the name & style "Journey Mart and Travel "Situated at BATOKOTE PAHELGAM

PUBLIC NOTICE

Whereas, I, Irfan Ahmad Baba S/o Mohd Yousf Baba R/o Batakote Pahelgam , intends to apply in the office of Prescribed Authority of Directorate of Tourism Kashmir for registration of my proposed Tour and Travel under the name & style "Journey Mart and Travel "Situated at Batokote Pahelgam 190008 under Tourist Trade Act 1978/82/2011.

Whereas, "Journey Mart and Travel" will submit Landownership Certificate fromConcerned Tehsildar with attested photographs of the unit through Dy.Commissioner concerned, Rent/Lease Deed/Partnership Deed/issuedby concerned Sub- Registrar, Judicial Magistrate (if applicable NOC fromthe owner to the effect that the property can be used as Home stay), Character Certificate of the applicant from the concerned Police Station, undertaking from the owner as self declaration, Public Notice invitingobjections, if any in print media, list of family members Name, Age, andPhotograph self attested by owner, Photographs of the unit as mentioned in the application (each of exterior and individual bed roomsand bathrooms), Inspection report by the Committee (The recommendation of the inspection Committee shall decide whether to issue a registration to the unit or not keeping in view, the type of accommodation and amenity, adhar card.Now before my case is processed for registration by the PrescribedAuthority. The matter is hereby notified for information of generalPubic/organizations for objections if any and the same should reach tothe office of Prescribed Authority within a period of 7days from thepublication of this notice in leading local newspaper of the Valley. Objections received beyond the period of 7 days from the date of publication shall not be entertained and the case shall be processed under rules as per merit.

REGISTRATION BIRTH & DEATH (Block development Office Wagoora)

PUBLIC NOTICE

I informed to general public that my daughter NAME ON Adhaar Card has been Wrongly Entertained as ALISHBA MANZOOR Instead of ZOHA MANZOOR.

If anybody having any objection in this regard He/ She contact with Concerned authrty within seven days from the publication of this notice after that no objection will be entertained.

> NAME...MANZOOR AHMAD BAJARD F/O.... ZOHA MANZOOR **R/O....GAGAL** DISTT.....KUPWARA

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of KHAN MUSAIB S/O GH MOHAMMAD KHAN AND KHAN MUNEEB GUL S/O GH MOHAMMAD KHAN R/O SALOOSA Tehsil Kreeri Distt. Baramulla having verified the date of Birth, as 03/03/2018 and 03/03/2015 and event has been shown to be occured at S.D.H Kreeeri for issuance of delay order .In this connection .

if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine

> **EXECUTIVE MAGISTRATE 1ST CLASS KREERI**

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۲ Pant Is 'Very Confident' Of Playing Entire IPL 2024: Ponting P112 Dr. Mehjabeen Nabi is a distinguished contributor to the community and society **P|6**

J&K Has Diverse Agro-Climatic Zones Which Provide Ample Scope Of Adopting **Farm-Level Diversifications: LG Sinha**

HT News Network

JAMMU, FEB 08: Lieutenant Governor Shri Manoj Sinha addressed the inaugural session of the 6th J&K Agricultural Science Congress on "Diversification of Agriculture for Self-Reliant Mountain Agro-Ecology" at SKUAST Jammu, today.

The Lt Governor welcomed the eminent scientists and researchers from across the country in the three-day conference.

He said the exchange of ideas and discussions among the experts on critical aspects of alternative agriculture systems, digital agriculture, start-up culture, advanced veterinary science, innovation, and data sciences will help in addressing the challenges and exploring opportunities in sustainable agriculture.

NEWS BRIEF

ED Arrests Kupwara Resident In Money Laundering Case

SRINAGAR, FEB 8: Enforcement Directorate (ED) arrested a Jammu and Kashmir resident in a money laundering case related to the MBBS admission in Pakistan, officials said.

A spokesperson of the ED said Mohammad Abdullah Shah, a resident of Kupwara district in north Kashmir was arrested on Tuesday under the provisions of Prevention of Money Laundering Act (PMLA), 2002 in the money laundering case wherein accused persons involved in terror financing were hand in glove with



The Lt Governor directed the Agricultural Universities to prepare a strategy for diversification, value addition, supply chain management and profitable market linkage for small and marginal farmers.

"J&K has diverse agro-climatic zones which provide ample scope of adopting farm level diversifications. With this scientific solution, we can mitigate the impact of climate change and will be able to generate higher farm revenue from the same piece of land," the Lt Governor said.

The Lt Governor made certain valuable suggestions to improve productivity and make the agriculture and allied sector more lucrative for farmers and stakeholders.

He advised for chalking out an effective scientific strategy for organic TURN ON.....PAGE 08

Parliament Approves Both Appropriation Bills For J&K

HT News Network

JAMMU, FEB8: The Parliament considered the Revised Estimates for 2023-24 and Interim Budget 2024-25 of Government of Jammu and Kashmir starting from Tuesday. The two Appropriation Bills on the Supplementary Budget for 2023-24 and Vote on Account for 2024-25 were placed by Union Finance Minister, Smt. Nirmala Sithraman on 5th February, 2024.

The ongoing efforts of the UT Government were also



appreciated by the Parliamentary Standing Committee on Tuesday. Chief Secretary, Atal Dulloo, Principal Secretary Finance Santosh Vaidya and Secretary Planning Mohammad Aijaz represented Jammu and Kashmir before the Committee. This effort highlighted the developmental initiatives of the UT government before the Parliamentary Standing Committee.

The Lok Sabha considered the Bills on 6th and 7th February and passed both the Bills on Wednesday. After seeking approval of President of India, these Bills were then considered by the Rajya Sabha which approved them on Thursday.

Finance Department of the UT Government had drafted both the Bills for Supplementary Budget for the current year and the Interim Budget for the next

TURN ON.....PAGE 08

Srinagar Terror Attack Second Victim Dies; **Security Tightened In City**

HT News Network

SRINAGAR, FEB 8: A worker from Punjab who was injured in Wednesday's terror attack in Srinagar's Habba Kadal area died at the SKIMS hospital here TURN ON.....PAGE 08



CS Led Committee Approves AAP For Key Agri Schemes

Mehraj-Ul-Alam **Observed With Religious Fervour in Kashmir**

Stresses On Percolating Maximum Benefits Down To Grassroots Level HT News Network

JAMMU, FEB08: Chief Secre-

maintained that these schemes are meant to enhance the overall productivity and quality of crops thereby substantially increasing the returns for the farmers. He remarked that the timely interventions on part of the department could aid in meeting the objectives in a time-bound manner. He called for regular monitoring and evaluation of TURN ON.....PAGE 08



Laced with **NDPS act, Police** goes tough against drug dealers in J&K

SRINAGAR, FEB 08: Jammu and Kashmir police has tightened its noose on the drug peddlers by booking the big sharks under Narcotic Drugs and Psychotropic Substances (NDPS) act as it has seized movable and immovable properties of those involved in drug trade besides freezing a large amount of cash. The police move has evoked a great response from all sections of the society with people hailing the move widely.

Figures available with the TURN ON.....PAGE 08

Police Recover Explosives In Sopore Village, One Detained

SRINAGAR, FEB 08: In a significant development, police has recovered a cache of explosive materials from a house in the Kraknshiven colony Sopore.

The materials, suspected to be used in the manufacturing of Improvised Explosive Devices (IEDs), were seized during a targeted operation conducted by the police.

Police said that "Today around 0800 hrs, a operation named Caso was initiated by ops sopore with Ps Tarzoo and 52RR/crpf at Kraknkshiven village in connection with Fir No. 307/2023 of Ps Sopore.

TURN ON.....PAGE 08



SRINAGAR, FEB 8: Mehraj-Ul-Alam, the auspicious occasion of Prophet Muhammad's (SAW) ascension to heavens, was observed all across the Kashmir valley with religious fervour



on Thursday

The largest gathering was observed at Asare-Sharief Hazratbal, housing the holy relic of the Prophet Muhammad (SAW), on the bank of Dal Lake where thousands of devotees TURN ON.....PAGE 08

tary, Atal Dulloo today chaired the UT level committee meetings called for giving approval to the Annual Action Plans (AAP) of some of the key Centrally Sponsored Schemes(CSS) for development of Agriculture and Horticulture sectors here in the UT. Besides the Principal Secretary, APD and Principal Secre-



tary, Finance, the meeting was attended by MD, HADP; Secretary, RDD; DG, Codes; DG Resources and HoDs of the Agriculture Department who also

happen to be the Mission Directors of these schemes for J&K. While taking note of the components included in each scheme, the Chief Secretary

Kashmir Continues To Struggle With Cold Wave

HT News Network

SRINAGAR. FEB 8: Cold wave conditions continue in the Kashmir Valley, with nighttime temperatures witnessing a fall all across as Srinagar recorded a low of minus 5.2°C on Thursday, officials said.

After recent significant snowfall, the minimum temperatures at TURN ON.....PAGE 08



SRINAGAR, FEB 08: Jammu Power Distribution Corporation Limited (JPDCL) has issued stringent directives to its officers, emphasizing the importance of monitoring meter tampering, illegal connections, and billing irregularities.

JPDCL Issues Strict Instructions

To Combat Meter Tampering &

Illegal Connections

HT News Network

The corporation warns consumers of severe repercussions for any misconduct in this regard. News agency KNS reported that in a bid to TURN ON PAGE 08

Public Cooperation Pivotal To Overcome The Drug Menace From The Society: DC Srinagar

HT News Network

SRINAGAR, FEB 08: As a part of the ongoing efforts of the Union Ministry of Social Justice and Empowerment to address drug demand through the National Action Plan For Drug Demand Reduction (NAPDDR), an Addiction Treatment Facility(ATF) Centre under Nasha Mukt Bharat Abhiyaan was inaugurated at Institute of Mental Health and Neurosciences(IMHANS) Govt Psychiatric Diseases Hospital, Badamwari here on Thursday.

The Addiction Treatment Facility was inaugurated by Union Minister Social Iustice and Empowerment Minister, Dr. Virendra Kumar through virtual mode.



Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat and TURN ON.....PAGE 08

HT-TRIBUTE

President Adbi Markaz Kamraz, **Mohammad Amin Bhat Bereaved**

Father, Haji Abdul Majeed Bhat Passes Away

HT News Network

BARAMULLA, FEB 8: A **Renowned Socio-Religious** personality, Haji Abdul Majeed Bhat, passed away on Thursday after brief illness.



The deceased was father of President, Adbee Markaz Kamraz, Mohammad Amin Bhat and Rafiq Ahmad Bhat Hundreds of people from

all walks of life participated in the Nimaz-e-Jinazah of the deceased, at their residence at Eidgah Baramulla.

Chief Patron of Lubaab Publications, Headlines Today Group and Kruhen TURN ON.....PAGE 08





Srinagar, Friday 09-February-2024

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Secretary KVIB chairs District Level Awareness Programme at Katra

HT News Network

KATRA, FEBRUARY 08: J&KKVIB Reasi today organized District Level Awareness Programme at Durga Bhawan Katra under the Chairmanship of Secretary/ CEO J&K KVIB, Dr. Jagdish Chander Mehra.

The Awareness programme focused on Prime Minister Employment Generation Programme (PMEGP)&Jammu&Kashmir Rural Employment Generation Programme (JKREGP) Schemes.

The functionaries of Khadi & Village Industries Board made people aware about the benefits provided to aspirants under the twin schemes.

They said aspirants can avail Easy loan facilities through recognized financial institutions for self



employment and selfentreventures in manufacturing, preneurship.

services and trading sectors Speaking on the occaunder Prime Minister's sion, Ajay Kumar, (Field Employment Generation Officer)J&KKVIBenjoined Programme (PMEGP) and upon the budding entre-J&K Rural Employment preneurs to harvest the **Generation Programme** opportunities being pro-(JKREGP). vided by the government

The beneficiaries with middle pass qualification schemes by establishing selfemployment ventures. are being provided finan-Ashwani Kumar I/C Discial assistance up to fifty trict Officer KVIB Reasi, lakh in manufacturing sector and twenty lakh under while addressing the public informed that entrepre-Services sector to establish neurs have choice to setup their self-employment gen-

erating units, he added. He also sensitized the participants about procedures and various formalities required for registration and uploading of application forms under PMEGP&JKREGP schemes.

The camp was attended by Tilak Raj Dy. Chief Executive Officer Jammu Division, Ashwani Kumar I/C District Officer KVIB Reasi, Harish Dogra J&K Bank Manager Branch Arli, Rajinder Kumar Mengi.

DC Rajouri conducts extensive tour of Subdivision Koteranka

HT News Network

RAIOURI. FEBRUARY 08: In a proactive move towards accelerating developmental initiatives, Deputy Commissioner Rajouri, Om Prakash Bhagat, embarked on a comprehensive tour of the subdivision Koteranka, evaluating the ongoing projects and engaging with local communities to foster collaboration and support.

During the tour, Deputy Commissioner Om Prakash Bhagat diligently inspected several key developmental projects, including the Ecotourism park at Kandi, where work has stalled due to financial constraints. Recognizing the inherent tourism potential of the region, Deputy Commis-

sioner Om Prakash Bhagat

gramme and appealed to

the people of the area to

stay fit by doing physical

exercises regularly. He sen-

sitized them about healthy

earnestly appealed to the local populace to rally behind the district administration in bolstering tourism endeavors, particularly emphasizing the significance of the homestays scheme initiated by the Government.

HT - NEWS

(interstodaydaily) (interstodaydaily)

Moreover, the Deputy Commissioner Rajouri also undertook a meticulous assessment of potential the local populace.

@headlinestodaynews

In addition, Deputy Commissioner Om Prakash Bhagat visited the site earmarked for the construction of the Eklavya Model Residential School at Hubbi, where certain local issues had arisen. Swift to address challenges hindering progress, the Deputy Commissioner directed the Tehsildar to promptly resolve the matter, underscoring the sites for the construction administration's resolve to of the Government Degree commence construction College building at Koterwithout delay.Furthermore, the Deputy Commisanka, engaging in thorough sioner paid a visit to Jawadiscussions with concerned stakeholders to har Navodaya Vidyalaya at Koteranka, where he ensure expedited progress in this vital educational engaged with both staff and students, encouraging endeavor. He reaffirmed the administration's comthem to aspire for greatness mitment to facilitating the and diligently pursue their establishment of the GDC ambitions. Responding to concerns raised by the staff. building for the benefit of

SSP Holds First Introductory Meeting With Public At Bhadarwah, **Seeks Cooperation**

Amir Iqbal Khan

Bhadarwah, Feb 08: The newly appointed Senior Superintendent of Police (SSP) district Doda Javed Iqbal Mir, held his first introductory meeting with the Sanathan Dharam Sabha, Anjuman-e-Islamia Bhadarwah, senior citizens and other civil society members at Dak Banglow Additional District Bhadarwah here Today.

As per a press statement, "SSP Mir underscored the importance of cooperation between the police and the public in eradicating drugs and maintaining peace in the district," he stated.All the functionaries put their grievances before the SSP like drug menace and the thefts that are happening in the shops in Bhadarwah besides discussing other issues.

Upholding the highest standards of integrity, SSP Mir emphasised the department's dedication to providing better services to residents and weeding out corruption and inaction at the grassroots level. "We are committed to fostering a culture of honesty, transparency and accountability within the police force," he asserted.

Recognising the importance of public trust, SSP Mir highlighted the need for honesty, humbleness and honour among police personnel. "We strive to win the confidence and hearts of the public by treating everyone with respect and dignity," he affirmed.

Underscoring the importance of protection, SSP Mir assured that women, children and the elderly would receive special attention from the police force. "We will take strict action against criminals like drug peddlers, eve teasers, thieves and others," he declared.

76 Battalion CRPF, Health Department

HT News Network

JAMMU, FEBRUARY 08: Continuing it's endeavour towards wellness of civilians, 76 Battalion CRPF, in collaboration with J&K Health Department, organized a free medical camp under Civic Action Programme here today.

The camp was held in the Prem Bhawan Banquet Hall Residency Road, under the guidance of Sandeep Khirwar, IG Jammu Sector and Ramesh Kumar, DIG Jammu Range.

A number of needy people of the area availed the free health care and learnt about prevention and symptoms of different diseases

Medical Officers, Dr. S. civilians and provided free Sowmiya, 76 Battalion, medicines. CRPF and Dr. Sanjay Bhasin conducted free medical mandant-76 Bn inaugucheck-up of around 290 rated the Civic Action pro-

organise free medical camp

lifestyle and hygiene. Besides, he also elaborated the role of the CRPF in maintaining cordial relationship between locals and force.

Mahendra Singh 2IC, Rajesh Kumar Yadav 2IC, Girish Chandra Singh Sontiyal, Deputy Commandant, Priyanka Singh Parihar, Assistant Commandant and Praveen Kumar Assistant Commandant of 76 Bn CRPF also participated in the camp.

The initiative drew posi-tive response and was received well by the locals with the urge that the CRPF organize such camps in future too. Mahendra Singh 2IC, Rajesh Kumar Yadav 2IC, Girish Chandra Singh Sontiyal, Deputy Commandant, Priyanka Singh Parihar, Assistant Commandant and Praveen Kumar Assistant Commandant of 76 Bn CRPF also participated in the camp.

Shailendra Kumar emphasizes role of agri, allied sectors in releasing **Prime Minister's vision**

HT News Network

CHAKROI (RSPURA), FEBRUARY 08: Principal Secretary, Agriculture Production Department, Shailendra Kumar, emphasised the pivotal role of agriculture and allied sectors in realizing the vision of Prime Minister, Narendra Modi, during a mega farmers interaction program held at the frontier village of Chakroi, Ranbir Singh Pura here.

While addressing the gathering at Fruit Plant Nursery of Department of Horticulture Jammu, the Principal Secretary stressed the importance of reaching the agricultural community in far-flung areas of Jammu region. He expressed his commitment towards addressing the diverse needs and challenges faced by farmers, highlighting the necessity for robust communication channels between stakeholders. The event witnessed participation of District Development Council member, Taranjit Singh Tony; Director Horticulture/ Agriculture Jammu, Ram Sevak; Director Horticulture Kashmir, G. R. Mir; Director Agriculture Kashmir, Chowdhury Mohammad Iqbal; Joint Director Horticulture and other concerned from Horticulture and Agriculture departments. During the interactive session, farmers from various districts of Jammu region voiced their concerns, ranging from farming practices to broader agricultural issues. The Principal Secretary assured prompt resolution of issues raised during the programme and issued on-the-spot directions to the concerned officers in this regard.Shailendra Kumar said that in a bid to bolster agricultural resilience and.



DDC Doda chairman, DC inspect Jae Road ahead of **Bhaderwah Snow Festival**

HT News Network

DODA, FEBRUARY 08: As the winter chill continues to grip the picturesque valley of Bhaderwah, preparations are in full swing for the upcoming snow festival.

In this regard, DDC Chairman Dhananter Singh Kotwal, Deputy Commissioner Doda Harvinder Singh and ADC Bhaderwah Dilmir Choudhary on Thursday conducted a thorough inspection of the Jae Road and assessed the availability of essential services/ facilities.

With a keen eye on safety, the team assessed status of the road, focusing particularly on the challenge of slippery conditions amid the snow season.

Measures to ensure smooth and safe passage for festival attendees were discussed, including snow clearance initiatives.During the inspection, the visiting dignitaries took the opportunity to engage with the local community at Chinchora and adjoining villages. This direct interaction allowed them to address many public issues and gather valuable feedback from residents regarding the festival arrangements. The excitement is palpable as the region gears up to welcome visitors for the celebration of winter's beauty and cultural richness during the snow festival in Bhaderwah.

National Road Safety Month 2024 **MVD Kishtwar hosts awareness** program for aspiring drivers

HT News Network

KISHTWAR, FEBRUARY 08: In alignment with the ongoing National Road Safety Month 2024, the District Motor Vehicle Department Kishtwar, under the adept supervision of ARTO Kishtwar Mohd Saleem, orchestrated a comprehensive Awareness Program at the Trial Ground Heli Pad. This event was exclusively tailored for the general public who have applied for seeking a driving license. The program aimed to instill a sense of responsibility and awareness among aspiring drivers, emphasizing the crucial role they play in ensuring road safety. ARTO Kishtwar Mohd Saleem spearheaded the initiative, creating an interactive platform for participants.

DC Rajouri flags off group of 11 specially abled students for Vatan Ko Jano Tour

Earlier, T.H. Khan, Com-

HT News Network

RAJOURI, FEBRUARY 08: In a remarkable initiative aimed at fostering cultural and social empowerment among speciallyabled youth, a batch of 11 students was ceremoniously flagged off today by Deputy Commissioner of Rajouri, Om Parkash Bhagat. District Social Welfare Officer, Abdul Raheem was also present on the occasion. The Youth Exchange Programme, meticulously organized under the auspices of the Directorate of Rehabilitation Council, functioning under the administrative umbrel-



la of the Social Welfare Department, embarks on a transformative journey for these young individuals. As they depart for Delhi and Agra, they carry with them the hopes and aspirations of a community eager to break barriers and embrace diversity. During an intimate interaction with the departing students, the

Deputy Commissioner Rajouri eloquently underscored the profound importance of such initiatives in nurturing a deeper appreciation for the rich tapestry of cultures that define our society. He emphasized the transformative potential of cultural exchanges in broadening perspectives and fostering inclusivity. The enthusiastic response from the students echoes the resounding success of this visionary programme, reflecting their eagerness to engage with diverse cultures and experiences. Their participation stands as a testament to their resilience and determination to transcend limitations.

ARTO, Anantnag visits Khiram Dargah, reviews transport facilities to devotees

HT News Network

ANANTNAG, FEBRUARY 08: In connection with the observance of the Meraj-un-Nabi (SAW), Assistant Regional Transport Officer, Anantnag, Dr Mohammad Zubair Lattoo undertook a visit to Khiram Dargah to take onsite review of the transport arrangements for the devotees.On the occasion, he directed transporters to provide better transport facility to the devotees during the auspicious days of Meraj-un-Nabi (SAW) and Friday following. He also presided over an aware-

ness programme regarding Road

Safety organised by the transport-

ers. The programme was attended by a large number of commercial drivers and civil society members.

In his speech ARTO emphasized the importance of following traffic rules and regulations and advocated to adhere to speed limits besides asked them to desist from overloading of passengers.

He further said that precious lives are lost in road accidents and emphasized on the need of collective efforts to minimise the fatalities. He further said that precious lives are lost in road accidents and emphasized on the need of collective efforts to minimise the fatalities.

Addiction Treatment Facility established at District Hospital Ramban Union Minister Ramdas Athawale joins inauguration through virtual mode

HT News Network

RAMBAN, FEBRUARY 08: In a significant step towards tackling drug addiction, the Ramban District Hospital inaugurated an Addiction Treatment Facility (ATF) Centre today, as part of the Nasha Mukt Bharat Abhiyaan.

The virtual inauguration ceremony was graced by Union Minister of State for Social Justice and Empowerment, Ramdas Athawale.

Union Minister Ramdas Athawale stressed the importance of ATF centres in combating drug abuse and achieving a drug-free nation. He emphasized the need for public participation in this crucial endeavor.



Welcoming the facility, the Deputy Commissioner Ramban, Baseer-Ul-Haq Chaudhary said "Inauguration of the Addiction Treatment Facility marks a pivotal moment

in our collective fight against drug addiction. It underscores our unwavering commitment to prioritize the health and wellbeing of our community. With the establishment of this facility, we not only provide treatment but also extend a hand of compassion and support to those battling addiction."

The objective of the ATF is to provide dedicated treatment facilities to individuals struggling with drug addiction. Under the guidance of AIIMS Delhi, the ATF aims to serve as a beacon of hope for those in need.

Speaking on the occasion, Additional Deputy Commissioner, Harbans Lal reiterated the government's commitment to eradicate drug abuse and implementing comprehensive rehabilitation policies. He called upon families, especially parents, to support youth in avoiding drugs and emphasized the crucial role of familial support in rehabilitation.





Srinagar, Friday 09-February-2024

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"Economy Was In Fragile State, Crisis Situation In 2014": Centre's White Paper

HT News Network

New Delhi: Finance Minister Nirmala Sitharman on Thursday tabled a White Paper on Indian Economy in the Lok Sabha. It states that when the BJP-led government came to power in 2014, the economy was in a fragile state, public finances were in bad shape, there was economic mismanagement and financial indiscipline, and there was widespread corruption.

"It was a crisis situation. The responsibility to mend the economy step by step and to put the governance systems in order was enormous. Our government refrained from bringing out a white paper on the poor state of affairs then. That would have given a negative narrative and shaken the confidence of all, including investors. The need of the hour was to give hope to the people, to attract investments, both domestic and global and to build support for the much-needed reforms," the White Paper said.

It said the government believed in 'nation-first' and not in scoring political points. "Now that we have stabilised the economy and set it on a recovery and growth path, it is necessary to place in the public domain the seemingly insurmountable challenges - left behind as a legacy by the UPA Government,"



the White Paper said.

"Every challenge of the pre-2014 era was overcome through our economic management and our governance. These have placed the country on a resolute path of sustained high growth. This has been possible through our right policies, true intentions, and appropriate decisions," the document quoted Sitharaman as stating in this year's budget speech.

The budget session started with the address by President Droupadi Murmu to the joint sitting of two Houses on January 31. This is the last session of the current Lok Sabha before the general elections expected to be held in April-May

this year.

The government had announced in the union budget presented on February 1 that it will come out with 'White Paper' to compare the economic performance of 10 years of the Congress-led UPA government with that of 10 years of the BJP-led NDA government.

Tabling the interim budget 2024-25 in Parliament, Sitharaman said that the Modi government, which assumed office in 2014, overcame crisis of those years and the economy has been put firmly on a high sustainable growth path. In 2014 when our Government assumed the reins, the responsibility to mend the economy step by step and to

put the governance systems in order was enormous. The need of the hour was to give hope to the people, to attract investments, and to build support for the much-needed reforms. The government did that successfully following our strong belief of 'nation-first'," she said.

'The crisis of those years has been overcome, and the economy has been put firmly on a high sustainable growth path with all-round development," she added.

She announced that the government will lay a White Paper on the table of the House "to look at where we were then till 2014 and where we are now, only for the purpose of drawing lessons from the mismanagement of those years.".

"The exemplary track record of governance, development and performance, effective delivery, and 'Jan Kalyan' has given the government trust, confidence and blessings of the people to realize, whatever it takes, the goal of 'Viksit Bharat' with good intentions, true dedication and hard work in the coming years and decades," she

said. The budget session, which is the last Parliament session before Lok Sabha polls expected in April-May this year, was slated to conclude on February 9 and has bene extended by a day.

"Troops In Maldives Will Be Replaced By **Competent Technical Personnel": India**

HT News Network

New Delhi: India will replace military personnel at aviation platforms in the Maldives with competent Indian technical personnel, the Ministry of External Affairs said on Thursday. The Mohamed Muizzuled Maldives government has formally requested that India withdraw its troops from Male.

In this regard, a second high-level group meeting took place in New Delhi on February 2 and a third meeting is scheduled to be held later this month.

Addressing a weekly press briefing in the national capital, MEA spokesperson Randhir Jaiswal said, "What we had to say, we made it out in the press release. This was done after the second high-level core group meeting. We also said that the third core group meeting will be subsequently held." "I would like to say, the present personnel will be replaced by competent Indian technical personnel," Jaiswal said.

After the second meeting, the Maldives Foreign Ministry in a statement said that India will replace its military personnel in one of the three aviation platforms in the Maldives by March 10 and will complete the replacement by May 10.

"Both sides agreed that the Government of India will replace the military personnel in one of the three aviation platform by March 10, 2024, and will complete replacing military personnel in the other two platforms by 10 May 2024," the statement read.Notably, the Ministry of External Affairs stated in its statement that both India and Maldives have agreed on a set of mutually workable solutions to enable the continued operation of Indian aviation



platforms that provide humanitarian and medvac services to the people of Maldives.

"Both sides also agreed on a set of mutually workable solutions to enable continued operation of Indian aviation platforms that provide humanitarian and medvac services to the people of Maldives," it stated.

Previously, Maldives local media had reported that President Mohamed Muizzu had asked the Indian government to withdraw the Indian troops from the island nation before March 15. Notably, the removal of Indian troops from the country was the main election campaign of Muizzu's party. Currently, there are around 70 Indian troops, along with Dornier 228 maritime patrol aircraft and two HAL Dhruv helicopters, stationed in the Maldives. A MEA spokes person also spoke on the speculations regarding budgetary allocation to Maldives in the Interim Budget 2024-25. Jaiswal said that 779 crore has been allocated for the Maldives as against 600 crore as projected earlier and New Delhi continues to be a "committed development partner" for Male.

"No Foul Play, Interconnectedness": **India On Students' Deaths In US**

HT News Network

New Delhi: The External Affairs Ministry, on Thursday, addressing the unfortunate deaths of five Indian students in the United States, emphasised that there was "no foul play or interconnectedness" in the incidents.

The Ministry of External Affairs spokesperson, Randhir Jaiswal, provided details during a weekly briefing, shed light on the circumstances surrounding the demise of two Indian nationals and three individuals of Indian origin who were US nationals.

"There are five Indian students who have died that also includes students from the community. These five rest three are of Indian origin. They are US nationals," Jaiswal said.

The MEA spokes person stated that in the case in which Vivek Saini was brutally killed with repeated blows from a hammer by a homeless man inside a store in Lithonia, Georgia, US on January 29.

"The culprit has been arrested and the local authorities are investigating the matter and taking it forward," Jaiswal said.In another case at the University of Cincinnati, preliminary report suggests no foul play, although the medical report is awaited, the MEA spokesperson said.

"The second case of an Indian student in the University of Cincinnati. report says. No foul play in that particular case as well. But we await the medical report," Jaiswal said.

Jaiswal emphasised the lack of interconnectedness among the incidents and highlighted the nationality of the deceased individuals. Additionally, he said, the MEA is actively engaged with local authorities, consulates, and missions to support the affected families."The other three deaths that have happened are those of people of Indian origin who are US nationals. We are in touch with local authorities there in the cases of Indian nationals. As also our consulate and our mission they are in touch with family members. They are also

"Price Rise, Unemployment...": Congress' **Black Paper Attack On Government**

HT News Network

New Delhi: A 'white' vs 'black' war dominated Indian politics Thursday with the government and the opposition releasing competing factsheets on the condition of the economy during the 10 years of the Congress-led UPA and the past decade, in which Prime Minister Narendra Modi's BJP was in power.

Earlier today the Congress presented its document - a 'black paper' titled '10 saal anyay kaal', or '10 years of an unjust rule' - in which it flagged issues such as the cost of living crisis, rising unemployment, and the subversion of institutions, including the



"Whenever PM presents his views in Parliament, he hides his failures. Therefore, we thought of bringing out a 'black paper' (to) tell the public about the failures of the government," he said.

PM's BIP.

"Modiji, when you were Chief Minister of Gujarat (when the UPA was in power at the centre), you used to talk about tax rights of Gujaratis... then you said states should get 50 per cent tax. You also said people of Gujarat 48,600 crore tax and get only pay 2.5 per cent back."

That jab comes amid a fight between over allocation of funds, including devolution of taxes. The Congress government in Karnataka and the ruling Left Front in Kerala both protested this today.

He also attacked the BJP for toppling elected governments - the reference was to Karnataka and Madhya Pradesh, where the Congress was ousted after MLAs switched sides amid pay-out rumours. "They are using money to finish democracy. They made 411 MLAs cross over to their side. We had elected governments in Karnataka, Madhya Pradesh... You know what happened," he said. The trading of papers comes weeks before a general election, with each side jostling for topof-mind recall when nearly 95 crore Indians head to the polls in April/May.

deaths... Of these five deaths, two He passed away also. There is no foul people are Indian nationals and the play. This is what the preliminary

in touch with the students," the MEA spokesperson said.

Amid Seat-Sharing Talks, AAP Announces 3 Lok Sabha Candidates In Assam

HT News Network

New Delhi: The AAP On Thursday announced three candidates for as many seats in Assam for the upcoming Lok Sabha polls and hoped that the INDIA bloc will allow them to contest from these constituencies.

Addressing a press conference, AAP Rajya Sabha MP Sandeep Pathak announced the names of the three candidates - Manoj Dhanohar from Dibrugarh, Bhaven Chaudhary from Guwahati and Rishi Raj from Sonitpur.



"We are partners of a mature and sensible alliance and we have full faith that the INDIA bloc will accept it. But

winning elections is most important. We are beginning preparations for these three seats immediately," he said. Pathak rued that there is less time remaining for the polls and stressed that with time running out, it will become difficult to contest polls. All things should be expedited. Talks have been going on for months but still there is no result. We are with the INDIA bloc in fighting against the Modi government. All the decisions on alliance should be taken immedi-

ately," he stressed.

RBI Keeps Key Lending Rate Unchanged At 6.5% For 6th Straight Time

HT News Network

Mumbai: The Reserve Bank of India (RBI) kept its key lending rate unchanged on Thursday for a sixth straight meeting, in line with expectations, as inflation stayed above the 4% medium-term target while economic growth continued to be resilient.

The six-member monetary policy committee, consisting of three RBI and three external members, left the key repo rate unchanged at 6.50% after having raised it by 250 basis points between May 2022



and February 2023. members voted in favour Monetary policy must of the rate decision. Annual retail inflation continue to be actively dis-

inflationary, RBI Governor picked up to 5.69% in Shaktikanta Das said in his December from Novemstatement. Five out of six ber's 5.55%, well above the

4% target. However, a sustained fall in core inflation and a fiscally prudent budget have raised expectations of a possible change in the RBI's monetary policy stance.Traders will scrutinise Mr Das' speech to get a sense of the timeline for a policy pivot while any measures to ease tight cash conditions in the banking system will also be key. Annual retail inflation picked up to 5.69% in December from November's 5.55%, well above the 4% target. However, a sustained fall in core inflation and a fiscally prudent.

judiciary and the press.

The document also pointed to protests by farmers - which made headlines in 2020/21 after violent clashes with security personnel, and again this morning - that have "plagued" the country. Congress chief Mallikarjun Kharge, releasing the 54-page 'black paper', indicated opposition had released it because "when we speak about failures of the government it is not given importance".

"The Modigovernment is silent on price rise... prices of petrol, diesel and daily essentials has reached record levels," Mr Kharge told reporters. He also pointed to the "disastrous" demonetisation of 2016, the caste census row, and crimes against women.The Congress boss also said the "failures" of the Modi government over the past 10 years reflected a period of "injustice" and "discrimination" against states not ruled by the

"Fashion Show In Parliament": **PM's Swipe At Congress**

HT News Network

New Delhi: Shortly after Congress president Mallikarjun Kharge released a 'black paper', highlighting the government's "failures", Prime Minister Narendra Modi responded that the Opposition party's move was like a "kaala tika" for his government that will ward off the evil eye.

The Congress this morning published a 'black paper' to counter the 'white paper' Finance Minister Nirmala Sitharaman will table in Parliament. Ms Sitharaman had announced in her budget speech the white paper will be tabled "to look at where we were till 2014 and where we are now". The only objective behind this move, she said, "was to draw lessons from the mismanagement of those years". Releasing the black paper this

morning, Mr Kharge said, "The government will never say how many people got jobs. They are releasing MGNREGA funds. They are discriminating against states," Mr Kharge said. Countering the Centre's attack on Congress ideologues Jawaharlal Nehru and Indira Gandhi, he said, "You are ruling today, what have you



done to control inflation today?"

"The Modi government's tenure is marked by high rates of unemployment, economic catastrophes, such as demonetisation and flawed GST, which have only increased the divide between the rich & the poor and devastated the future of millions of farmers and daily wage workers," the black paper states.

Soon after Congress released the document, Prime Minister Modi walked into Rajya Sabha to bid farewell to MPs whose term is about to end. Addressing the House, he mocked the Opposition's black shirts protest. "We saw a fashion parade in black clothes. The House benefited from the fashion show."

"Kharge ji is here. If a child does something good, if a child gets ready for a special occasion and puts on nice clothes, someone in the family puts a 'kaala tika' to ward off the evil eye. Over the past 10 years, the country is climbing new summits of prosperity. To ensure we are safe from the evil eye, an attempt has been made to put a 'kaala tika'. I want to thank Kharge ji for that," the Prime Minister said in a sarcastic response to the Congress move.

The Prime Minister praised his predecessor Manmohan Singh and lauded him for his contributions to Parliament and the country. He also referred to a recent vote in the Upper House for which the 91-year-old leader turned up in a wheelchair. "I remember, during the voting, it was known that the treasury bench would win but Dr Manmohan Singh came on his wheelchair and cast his vote. This an example of a member being alert of his duties. It was an inspirational example," he said. The Prime Minister was referring to the vote on the Government of National Capital Territory of Delhi (Amendment) Bill, 2023.



EDITORIAL

Srinagar, Friday 09-February-2024 nestoday 🛛 🔽 @headli

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A Sacred Journey in Islamic Faith

Shab e Meraj, an integral event in Islamic tradition, holds profound significance for Muslims worldwide. This spiritual journey marks the night when the Prophet Muhammad (peace be upon him) ascended to the heavens, transcending earthly bounds, and conversed with Allah. Its commemoration symbolizes the spiritual ascent and divine connection inherent in the Islamic faith.

The journey of Shab e Meraj, narrated in Islamic scriptures, illustrates the Prophet's journey from Mecca to Jerusalem, and then through the seven heavens. It signifies the Prophet's unique and unparalleled proximity to the Divine, underscoring the significance of spiritual enlightenment and closeness to Allah in Muslim belief.

For Muslims, Shab e Meraj represents a night of reflection, prayer, and spiritual rejuvenation. It serves as a reminder of the Prophet's exemplary character, steadfastness, and unwavering faith in Allah. Muslims worldwide observe this night through special prayers, recitation of the Quran, and engaging in acts of worship, seeking blessings and forgiveness from the Almighty.

Beyond its historical and theological significance, Shab e Meraj carries profound spiritual lessons for Muslims. It emphasizes the importance of spiritual elevation, righteousness, and adherence to divine guidance in navigating life's challenges. The journey of Meraj serves as a beacon of hope, inspiring believers to strive for spiritual excellence and moral integrity in their daily lives.

Moreover, Shab e Meraj fosters unity and solidarity among Muslims, transcending geographical and cultural boundaries. It serves as a shared moment of devotion and reflection, strengthening the bond of faith and community among believers worldwide.

In essence, Shabe Meraj encapsulates the essence of Islamic spirituality and the pursuit of divine proximity. It underscores the profound connection between humanity and the Divine, inviting Muslims to embark on a journey of self-discovery, righteousness, and spiritual fulfillment. As Muslims commemorate this sacred night, they reaffirm their commitment to faith, piety, and the eternal pursuit of divine guidance in their lives.

Dr. Mehjabeen Nabi is a distinguished contributor to the community and society

Dr. Sheikh Arshid Ahmad

I will start to write with a statement that "developing the passion in life to contribute to society, especially to poor, disabled, and needy persons, is just looking for a life in the hereafter that is immortal, beautiful, and righteous.".

Dr. Mehjabeen Nabi, the founder and president of the Care Foundation and Charitable Trust, has dedicated over 30 years to humanitarian service. She established the Care Foundation with an aim of making the world more accessible for disabled persons, supporting the youth who have been caught in the menace of drug addiction. As a chairperson of the National Human Rights and Social Justice Council of India, she passionately worked for children's rights and provided disabled youth with a brighter future.

She has worked as a Vice Chairperson of "Support NGO" and President of the Greater Shehr-e-Khaas Spiritual and Cultural Foundation. She has contributed to society by elevating the common people who have suffered a lot in their lives and continues her impactful work, along with holding positions like Commissioner for Girls Guide and contributing significantly to the Jammu and Kashmir Federation.

On republic day, the services rendered by her were recognized by the administration of J&K and awarded by prestigious awards. The services were comprised of the empowerment of poor and destitute families and encouraged people in J&K to think about the value of human solidarity, regardless of any caste, creed, color, or religion.

As we know, the specialism in which this iron lady contributes is to empower all downtrodden and backward people and to excel them in their own work areas so that they can sustain their own lives and their families. A healthy state of mind helped her to progress, and she can turn the Himalayan task into a more simple and comfortable one. She has a strong background in the mental sciences; many of her associates and relatives love her dedication, concentration, coaching skills, and obsession with time manage-



ment, which means that she is free every time to help any person along with righteous guidance. During the COVID pandemic, there has been a huge upturn in people exploring entrepreneurship or changing their distant or unexplored dreams into a more comfortable lifestyle.

As president and founder of the Care Foundation and charitable trust, she has made incredible contributions and seeks to discover, develop and utilize all of her abilities to help others to improve their lives. She is so energized by working day and night and getting fruitful results, which enables her to live a life of meaning and ethics.

Her motivation and behavior and her organizational success are key resources that help her overcome all deficiencies. There are two important reasons why she ensured her success in every field: First, she recognizes that she needs to get organized, focused, and productive before adding the extra responsibility of building a proper connection with poor and downtrodden people. Before she earns the right motive to help her life to go through the hurdles and exams.

Second, she focuses on her own business (fair enough!). She wants to be more wholistic and realistic in her approach and she keeps pace with her business more and more.

She used to say: "Thanks to Almighty Allah that he has given me a lot of energy to help the people whose living standard is so weak, before I return to my Lord, InshaAllah, I will find my life with a tranquil heart and soul." Incredibly, she is treated as one of several parents, teachers or even friends who knew her, whether in her professional work or as an educator. The number of people throughout Kashmir was inspired by her transition to a full-time contributor and helper. Even though there are so many NGOs that help the people by giving alms or charity, Dr. Mehjabeen Nabi has individually and specifically helped needy and poor people without portraying any picture on Facebook or any social networking sites. She has given marketing and business advices to a number of people, wherever they want to go to work. They could relate to her as a guide and counselor in their several professions and how they gradually showed their growth. They made a big transition to what they do now in procrastination and fear are often the biggest obstacles to launching a business or starting any business. That is why the skill of a lifechanging person is even more important, and most of her followers have achieved much more in their business and have find their time virtuous around their existing full-time work and parenting responsibilities.

Thus, her specialism in contributing to society, especially towards disabled and poor persons with proper time management, becomes so valuable. Living a life of these poor and destitute persons with 'chaotic and without structure' she has gained motivation to live with these people with 'a positive, fruitful, and fulfilled life where herevery moment is valued.' For a mazing people like Dr. Mehjabeen Nabi, who has wonderful intentions, ample skills and dedication to run the life with harships, there is serious mental, spiritual, and practical guidance and attitude to get her life moving forward.

She says, I now live without regrets, sadness or anxiety, but full of conviction that i have done my best and that success is only from Allah. More than money, more than promotion, more than any concrete outcome, it's that inner sense of knowing that i have taken the strongest means to be the best version of myself."

> The Authoir is a Counselor, writer, or columnist

All Of Humanity Needs Peace



Sahil Manzoor

Peace has no alternative in this world. Peace brings all we need for the upliftment of all humanity.

Work is worship. Dr. Alama Iqbal (RA) quoted in his poetry, "dard-e-dil ke vaste paida kiya insan ko.

varna itaa, at ke liye kuchh kam na the karr-o-bayaa". We feel pain, we feel sorrow, we feel joy, and we feel happiness. Emotions have no caste, colour, sex, religion, etc.; all human beings are naturally equal on this earth. Some humans are humble, some are gentle, some are benevolent, some are kind, some are cruel, some are born destructive, and some are enemies. Today, humans are facing several threats, like neighboring countries not showing a friendly nature and threatening each other with atomic weapons. War has no solution; it even destroys the wealth of the nation and historical monuments. Wars are worse-two world wars. World War I, from 1914–1919 to 1939–1945. Great people, great leaders, and great human beings have lost their lives during the war between countries.

Education is the strongest power that can transform a gallery of good thoughts into the human mind, so why only weap-



on wars? So far as my thoughts are concerned, I think the word war should be disliked by all of humanity. Every issue should be resolved around the table. The impact of educated people in civilized countries should be seen practically. All the developed countries should come and discuss global issues like poverty, unemployment, and education. Education, which should be prioritized and spread among the weaker countries. Pure and great thoughts should be taught to the learners. Those who are spreading hateful thoughts and messages should be punished, and every human throughout the globe should have one identity that says no to war. Save whole humanity. Love each other and live for one another. Share great and useful thoughts throughout each corner of the world.

To ensure the safety of humanity, serious and effective rules should be implemented. There should be no place for any kind of violence on this earth. Wars, racism, and communalism. Fascism should not be given any weight, and people who discuss it should be condemned by all of humanity. Then there are chances of peace. Peace has great scope in communities. But it is very unfortunate that we are discussing a lot about this without taking it seriously. Peace should be given the name "strongest bond of brotherhood. The whole world needs work, and all the ailments disturbing this peace should be labeled as uncivilized and should be kept far away from the civilized class. Peace has nolimits. Peace brings intrinsic happiness; peace brings calm and cool feelings. Peace protects child rights; peace protects all of humanity. In this article, I would like to share my opinion regarding social work. We are so small by our size that we can't compare ourselves with lofty mountains. In front of eminent mountains, humans are like particles of sand. So small as compared to a big tree. We have flaws, we get sick, we die, and we have to stand in front of our creator. In all corners of the world, social work is done by great social workers. Social workers are the real warriors who come during uncertainties and try to save humanity.

Anyone can take part in safeguarding humanity. People who are rich can give to those who are financially weaker. Your little help encourages and uplifts a number of weaker sections. It is our responsibility to take care of the weaker people and contribute what we have for them. Our motto should be " will eradicate poverty and take part in all the developmental works". Child labour needs stringent laws, and child labour should be replaced with providing education to all up to post-graduation. Basic education should be revamped from 0–14 years of age to graduation level. The labour age should be fixed at 25 years. Provide education up to graduation for all the weaker classes, and the skill development sector should be encouraged with a handsome budget. No individual up to 25 years of age should be deprived of education, and they should be laced with skills.

All the communities should work together on child labour, drug abuse, and harassment of women. Women need special rights and security from the government. Women's empowerment should be a priority for all administrations.

> Raiyar-Ich, sahilmanzoor0401@ gmail.com

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Balraj Bakhshi: The Poet of Resilience, Wisdom, and Soulful Splendor



Dr Basharat

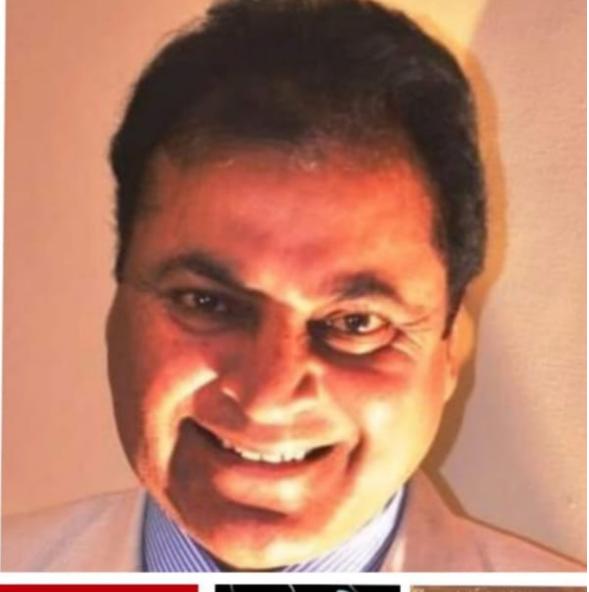
"Kabhi Apne, Kabhi Aghyaar Nazar Aate Hain Saae Bhi Kitne Purasaar Nazar Aate Hain Waqt Ne Chhod Diye Chehre Pe Kuch Aise Nishaan Hum Bhi Jaise Koi Shahkaar Nazar Aate Hain'' (Balraj Bakshi)

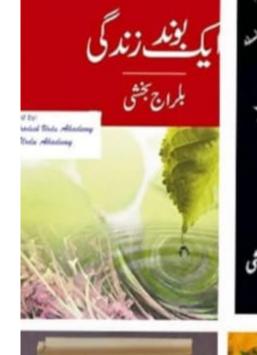
Balraj Bakhshi's ancestral roots trace back to Phagoli Gaon village, situated in the domain of the erstwhile Poonch. After 1947, Bajraj Bakhshi's parents shifted to Nagrota camp. They later moved to Batoot before eventually settling in Udhampur, Jammu. Bakhshi found solace and guidance in his mother, who became a pillar of strength. Despite adversities, he emerged as a literary master, with his verses reflecting the wisdom gained from the trials of life.

Balraj Bakhshi is a multi-talented writer, serving as a journalist, critic, poet, story teller, author and editor of the quarterlyUrdumagazine"Zabaan-o-Bayaan"inUdhampur Jammu and Kashmir. He is nationally acclaimed for his profound impact on Urdu literature. His masterpiece, 'Ek Boond Zindagi,' delves into the depths of contemporary societal and human complexities.

Garnering praise from prestigious institutions like the U.P Urdu Academy and the Bihar Urdu Academy, along with a coveted nomination for the Sahitya Akademi Award, underscores the significance of his literary contributions. The University of Jammu's decision to offer M. Phil. courses centered on his works speaks volumes about his literary prowess.

In addition to his literary accolades, Balraj Bakshi's presence in documentaries and programs aired by renowned Urdu media channels like DD-Urdu, Doordarshan-Srinagar, Doordarshan-Jammu, and ETV-Hyderabad further highlights his influence. His active engagement in writers' camps and workshops organized by esteemed institutions like UNICEF and Sahitya Akademi reflects his unwavering commitment to the







That cloud could change the fate of the Garden

There was an incredible power in his words That he could uprear the islands of faith

There is no wall or door in my rotted house Anyone could call me from anywhere.

Oh, Balraj! he was satisfied with his friendships He could also pull down and repose me in the mirror of heart (Translated by Ghani Ghayoor)

Balraj Bakhshi's poetry vividly portrays human emotions, trust, and expectations. He illustrates this through verses like, "My place is open to all, free from walls," highlighting inclusivity. In the moments of defeat, he questions, "If not for him, why do tears flow?" which showcases vulnerability. Lastly, he reflects on expectations, stating, "If my loss brings him peace, I'll accept it willingly," revealing a profound understanding of human dynamics.

"Eventually, my robe became my rival over my body that my body could not be revealed to me

Don't hand over your construction to the existing, Firstly he is a creator and lastly a destroyer."

Renowned critic and scholar Professor Quddus Javed, with over twenty books on language and postmodern theory to his name, admires Balraj Bakshi's poetry for its contemporary relevance and profound thematic and linguistic depth. He commends Bakshi's skill in seamlessly blending classical ghazal tradition with modernideas, resulting in verses that are both innovative and accessible. He lauds Bakshi's bravery in addressing real-life issues with honesty and resilience, avoiding artificiality and introspection. Moreover, he recognizes Bakshi's contributions to diversifying and enriching the genre while maintaining the musicality and distinctiveness of his work and describes Balraj Bakshi as a significant figure in contemporary Urdu poetry.

"Mujh Ko Buzdil Nah Kabhi Likhna Qabeelay Waalo Tum Ne Dekha Nahi Neeze Pe Wo Sar Kis Ka Tha

Main Nah Kehta Tha Mitana Nahi Abhi Sarey Saboot Aur Ab Pooch Rahe Ho Yeh Khandar Kis Ka Tha

Is Tarah Hogaye Taqseem Ke Socha Bhi Nahi Kis Ki Shaakhein Hain Samar kis ke, Shaiar Kis Ka Tha''

literary arts.

With a career spanning over thirty-five years in print journalism and significant contributions to television production for Doordarshan Kendras across various cities, Balraj Bakshi's impact transcends the realm of literature. The State Government's acknowledgment through the conferment of the State Award in 2017 stands as a testament to his exceptional achievements and lasting legacy.

"Raqeeb Aakhir Hogaya Mera Hi Pehraan Aakhir Na Aashkaar Ho Mujh pe Wo Badan Aakhir

Hawale Zindagi Ke Tameer Apni Mat Karna Yeh Bout Taraash Hai Pehle Tow Butshikan Akhir"

Besides his knack for storytelling, Balraj Bakhshi is renowned for his poetry, particularly his enchanting Ghazals and heartfelt poems. His literary works include the engaging story collection "Ak Boond Zindaji" and the evocative poetry collection "Mati Kay Mousam," both published in 2021.

"Woh Sab Ko Dhoop Dhoop Sunata Huwa Milay Koi Darakht Chaon Lotatha huwa Milav

Jaise Meri Shikast Mein Us Ka Bhi Haath Hai Jab Bhi Mile Woh Aankh Churata Hua Milay"

Bakshi's artistic prowess spans various forms, from poetry composed at a tender age to journalism, literary criticism, and storytelling. Fluent in Hindi, English, Dogri, and Urdu, he excels in translation and documentary production for Doordarshan.

Among his achievements, Bakshi's Urdu compositions have garnered global recognition, earning accolades from Urdu Academies across India. His literarv contributions include acclaimed works like 'EIK BOOND ZINDAGI,''Aasaniyat' dictionary, and 'Mitti Kay Mausam' poetry collection.

"Kahin Bhi Zindagi Apni Guzaar Sakta Tha, Woh Chahta To Main Danista Haar Sakta Tha.

Zameen Paon Se Mere Lepat Gayi Warna, Main Aasmaan Se Taare Utaar Sakta Tha.

Jala Rahi Hain Jise Tez Dhoop Ki Nazrain, Woh Abr, Baagh Ki Qismat Sanwar Sakta Tha.

Ajab Mojza Kaari Thi Uski Baaton Mein, Keh Woh Yaqeen Kay Jazeera Ubhar Sakta Tha.

Mere Makaan Mein Deewar Hai Na Darwaza,

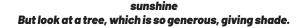


Mujhe To Koi Bhi Ghar Se Pukaar Sakta Tha.

Pur Itminan Thee Uski Rafaqatain Balraj, Woh Aainay Mein Mujhe Bhi Utaar Sakta Tha."

In the lyrical realm of poetry, Balraj Bakshi stands as a luminary, possessing a keen insight into the intricacies of human emotion. His verses traverse the spectrum of feelings, from the euphoria of love to the poignant ache of loss. With a deft command of language and imagery, Bakshi crafts worlds that beckon readers to immerse themselves fully. Each word, meticulously chosen, serves as a conduit for a myriad of emotions. His poetry serves as a mirror to the soul, inviting introspection into the delicate beauty and transient nature of life. Whether exalting in its triumphs or mourning its tragedies, Balraj Bakshi's poetic oeuvre remains an enduring source of fascination and inspiration for audiences worldwide. His words echo with timeless resonance offering solace, inspiration and enlightenment to all who dare to listen.

"He goes on complaining to everybody about the



As if he is involved in my defeat or failure inevitably seeing me, he turns a blind eye"

Translating poetry is a nuanced and intricate process. It goes beyond merely translating words, requiring an understanding of the essence, emotion, and cultural context of the original language. The goal is to make the poet's artistic expression accessible to readers in a language they understand. However, it is important to acknowledge that translation involves interpretation and adaptation, which may not capture all aspects of the richness and depth of the original work.

He could have lived his life anywhere If he wanted, I could lose on purpose

the around had cluna to my feet. otherwise, I could bring down the stars.

The eyes of the hot sun are burning

In the realm of literature Balraj shines as a storyteller extraordinaire weaving tales with innocence and depth that resonates amidst challenges of life. His stories touch on both trivial and profound subjects, offering insights into complexities of life. His craftsmanship evokes emotion and wonder, making the stories captivating.He address contemporary issues through symbolic imagery, leaving room for interpretation. His storytelling journey is characterized by profound narratives that merge everyday struggles with powerful symbolism. Stories like "Mushtarka Ilanmia," shed light on the fight against authoritarian regimes and the crucial role of justice. Similarly "Death Certificate," delves into the poignant reality of identity deprivation and societal injustices, leaving readers contemplating the complexities of the individual-system relationship. Bukhshi's storytelling prowess lies in his ability to evoke deep emotions with minimal words, making the narratives both accessible and thought-provoking. His fearless approach to addressing societal issues cements his position as a prominent figure in Urdu literature.

The captivating story "Faisla" centers around Judge Mazafer Ali and a wild bird. It skillfully portrays the challenges faced in the snowy region of Doodhia during winter and sheds light on the struggles of jungle animals encroaching on human territories, as well as the worries of the people. In the story, a wild bird rushes into the courtroom seeking sanctuary. Judge Muzafar Ali, who had been craving meat due to its scarcity, is about to slaughter the bird when he interprets the action of bird as a plea for justice. He refrains from harming the bird, and then lets the bird fly away by tossing it out of the window.

Bakshi's commitment to linguistic diversity is evident in his translation projects and contributions to international Urdu magazines. Through his poetry recitals and critical analyses, he leaves an indelible mark on the literary landscape.

Balraj Bakshi's contemplation of intricate tapestry of life reveals a profound understanding of the human experience. Through his writings, he encourages us to appreciate the richness of the present moment while treasuring the memories of the past. As a skilled literary artisan, Bakshi meticulously crafts his words, weaving them together to create a vibrant and captivating narrative. In doing so, he adds depth and nuance to the collective story of humanity, infusing it with themes of resilience, wisdom, and the sublime beauty of expression. His work serves as a beacon of enlightenment, guiding readers to navigate the complexities of life with grace.

> The author is a writer, columnist translator and critic. He can be mailed at chogalwriter76@gmail.co





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CONTINUE FROM FRONT PAGE.....

J&K Has.....

and integrated farming. Our farmers should be provided necessary handholding and guidance on Monoculture farming so that they could avail the benefits of this 'Farming of Future', he said.

The Lt Governor emphasized on increasing awareness and dissemination of information on the benefits of crop rotation, digitization and precision farming tools among the farmers.

He also advised for Rural Action Plan for innovation, technological advances, digital agriculture to make rural community accessible to the key flagship areas of the agriculture and allied sectors.

Addressing the gathering, the Lt Governor shared various progressive steps taken by the government including Holistic Agriculture Development Programme (HADP), high density plantation, GI tags for niche products, agri-entrepreneurship, new Farmers Producers Organisations and developing educational institutions as a technical hub to support farmers.

J&K is the biggest producer of apple in the country. Last year, our annual production was 75 % of the country's total production. In the last 3 years, 2.44 lakh metric tonnes of CA storage additional capacity have been added and we are aiming to add similar capacity in the next 6 months, the Lt Governor further added.

Dr. B. N. Tripathi, Vice Chancellor, SKUAST-Jammu and Conference Chair emphasised upon the importance of diversification of agriculture and its potential in attaining food and livelihood security.

At SKUAST Jammu, the Lt Governor inaugurated the International Hostel of the University.

He also released the Souvenir cum Abstracts of the 6th J&K Agricultural Science Congress being organized by SKUAST-Jin collaboration with J&K Science, Technology and Innovation Council, Department of Science & Technology, J&K.

On the occasion, J&K Science, Technology & Innovation Council, Department of Science & Technology handed over a cheque of the financial assistance of Rs 1.45 crore to SKUAST Jammu on account of research of R&D projects under the Sponsored Research & Extension Programme scheme.

Prof. Nazir Ahmad Ganai, Vice-Chancellor SKUAST Kashmir; Sh Saurabh Bhagat, Commissioner/Secretary, Science & Technology Department; senior Officers of UT Administration and SKUAST, Agriculture Scientists, scholars and students were present.

Parliament.....

financial year. For this, the Department had assessed the revenue receipts of the UT Government from GST, motor spirit tax, excise, and stamp duty. Further, the non-tax revenue from electricity and water supply, mining royalty, timber sales, annual rent from industrial lands, etc were also examined. The own revenue of the UT Government has been estimated at Rs. 20,867 crore. The UT Government also pursued Government of India for getting central financial assistance.

Lieutenant Governor, Shri Manoj Sinha and Chief Secretary, Atal Dulloo led the UT's efforts in this direction. Crucial meetings were held in August 2023, October 2023 and January 2024 in

1) Rs 2959 crore provisioned for tap-water connectivity for rural areas under Jal Jeevan Mission with Rs 532 crore as UT Share.

2) Rs 934 crore for transforming agriculture and allied sectors of the UT through the Holistic Agriculture Development Programme (HADP), including provisions for IFAD funded J&K Comprehensive Investment Plan (JKCIP).

3) Rs 1907 crore for rejuvenating school education infrastructure and services through funding under Samagra Shiksha Abhiyan, PM SHRI and PM Poshan.

4) Provision of improving road connectivity with Rs 1683 crore for PMGSY roads, Rs 300 crore for CRF roads, and Rs 1000 crore NABARD scheme.

5)Rs 1313 crore for strengthening decentralized governance by providing for local area works of panchayat and urban local bodies.

6)Rs 1271 crore for strengthening infrastructure and services in Health sector.

7) Rs 1093 crore for rural housing under PM Awas Yojana-Grameen scheme.

8) Rs 1000 crore for e social security coverage for Old aged, Widow and Disabled pensions.

9)Rs660croreforJ&K's equity for in the hydro electric projects at Ratle, Kwar, and Kiru, which would provide stable revenue source and cheaper power.

10) Rs 505 crore for timely procurement of machinery, equipments, prosthetic aids and drugs in Health sector through the dedicated corporation.

11) Rs 500 crore for capitalization of Cooperative Banks, Rural Banks, J&K Bank, etc.

12) Rs 450 crore for infrastructure of new Colleges and Universities as per NEP vision.

13) Rs 430 crore for women empowerment intervention of Ladli Beti and Marriage Assistance

14) Rs 400 crore for construction of Transit accommodations for Kashmiri Pandit employees. 15) Rs 400 crore for development of Indus-

trial Estates and related infrastructure.

16) Rs 370 crore under Swachh Bharat Abhiyan (Urban) scheme. 17) Rs 390 crore for Flood Management Proj-

ect of River Jhelum. 18) Rs 450 crore for GST re-imbursement to

ensure timely reimbursement of the claims. 19)Rs 272 crore for DDC/BDC grants improv-

ing local governance at district and block level 20) Rs 174 crore for development of model schools under DM Schrischame

schools under PM-Shri scheme. 21) Rs 155 crore for industrial incentives,

Start-ups, trade promotion, Job fairs, etc. 22) Rs 155 crore for Heritage conservation, Tourism promotion, and promotion of festivals,

cinema/ threatre. 23) Rs 150 crore for developing rooftop solar and other avenues of new and renewable energy. 24) Rs 140 crore for creation of Sports Infrastructure

25) Rs 104 crore for construction of Police Housing, Bunkers, Police Stations, CCTV, etc.

26)Rs 100 crore for conclusion of World Bank funded Jhelum Tawi Flood Recovery Project.

27)Rs 100 crore for Mission Youth programmes for education, skilling, and employment

28) Rs 91 crore for new tourism destinations, new circuits, Sufi circuit and identified religious circuits, ropeways, highway resting places and viduals in various parts of the city.

The Wednesday's terror incident found mention in the Lok Sabha, with Congress MP from Ludhiana Ravneet Singh expressing concern over the death of the two workers from his state.

"This is a matter of concern. Their bodies have reached Punjab today. What is the reason behind the killings? The government there has termed it as a terrorist attack. There is a need to take care of their families," he said.

National Conference (NC) president Farooq Abdullah, while speaking at the Left Democratic Front (LDF) protest, asked why assembly polls are not being held in Jammu and Kashmir and wondered what was gained from the abrogation of the provisions of Article 370 of the Constitution.

"When they (Centre) abrogated Article 370, they said it was responsible for terrorism. Yesterday, two innocent people were shot dead (in Srinagar)," the former Jammu and Kashmir chief minister said, while expressing his condemnation of the terror group for killing the innocent civilians.

In Jammu, a handful of activists of the Rashtriya Bajrang Dal (RBD) held protests.

Last year, terrorists had carried out three attacks on non-local workers, resulting in the death of two and injuries to three others.

While a circus worker from Udhampur district was shot dead by terrorists on May 30, 2023, in Anantnag district, brick kiln worker Mukesh Kumar from Bihar was shot dead by the ultras on October 31 last year in Pulwama district. Three labourers were injured in an attack by terrorists in the Gagren area of Shopian district on July 13. (Agencies)

CS Led.....

these schemes at higher level so that the bottlenecks if any are removed instantly. He also advised for interdepartment coordination for smooth implementation of these schemes here in the UT.

Dulloo also stressed upon making the scheme benefits readily available to the prospective beneficiaries by simplifying the procedures. He also called for making necessary amendments as per the guidelines, wherever required, for orienting these with the interests of farmers here.

The Principal Secretary, APD, Shailendra Kumar informed the meeting about the monitoring mechanism put in place by the department for achieving the targets on time. He also made out that the department has ironed out certain complications for the applicants based on their feedback.

He also threw light on the overall picture of the implementation of these schemes here besides the measures the department is contemplating to enhance the outcomes for each such scheme under implementation in the UT.

The respective Mission Directors presented the performance made in each scheme during the ensuing financial year. They also unveiled the AAP for the financial year 2024-25.

It was given out that under for CSS Rashtriya Krishi Vikas Yojana (RKVY) funds to the tune of Rs 13.21 Cr were released by central government for different projects like RKVY-Normal, Agriculture Machinization, Soil Health Fertility, Rainfed Area Development (RAD), Paramparagat Krishi Vikas Yojana (PKVY) and Agroforestry.

The outcomes of the scheme includes distribution of one crore vegetable seedlings among farmers, installation of borewells, bower systems. Similarly 230 clusters had been established for promotion of organic farming under PMKVY and distribution of 41 water lifting devices, 82 vermi compost units, 252 apiculture hives has also been done under RAD. The meeting also held deliberations about the AAP under RKVY 2024-25. It was apprised that the AAP amounting to Rs 63.03 Cr has been laid for the next financial year. This includes Rs 6.51 Cr for RKVY- Normal, Rs 22.45 Cr for Agriculture Machinization, Rs 2.38 Cr for Soil Health Fertility, Rs 2.10 Cr for Rainfed Area Development (RAD), Rs 6.71 Cr for PKVY and Rs 18.75 Cr for Per Drop More Crop besides allocations for other sub-projects of this scheme. The outcomes of the scheme includes 15-20% increase in production of vegetables and availability of 3.65 Cr vegetable seedlings, distribution of 82,846 quintals of quality seeds, assured irrigation, employment generation, gender-friendly machinery, better utilisation of Natural resources, better marketing and better returns by reducing distress sale among farmers besides dozens of other benefits accruing to them. The meeting also discussed the projections made under the Saffron Mission, Bamboo Mission, Krishannoti Yojana, ATMA, and the Mission for Integrative Development of Horticulture (MIDH). It was said that the AAP proposed under MIDH for 2024-25 is Rs 60.00 Cr. The meeting also discussed the projects initiated on increasing the product of Saffron, honey besides other niche crops in the UT. It also deliberated upon establishment of two Centres of Excellence in Horticulture with the help of Netherland here besides the impact of HADP among other farmer oriented schemes implemented in J&K.

Meanwhile, elaborate arrangements were made by the authorities for the devotees at the Hazratbal Shrine.

Several political leaders and social activists extended their greetings to the people on the occasion. (UNI)

Kashmir Continues.....

tourist destinations continue to slip.

The Meteorological Centre at Srinagar said the Sonamarg tourist resort in central Kashmir's Ganderbal district registered the night temperature at -13.1 °C.

The MeT said the ski resort of Gulmarg in north Kashmir recorded a minimum temperature of -12°C. Pahalgam registered a low of -11.9°C, against the -10.8°C recorded a day ago. It was 4.9°C below normal for the valley of shepherds in south Kashmir.

The MeT office said Srinagar recorded a low of -5.2°C against -2.0°C Wednesday night. It was -4.8°C below normal for the summer capital of Jammu and Kashmir during this period of the season.

The other stations of the valley, including Larnoo, recorded a low of -9.9°C, Shopian -8.0°C, Kulgam -6.0°C, Pulwama -5.8°C, and Anantnag -5.2°C, the Kashmir weather forecaster said.

The minimum temperature at Qazigundon Srinagar-Jammu National High plunged to a low of 6.4° Cagainst the -3.2° Caday ago, and Kokernag recorded a minimum of -4.5° Cagainst the -4.3° C the previous night.

Kupwara plunged to a low of -5.4°C against the -3.3°C recorded the previous night. It was 3.4°C below normal for the frontier Kashmir district of north Kashmir, the MeT office said. (UNI)

JPDCL Issues.....

curb electricity theft and ensure fair billing practices, JPDCL has intensified its efforts to crack down on meter tampering and unauthorized connections.

The corporation has instructed its officers to maintain a vigilant stance and promptly address any instances of malpractice.

Speaking on behalf of JPDCL, a top official emphasized the necessity of upholding the integrity of the electricity distribution system.

He stated, "Meter tampering and illegal connections not only pose a financial burden on the corporation but also undermine the reliability of the power supply for law-abiding consumers. It is imperative that we take proactive measures to deter such activities and uphold the principles of fairness and transparency."

Furthermore, JPDCL has issued a stern warning to consumers found engaging in illicit practices.

The corporation asserts that any individual or entity found tampering with meters, indulging in unauthorized connections, or manipulating billing processes will face strict legal consequences.

The public is encouraged to report any suspicious activities related to electricity consumption to the designated authorities.

JPDCL assures the public of its commitment to maintaining a reliable and equitable electricity distribution system for all consumers across Jammu.

It is worth mentioning here that the Kashmir Power Distribution Corporation Limited (KPDCL) has already escalated its efforts to crackdown on meter tampering and illicit power hook-ups.

With a surge in electricity theft posing significant financial losses and operational challenges, KPDCL has embarked on a mission to tighten its grip on offenders across the region.

Muhammed Amin Bhat and described Bhat Sahib as an epitome of simplicity.

Editor in Chief of daily Headlines Today Jahangir Bukhari also expressed solidarity with Bhat family in general and Muhammed Amin Bhat in particular in this hour of grief and sorrow.

Death of Abdul Majeed Bhat has been widely condoled across socio-political and religious circles across J&K.

Apni party Gen Secretary Gh Hassan Mir has also condoled the death. Meanwhile, Halqa-e-AdabSonawari condoled the demise and expressed sympathies with the bereaved family, especially Mohammad Amin Bhat. People from different sections of society also visited the bereaved family and expressed sympathy with Bhat family.

Journalist fraternity also expressed deep sympathies with the bereaved family. Editor-in-Chief Good Morning Kashmir, Javed Shah also condoled the demise and sympathised with Mohammad Amin Bhat and other members of the bereaved family.

ED Arrests

Shah, who arranged admissions in MBBS and other Courses in the colleges of Pakistan for students from Jammu & Kashmir.

The ED said Shah has been remanded to their custody till February 13, by the Court of the Special Judge ACB(CBI-Cases) Kashmir, Srinagar.

The ED initiated investigation on the basis of FIR registered by J&K Police under various sections of Unlawful Activity (Prevention) Act and IPC, 1860 against Mohammad Akbar Bhat, Fatima Shah, Altaf Ahmad Bhat, Qazi Yasir, Syed Khalid Geelani alias Khalid Andrabi and others involved in terrorist activity in Jammu & Kashmir.

"ED investigation revealed that accused persons were hand-in-glove with Pakistan handlers in the guise of admissions in MBBS & other courses in the colleges of Pakistan for students from Jammu & Kashmir. They had received money in their personal accounts and in the bank accounts of Al-Jabar Trust which was a charitable trust but was being used for the purpose of receiving funds from students, which were further being ploughed into the terrorist activity in India in multiple ways such as giving money to stone pelters, providing money to the persons/terrorist based in Jammu & Kashmir as per the instructions of Pakistani handlers such as Manzoor Ahmad Shah, Altaf Ahmad Bhat and others," the spokesperson said.

The ED said accused Shah has also received money from Sabzar Ahmad Shaikh and others, who had received money from a number of students who got admission in Pakistan medical college as per the instruction of his ex-filtrated brother Manzoor Ahmad Shah and same was distributed for subversive activities in Jammu & Kashmir Region.

Earlier ED, Srinagar had provisionally attached properties worth Rs. 5 Crore approximately under the provisions of PMLA, 2002 in the form of various Bank Accounts, Immovable properties, etc.

The spokesman said further investigation is under progress. (UNI)

Laced with.....

news agency-Kashmir News Observer (KNO), suggest that 15 vehicles and gold coins worth Rs 10.66 lakh were recovered and seized in 2023. "Of this, four vehicles were seized from the Jammu region with cash worth Rs 28. 10 lakh was also freezed," the figures reveal Similarly, while continuing its war against narcotics, seven houses and 21.5 malras of land was seized in Kashmir where Rs 238 lakh were also freezed. "Anti-Narcotics Task Force (ANTF) also seized one house and four malras of land in Kashmirlast year," the figures reveal. In total, 15 vehicles and gold coins worth Rs 10.66 lakh were seized under NDPS in 2023 besides eight houses and 21.9 malras land also attached under NDPS. "In total, cash worth Rs 296 lakh were recovered and freezed," the figures reveal. A senior police official said that along with the NDPS, police are acting tough against big fish involved in supplying and distributing drugs among youth in J&K. "Special police teams have been constituted to crack the gangs and nexus among suppliers and dealers. Focus is to ensure stern punishment those involved in spreading this poison among youth of J&K," he said, wishing not to be named. From seizing the properties including movable or immovable and freezing the cash earned out of the sale of narcotics, NDPS act is coming handy in dealing with the narcotics dealers, suppliers and distributors. "We want to set an example by ensuring the stern punishment to those involved in this drug trade so that it is rooted out from the society forever," he officer said. After last year's success, police teams continue their efforts of reaching out to the big fish to crack the whip on the narco-terrorism in J&K. Meanwhile, locals have hailed the police action against drug abuse in J&K stating those involved in the supply chain should be booked under NDPS and sternly punished. "As far as this action is concerned, we are with the police every time. Our support is for the police as drug menace is eating our young population. Youth are falling prey to drugs at a great speed. Booking big fish under NDPS is a great move," a group of people from Srinagar's downtown told KNO.

Ministry of Home Affairs and Ministry of Finance to review these demands of the UTG overnment. Union Home Minister and Union Finance Minister personally reviewed the fiscal management of the UT Government in recent months.

Accordingly, the Central Government has agreed to provide Rs. 41751.44 crore to the UT Government in this financial year and Rs.37277.74 crore in the next financial year. These assistance figures were duly captured in the Revised Estimates of 2023-24 and the Budget Estimates of 2024-25 of the Union Government. This assistance includes the normal assistance (resource gap) to the UT Government, equity contribution for hydropower projects at Kiru, Kwar and Rattle, etc.

Building on this, Finance Department drafted its Supplementary Budget for 2023-24 and Vote on Account for 2024-25 and the two Appropriation Bills. The revised estimates for 2023-24 is overall lower than the budgeted estimates 2023-24 as the UT government was successful in streamlining its expenditure. The supplementary demands for 2023-24 of 8,712.90 crore pertain to the four Departments of Finance, Power Development, Hospitality and Protocol and Cooperatives. The supplementary budget is required by Finance department in view of the repayment of debt, while Power Development department needs to provide for power procurement. The Hospitality and Protocol department intends to develop the new J&K Bhawan at Dwarka, New Delhi for which land will be allotted from DDA. The Cooperative department requires the funding additionality for its new CSS, Assistance to Primary Agricultural Credit Societies (PACS). These additional demands are proposed to be catered with Supplementary Demands for the current year 2023-24.

The Parliament also approved the interim budget for 2024-25 for Jammu & Kashmir which makes provisions for the ongoing initiatives in J&K to promote social inclusion, enhance transparency, augment revenues, and step up infrastructure development. It also provides for ongoing measures for sustainable agriculture, industrial estate, PRI level works, employment generation, and developing tourism. The Parliament also approved the UT's Vote on Account for Rs. 59,364 crore. This interim budget covers revenue expenditure of Rs. 40,081 crore and capital expenditure of Rs. 19,283 crore. It provides for the ongoing measures and schemes as follows

promotion of Golf.

29) Rs 70 crore under infrastructure for welfare of tribals for construction of Tribal Hostels/ Milk Villages/ Nomad Shelters/Libraries for Gujjars.

30)Rs 100 crore for sewerage projects in urban areas, Rs 70 crore for development of new Townships and affordable housing and Rs 50 crore for Dal development.

With the Parliamentary nod to the two Appropriation Bills on the Supplementary Demands for 2023-24 and Vote on Account for 2024-25, the UT Government will now focus on expediting infrastructure projects and social and economic measures and meeting the revenue realization targets.

Second Victim.....

this morning, taking the toll to two in the first targeted killing of the year by terrorists in Jammu and Kashmir. The city is on alert following the attack with security measures being intensified and authorities asking people to be cautious and vigilant. Rohit Masih succumbed to injuries at the SKIMS Hospital here this morning. He was shifted to the tertiary care institution late Wednesday night after his condition worsened at the SMHS Hospital, officials said.

On Wednesday, Amritpal Singh, also a worker from Punjab, was shot dead from point blank range at Shalla Kadal in uptown Habba Kadal.

Jammu and Kashmir Lieutenant Governor Manoj Sinha and political parties in the Union Territory have strongly condemned the attack, the responsibility of which was taken by the banned 'The Resistance Front (TRF)', a shadow group of Pakistan-based Lashker-e-Taiba.

Inspector General of Police (Kashmir Range) VK Birdi emphasised that security measures have been intensified and urged for caution. While police are actively working to solve the case, Birdi asserted that security grids are in place and are operational. Authorities have asked the public to remain cautious and vigilant in the wake of the attack.

"We have already intensified patrolling, and we are working on solving the case," Birdi said.

Refusing to share details on the incident, Birdi said it will be premature to tell things. "Sometimes it becomes prejudicial for investigations but we are definitely working on it (on the case)," he said. Security forces have also initiated a search operation in and around the area of the attack, and have been conducting random checking of indi-

Mehraj-Ul-Alam.....

including men, women and Children participated in night long prayers "Shab Khawani" during which special prayers was offered on the intervening night of Wednesday and Thursday.

Soon after the first prayer of the day "Fajr" namaz was offered today at the Hazratbal shrine, a priest displayed the "Moie-e-Muqadas" or Holy relic of the Prophet Muhammad (SAW) before the devotees on the occasion. The devotees would have the glimpse of the holy relic after every prayer for the two days at the shrine and on the following Friday.

Late night, prayer functions were also held at Jenab Sahab Soura Srinagar, other shrines and mosques of the valley on Wednesday.

Authorities have also pressed into service Srinagar Smart City Buses which will ply from various parts of the Kashmir including Srinagar to transport devotees to the holy shrine of Hazratbal. For the last two months the corporation has launched a comprehensive initiative aimed at identifying and penalizing individuals involved in meter tampering and unauthorized connections. Under this intensified crackdown, KPDCL has deployed specialized teams equipped with advanced detection technologies to inspect meters and scrutinize power lines for any signs of tampering or illegal connections.

Additionally, the corporation has intensified its surveillance measures, employing both human resources and technological solutions to monitor electricity consumption patterns and identify suspicious activities.

Public Cooperation....

Principal Government Medical College(GMC), Srinagar Dr. Masood Tanvir Bhat were present at the inaugural ceremony.

While, Administrator, GMC, Srinagar Mohammad Ashraf Hakak, Nodal Officer ATF IMHAANS, Dr Arshid, Incharge Drug De-addiction Centre SMHS Hospital, Dr Yasir, DDMO, Srinagar, Imtiyaz Amin Naik and other concerned were also present on the occasion.

After dedicating ATF to the public, the Union Minister Social Justice and Empowerment Minister, Dr. Virendra Kumar in his address through virtual mode said that these ATF centres will prove beneficial in eradicating the menace of drug abuse from the society and help make the dream of drug free nation a reality. He said public participation will play a crucial role towards this cause. Speaking on the occasion, the Deputy Commissioner Srinagar said that the objective of ATF is to bridge the gap between drug abuse victims and the treatment facility dedicated for them.

While interacting with the Staff of ATF, the DC emphasised upon the Doctors and other Paramedical staff to take the job as a noble task and treat the affected people with patience and dedication.

The DC further said elimination of drug menace from society is top priority of the Government and to combat this rising societal problem, multi-pronged rehabilitation, counselling and guidance policy is being implemented on ground to monitor drug abuse and take remedial measures to curb the menace.

The DC also sought cooperation from the families particularly from parents to overcome the menace among the youth which also leads to other social evils and crimes. He said parents have an important role to keep the youngsters away from the use of drugs and also the family support for the affected people could lead them towards normal life.

President Adbi.....

Cultural Forum Muradabad Kreeri, Syed Sad-ud-din Saidi has Condoled the sad demise of the father of

Police Recover.....

During the search, explosive material, IED's, a rusted pistol with a magazine, and ammunition of SLR/ AK47/pistol were found at the residence of Rashid Najar, who is the brother of the deceased terrorist Qayoom Najar of Kalrankshivan sopore.

Rashid Najar has been detained as well". The discovery underscores the ongoing efforts by police to maintain security and prevent potential threats in the town. Sources indicate that the operation was carried out based on credible intelligence inputs.

At present, the police have not released further information regarding the case, but it is expected that more details will emerge as the investigation progresses.





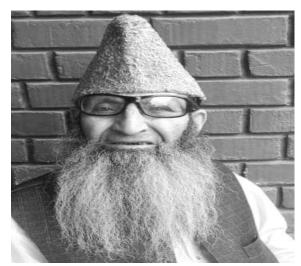
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Muhammed Amin Bhat Bereaved.. Father of Muhammed Amin Bhat President Adbi Markaz Kamraz left for heavenly abode, Death widely Condoled

President Adbi Markaz Kamraz, Mohammad **Amin Bhat Bereaved**

Father, Haji Abdul Majeed Bhat Passes Away





Baramulla February 8: A Renowned Socio-Religious personality, Haji Abdul Majeed Bhat, passed away on Thursday after brief illness. The deceased was father of President, Adbee Markaz Kamraz, Mohammad Amin Bhat and Rafig Ahmad Bhat

Hundreds of people from all walks of life participated in the Nimaz-e-Jinazah of the deceased, at their residence at Eidgah Baramulla.

Chief Patron of Lubaab Publications, Headlines Today Group and Kruhen Cultural Forum Muradabad Kreeri, Syed Sad-ud-din Saidi has Condoled the sad demise of the father of Muhammed Amin Bhat and

described Bhat Sahib as an epitome of simplicity. Editor in Chief of daily Headlines Today Jahangir Bukhari also expressed solidarity with Bhat family in general and Muhammed Amin Bhat in particular in this hour of grief and sorrow.

Death of Abdul Majeed Bhat has been widely condoled across socio-political and religious circles across J&K.

Apni party Gen Secretary Gh Hassan Mir has also condoled the death. Meanwhile, Halqa-e-Adab Sonawari condoled the demise and expressed sympathies with the bereaved family, especially Mohammad Amin Bhat. People from different sections of society also visited the bereaved family and expressed sympathy with Bhat family.

Journalist fraternity also expressed deep sympathies with the bereaved family. Editor-in-Chief Good Morning Kashmir, Javed Shah also condoled the demise and sympathised with Mohammad Amin Bhat and other members of the bereaved family.

تعزيت نامه

تشمير رائٹرس فورم منجله تمام اراكين و عهداران عالمي شهرت يافتہ شيلي

انالله وانا الديبه راجعون -به افسوسناک خبر سن کر بہت دکھ ہواکہ ادبی مرکز کمراز کے صدر مخترم جناب محمد امین بٹ کے والد گرامی اس دار ٰفانی سے کوچ کر گئے ۔ ہمارے کاروان کے جلہ اراکین کواس خبر سے بہت صدمہ ہوا۔ دکھر کی اس گھڑی میں ہم لواحقین کے ساتھ ہیں۔ اللہ سے دعا ہے کہ مرحوم کی مغفرت فرمائے اور جنت میں بلند مقام عطاكرے اور عزیز واقارب کوبیہ صدمہ برداشت کرنے کی توفیق عطا کرے۔ سرپرست؛ صدر، سیکریٹری ودیگر جلہ اراکین کاروان ادب ڈب گاندربل کشمیر۔



An online condolence meeting of the Department of Kashmiri, University of Kashmir was held today the 8th of February 2024 under the chairpersonship of the Department of Prof. Mehfooza Jan (HOD) over the sad demise of the beloved father of Mr. Mohammad Amin Bhat, President Adbi Makaz Kamraz. The meeting was attended by teachers, non-teaching staff, research scholars and students. All the participants expressed their condolences and sympathy to Mr. Mohammad Amin Bhat Sahib and his family. At the end of the meeting, a joint "Fateh Prayer" were offered for the eternal peace to the departed soul and for forbearance to the bereaved family.

Prof. Mehfooza Jan Head,

Department of Kashmiri, University of Kashmir.

اظهار تعذيت

ادیی مرکز کمرازکے صدر جناب محمد امین بٹ صاحب کے ساتھ تعزیت ادبل مرکز کمراز کے صدر جناب محمد امین بٹ صاحب کے والد محترم انتقال کر کئے۔اس بڑے سانحہ پر کلچرل فورم کیوارہ کشمیر کی یوری ان کے ساتھ ہمدردی کا اظہار کرتی۔ السهاك مرحوم كوجنت مي اعلى مقا

اظهار تعزيت ہیہ دو کھہ زد خبر بوزتھ سپداے دل رنجیدہ ء وادی ہندس معروف براڈکاسٹر ادبی مرکز رازک موجودہ صدر سیداے شفقت یدری نشه محروم دبستان ادب رفيع آباد جھ اتھ فمس منز برابر شریک۔تہ یرور دگارس کن دست به دعاء زء مرحومس کرینی جنت الفردوس ته وارثن صبر تجميل عطا- آمين جوہر رمضان۔ڈاکٹر رفیق مسعودی۔مقبول بروزی۔الیاس آزاد یا سمین احد غلام رسول وگے

.....اظهار تعزيت..... ادبی مرکز کمراز جموں وکشمریر کے صدر, قلمكار اور معروف براڈكاسٹر محمد امين بٹ کے والد بزرگوار حاجی عبدالمجید بٹ کے انتقال يرملال ير وولر كلچر فورم نادى ہل بانڈی پورہ سےوابستہ جملہ عہدہ داران و کارکنان محترم محمد امین بٹ اور دیگر پسماندہ گان کے ساتھ غم کی اس گھڑی میں یکجہتی اور تعزیت کا اظہار کرتے ہیں۔ اور الله تعالٰی سے دعاگو ہیں کہ مرحوم و مغفور عبدالمجيد بٹ کو کروٹ کروٹ جنت نصيب فرمائے اور لواحقین بالخصوص محمد امین بٹ صاحب کو یہ صدمہ عظیم برداشت کرنے کاحوصلہ عطا فرمائے ۔ عادل اسماعيل وولر کلچرل فورم نادی ہل بانڈی پورہ فرمائے ۔ شہجار ادب لولاب اظہار تعزیت یہ خبر انتہائی دکھ اور افسوس کے ساتھ مشتہر کی جاتی ہے کہ صدر ادبی مرکز کمراز محترم محمد امین بٹ صاحب کے والد بزرگوار انتقال کر گئے انا للہ و انا الیہ راجعون شہجار ادب لولاب دکھ کی اس گھڑی میں جملہ لواحقین بالخصوص محمد امین بٹ صاحب کے زماں آزردہ ساتھ اظہار تعزیت کرتے ہوئے مرحوم کی مغفرت اور جنت نشینی کے لئے دست بدعا ہے اظہار تعزیت اللہ تعالیٰ مرحوم کو جنت الفردوس میں اعلیٰ مقام عطا فرمائے اور پسماندگان کو صبر جمیل عطا فرمائے آمین مرحوم کی نماز جنازہ عید گاہ قدیم بارہمولہ میں بعد از نماز ظہر پڑھی جایے گی

المشتہر جنرل سیکرٹری شہجار ادب لولاب

DC Doda encourages students to avail services at **Govt District Library**

HT News Network

DODA, FEBRUARY 08: In a bid to promote literacy and academic excellence, Deputy Commissioner (DC) Doda, Harvinder Singh recently conducted a thorough inspection of the District Library Doda.

During the visit, he emphasized the immense benefits of the library's extensive collection of books and resources.

Stressing the importance of education, Singh encouraged students to make full use of the facilities available, emphasizing that the serene environment of the library is conducive to focused studying and preparations for various competitive exams.

Deputy Commissioner also interacted with library officers and officials, urging them to implement further improvements within the premises. Recognizing the vital role libraries play in fostering intellectual growth and community development, Singh highlighted the need for continuous enhancements to ensure the library remains a vibrant hub of learning for residents of Doda.

CEO inspects remote schools in Zone Pouni

HT News Network

REASI, FEBRUARY 08: Chief Education Officer Reasi, Sunita Bali, undertook a significant visit to GMS Gooder and High School located in the remote Kotla area of Zone Pouni. The purpose of the visit was to assess the educational landscape and address the unique challenges faced by schools in far-flung regions.

RBI's policy statement fairly balanced: CE, **HDFC Bank**

HT News Network

Srinagar: Abheek Barua, Chief Economist, HDFC Bank has said that the RBI's policy statement was fairly balanced, remaining upbeat on growth and marginally bringing down its inflation forecasts. Although, the central bank highlighted that risks around its inflation projections due to any global or domestic supply shocks continue to linger. The RBI pegged growth at 7% for FY25 and inflation at 4.5%. The central bank kept both its policy rate and stance unchanged. The RBI left little room for any imminent policy pivot and therefore we do not expect rate cuts to happen before the August 2024 policy. On liquidity, the central bank seemed to suggest that liquidity deficits were broadly frictional and durable liquidity remained more comfortable. It did not announce any new measures and said that it would continue to manage liquidity through its fine-tuning operations including tools like the variable rate repo and reverse repo auctions.(KNT)

DC Baramulla flagsoff 20 students for educational tour of IIT Kanpur

HT News Network

BARAMULLA, FEBRUARY 08: In a significant initiative to foster educational enrichment and broaden the horizons of young minds, Deputy Commissioner Baramulla, Minga Sherpa in presence of CEO, Balbir Singh Raina, flagged off a group of 20 students from different Government Educational Institutes in Baramulla for an immersive six-day educational exposure tour of IIT Kanpur. The six-day educational tour of the IIT aims to provide students with a firsthand experience of the renowned educational institution, providing them insights into cutting-edge research, technological advancements.



اجتماعي فاتحه خواني

مرحوم محمد فاروق نازكي جن كا انتقال 6 فروری کو ہوا، کی اجتماعی فاتحہ خوانی ان کے آبائی مقبرے واقع ملہ کھاہ نزد کاٹھی دروازه ، سرینگر، بروز سنیچروار، مورخہ 10 فروری 2024، بوقت 11 بجے دن انجام دی جائے گی بعد ازاں ایک تعزیتی اجلاس شوپورہ میں مرحوم کی رہائش گاہ پر منعقد ہوگا

ادبی مرکز کمراز جموں وکشمریر کے صدر, قلمکار'ڈرامہ نویس اور معروف براڈکاسٹر محمد امین بٹ کے والد بزرگوار حاجی عبدالمجید بٹ کے انتقال پرملا پر حلقہ ادب سوناواری اور وہاب کلچرل سوسایٹی حاجن سےوابستہ جملہ عہدہ داران و کارکنان محترم محمد امین بٹ اور دیگر پسماندہ گان کے ساتھ غم کی اس گھڑی میں یکجہتی اور تعزیت کا اظہار کرتے ہیں۔ اور الله تعالٰی سے دعاگو ہیں کہ مرحوم و مغفور عبدالمجید بٹ کو کروٹ کروٹ جنت نصیب فرمائے اور لواحقين بالخصوص محمد امين بٹ صاحب کو یہ صدمہ عظیم برداشت کرنے کاحوصلہ عطا

صدر ادبی مرکز کمراز جناب محمد امین بھٹ صاحب کے والد محترم کے انتقال کی خبر ملی . اناللہ واناالیہ راجعون ۔ خداوند تعالٰی ان کی مغفرت کرے اور بہشت میں ان کے درجات بلند فرمائے ۔ ان کے لواحقین بالخصوص محمد امین بھٹ صاحب کو صبر جمیل عطا کرے کہ وہ یہ صدمہ برداشت کر پائیں ۔ آمین یارب العالمین ۔

کشمیر بزم ادب سنگرامہ ہکی جملہ اراکین چھ ادبی مرکز کمرازک صدر جناب محمد امین بٹ صأبن والد صأبنس انتقال كرنس پيٹھ تعزيتُک اظہار کران اللہ تعلی کرن مرحومس جنت الفردوسس منز اعلى مقام عطا۔آمين

ویژن این^جریرسن اداکار ڈرامہ نگار مدای<mark>ت کار تھیٹر ایکٹر کشمیر ی کلچرل و</mark> لسانی ایکٹیویسٹ ، سابفتر ریاستی <mark>آفیسر اور صدرادی مرکز کمراز جموں وکشمیر</mark> جناب محدامین بٹ صاح<mark>ب کے والد بزرگوار جناب حاجی عبدالمجید</mark> بٹ صاحب کی وفات پر ا<mark>پنے گہرے رنج وغم کا اظہار کرتے ہیں</mark> اور تمام اراکین فورم بشمول صدر <mark>جناب فاروق رفیع آبادی صاحب</mark> سابفته صدر ادبی مرکزکمراز اور جرنل <mark>سیکرٹری جناب مجروح کشمیری ا</mark> یکز بکیٹو ممبر ، ادبی مرکز کمراز، جناب ام<mark>ین بٹ صاحب کے غم میں</mark> برابر کے مشریک میں ۔ ۔ اور اللہ سے دعا گو <mark>ہیں کہ مرحوم کی روح کو</mark> جنت الفردوس میں اعلا مقام عطا ہو۔ ۔ اسکے علاوہ ان ک<mark>ے لواحقین کو</mark> جمل عطا كرين ----- آمين صبر كرده جارى منجا نىب سيحرثرى ميڈيا

را تٹرس

انا لل لاه وانا اليه راجعون مجھے یہ کربناک خبر سُنکر صدمہ ہوا کہ محمد امین بٹ صاحب صدر ادبی مرکز کمراز کے والد محترم اس جھوٹے سمسار سے چل بسے آللہ انھیں جنت الفردوس میں جگہ دے اور وارثین کو یہ گھاو برداشت کرنے کا صبر دے۔ بہ چھُس زآتی طور امین بٹ صآبس یتہ غمناکھ موقس پیٹھ تعزیت کران۔ خبر چھیم یہ صدمہ چھٔ واریاہ کریؤٹھ۔۔ پوز وعدس کیا کئرزء۔۔۔! یُس یور آو تس چھٔ واپس گڑھُن۔ یہ دُنیا چھٔ محض اکھ فریب۔ ا دنیا ءُ متاعالغرور... سقراط چھ مرگس یمہ انمانہ پیش کران۔ Death may be the greatest of all Blessings. تہ افلاطون چھ ونان۔ Death is quer. موتھ چھٔ علاج تہ بقول علامہ علمدار کشمیر،" زندگی چھے دود تہ امیُک علاج چھٔ موت۔ موتن شربت چینہ روس نہ بلی زہیے سُلہ کیاز گوکھ نہ ژینتھ کتھ! میون دُعا چھٔ بُر نور کئرنکھ دے قبر

دعًا گو رحيم رهبر۔

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Secretary PWD conducts extensive tour of Sudh Mahadev, Mantalai areas of Udhampur district

HT News Network

UDHAMPUR, FEBRUARY 08: Secretary, Public Works (R&B) department, Bhupinder Kumar today held an extensive tour of Sudh Mahadev and Mantalai areas of Udhampur district, during which he undertook comprehensive inspection of various developmental projects and mega initiatives underway in the PWD sector across the district. Deputy Commissioner Udhampur, Saloni Rai; Chief Engineer PMGSY, Rajan Mengi; Chief Engineer R&B Chenab Valley, Mohit Maha-



jan; Director Planning bridges on Chenani PWD, Sheikh Shavaiz; SDM Sudhmahadev section of Chenani, Gurdev Kumar; NH-244. On the occasion, SEs, Executive Engineers DGM NHIDCL briefed the from various divisions of Secretary on the progress the department as well as of the ongoing project and officers from NHIDCL informed that 80% progress accompanied the Secretary. on the 17 km road stretch During the tour, the Secrehas been achieved. He also tary inspected progress of informed that bridge at two under-construction Chenani will be completed

in February and second major bridge in April 2024, which will bring great relief for the commuters.

The Secretary emphasized on the officers of NHIDCL to pursue the court cases religiously which have halted the progress at three locations on the road stretch. The Secretary also directed NHIDCL to expedite balance works on this prestigious road project and strictly adhere to the committed timelines.Stressing on the importance of close monitoring and frequent reviews, he advised DC Udhampur to regularly review the progress.

HT News Network IERUSALEM: While US Sec-

retary of State Antony Blinken met Prime Minister Benjamin Netanyahu on Wednesday to discuss a counter proposal by Hamas for a ceasefire, the Israeli premier rejected the "bizarre demands" and ordered troops to "prepare to operate" in Rafah. However, UN Secretary-General Antonio Guterres

warned of "untold regional consequences" if the Israeliarmed forces press on into



Blinken meets Israeli PM for

talks on Gaza truce plan

the southern city, noting that the world was entering "an age of chaos". Before flying to Jerusalem, the US top diplomat told

reporters in Doha there was "still a lot of work to be done. But we continue to believe that an agreement is possible and indeed essential, negotiations.

Netanyahu, however, told a televised press briefing on Wednesday that he had ordered troops to "prepare to operate" in Rafah and that a "total victory" by Israel over Hamas was just months away. He said accepting the Palestinian group's "bizarre demands" for a ceasefire would not lead to the return of prinsoners. "It will only invite another massacre," he remarked.New round of

and we will continue to

work relentlessly to achieve

it"

Director School Education Jammu chairs historic, Education Conference at **Rajouri: A Game-Changing Platform for Education Professionals**

HT News Network

RAJOURI, FEBRUARY 08: The Border district Rajouri on Thursday witnessed an extraordinary event as education professionals from across the region gathered at the Government Model Higher Secondary School, Lamberi, for the Mega Education Conference, the first ever of its kind.

The landmark conference, organised under the patronage and guidance of Director School Education Jammu Ashok Kumar Sharma, aimed to delve into the variegated aspects of the National Education Policy (NEP) 2020, alongside addressing the formidable challenges and charting a successful roadmap for its implementation

The conference garnered immense inter-

Mali not bound by

West African bloc

seen by AFP on Wednesday.

ing Burkina Faso and Niger.



est and participation, with esteemed officers including Director School Education Jammu gracing the event as the Chief Guest and Mohd Ashraf Ch. Joint Director Rajouri-Poonch serving as the Guest of Honour.

In his enlightening speech, Director emphasized the significance of the National Education Policy (NEP) 2020 in revolutionizing the education system. He highlighted the need to create a student-centered

thinking and holistic development. He advised the education community to work tirelessly with zeal and commitment to ensure that nep 2020's transformative vision is realised, creating a brighter future for our students and our nation.

He also applauded the outstanding efforts of Department of school education district Rajouri headed by Bishamber Dass Chief Education Officer Rajouri, in organizing this groundbreaking event, stating that it provides a crucial platform for education professionals to collaborate and exchange ideas, ultimately leading to the transformation of education in the region. He encouraged all participants to actively engage in the discussions and contribute their valuable insights towards the implementation of NEP- 2020.

Two More Drug Peddlers arrested in Police Sub **Division Kreeri** war against Drug Contin-ues in Baramulla District

> Ashiq Hussain **HT Correspondent**



Muradabad Kreeri Feb 08: During naka at Village Tapper Bala Kreeri Police party headed by SHO Police Station Kreeri Iftikhar Ahmad apprenhended two drug peddlers Aqib Ah Dar son Ab Karim and Tanveer Ah Malla s/o Mohd Ramzan Ahmad Chopan both residents of Mahrajpora Sopore and recovered 432 capsules of Spasmo Proxyvon plus and 5 syrups of Codiene Phosphate substance from possession in this regard case under relevant sections of law has been registered in Police Station Kreeri and further investigation has been initiated. Its pertinent to mention that the duo was Chronic drug peddlers i n the area. People of Kreeri area has hailed the efforts of Police Sub Division Kreeri and has requested SSP Baramulla to take

Saudi Arabia rules out ties unless one-year period to exit

HT News Network

RIYADH: Saudi Arabia has told the United States it will not open diplomatic relations with Israel unless an independent Palestinian state is recognised on 1967 borders with East Jerusalem as its capital, its foreign ministry said on Wednesday. Riyadh reiterated its call for

Israel accepts two-state solution

in order to do that two things are required: an end to the conflict in Gaza and a clear, credible, time-bound path to the establishment of a Palestinian state," Blinken said.

On Tuesday, White House National Security spokesperson John Kirby said that the Biden administration has received positive feedback that Saudi Arabia and Israel are willing to continue to have normalisation

approach that promotes creativity, critical

But article 91 of the bloc's treaty stipulates that member countries remain bound by their obligations for a period of one year after notifying their withdrawal.

HT News Network

DAKAR: Mali has reaffirmed its exit "without delay"

from the West African bloc, ECOWAS, saying it was not

bound by the organisation's one-year timeframe for

withdrawal, according to a foreign ministry document

Bamako's military government announced its with-

drawal from ECOWAS on Jan 28, along with neighbour-

"The government of the Republic of Mali is no longer bound (by the) time constraints mentioned in article 91 of the treaty," the foreign affairs ministry said in a letter to ECOWAS.The letter said that ECOWAS had rendered the treaty "inoperative" when it failed to meet its obligations by closing member states' borders with Mali in 2022, denying it access to the sea.

ECOWAS had imposed heavy sanctions on Mali as the bloc tried to push for the early return of civilian government with elections.

"The ministry reiterates the irreversible nature of the government's decision" to withdraw "without delay from ECOWAS due to the organisation's violation of its own texts," the letter claimed.

The military regimes in Burkina Faso, Mali and Niger announced their immediate withdrawal from ECOWAS in late January, accusing it of posing a threat to their sovereignty. The regimes have had tense ties with the bloc since coups took place in Niger July 2023, Burkina Faso in 2022 and Mali in 2020.

permanent members of the UN Security Council that have not recognised a Palestinian state on the 1967 borders with East Jerusalem as its capital to do so, a ministry statement said.

It was referring to a state the Palestinians have long sought to establish alongside Israel in territories Israel occupied in a 1967 war: the West Bank including East Jerusalem, and the Gaza Strip. The statement added that

"Israeli aggression" against the Gaza Strip must also stop and Israeli forces must withdraw from the territory. The kingdom also demands

withdrawal of Israeli forces from the territory

The United States had led months of diplomacy to get Saudi Arabia to normalise ties with Israel and recognise the country until the

Gaza crisis began in October, leading Rivadh to shelve the matter in the face of Arab anger over Israel's offensive.

This news agency reported last week that Saudi Arabia would be willing to accept a political commitment from Israel to create a Palestinian state, rather than anything more binding, to try to get a defence pact with Washington approved before this year's US presidential election.

US Secretary of State Antony Blinken, who is touring the region, said Saudi Crown Prince Mohammed bin Salman had "reiterated Saudi Arabia's strong interest in pursuing" normalisation when they met this week.

"But he also made clear what he had said to me before, which is that discussions. **Diplomatic relations** The Saudi foreign ministry

statement said the "Kingdom has communicated its firm position to the US administration that there will be no diplomatic relations with Israel unless an independent Palestinian state is recognised on the 1967 borders with East Jerusalem as its capital".

It reiterated "its call to the permanent members of the UN Security Council that have not yet recognised the Palestinian state, to expedite the recognition of the Palestinian state on the 1967 borders, with East Jerusalem as its capital".

The Gaza war has put renewed focus on the idea of the two-state solution to the Israeli-Palestinian conflict, even though negotiations have been moribund for years.

Ukraine calls for 'urgent' help after Russian strikes targeted a residential high- reached a level for which,

HT News Network

KYIV: Ukraine urged the West on Wednesday to speed up and increase deliveries of artillery shells after EU's top diplomat, Josep Bora "massive" new Russian missile attack on Kyiv and other regions killed at least five people and wounded more than 40.

Securing the shells has been a priority for Kyiv, which is burning through its reserves as Russia throws more manpower and resources at the frontlines almost two years into its invasion

Ukrainian President calling for "urgent steps" to Volodymyr Zelensky denounced "another mas-

rise building in Kyiv, where let's be honest, the European four people were killed, as defence industry was not well as the south and west ready," he added. Kuleba also of the country.

said Ukraine found infight-The strikes came as the ing in the US Congress over the future of American aid rell, visited Kyiv and had to "confusing", days after descend into a bomb shelter during the attack. His Ukrainian counterpart Dmytro

pressure for more military Adviser Jake Sullivan told a aid. MPs vote to permit use of

dead soldiers' sperm "If you ask a soldier at the the United States "can and front what he needs most will" deliver the needed aid. now, the answer will be Stoltenbergsaid such a move shells," Kuleba told Borrell, was "vital". Ukraine has been running out of reserves for

weeks, worrying that its increase deliveries. "The scale of the war and Western allies have grown sive attack" by Russia, which Russia's use of artillery tired of the war.

US Senate defeats border deal, but aid to Israel may survive

HT News Network

WASHINGTON: Republicans in the US Senate on Wednesday defeated a bipartisan effort to bolster border security that had taken months to negotiate, but said they could still approve aid for Israel and Ukraine that had been tied up in the deal.

By a vote of 49-50, the Senate failed to approve a \$118 billion bipartisan package that would tighten immigration laws, help Ukraine fight a Russian invasion and bolster Israel

The measure needed 60 votes to advance, in the chamber, which Democrats control by a 51-49 margin.

For months, Republicans have insisted that any additional aid to the two US allies must also address the high number of migrants arriving at the US-Mexico border. But many Republicans promptly rejected the package when it was released on Sunday, even though it contained many of their Speaker Mike Johnson told reporters.

priorities.Ex-president Trump has pressed them to reject any compromise as he campaigns to defeat Democratic President Biden in the November election.

Still, the defeat of the border bill left open the possibility that Congress could yet provide much-needed aid to the US allies Israel and Ukraine.

The Senate was expected to vote on a \$96bn package that strips out the immigration provisions, but leaves the foreign aid intact.

An aide to Republican Senator Roger Wicker predicted that a foreign-aid package would get well over 60 votes in the 100-seat chamber – a rare show of cross-party support.

Even if it passes, that aid faces uncertain prospects in the House of Representatives. as Republicans who control that chamber have balked at further support for Ukraine. "We'll see what the Senate does. We're allowing the process to play out," House

strict action against this wanted drug peddler. Meanwhile SDPO Kreeri and SHO Kreeri has requested community members to come forward with any information regarding drug peddlers in their neighbourhood.

Landslide in Philippines buries 38 people, two buses

HT News Network

MANILA: A landslide triggered by heavy rains in a southern Philippine province buried 38 people and two buses, disaster officials said on Wednesday.

The landslide happened on Tuesday night outside a gold mining site in the town of Maco in the province of Davao de Oro where the buses were picking up employees, mining operator Apex Mining said in a statement.

It was not immediately clear how many passengers were on board the buses.

Those injured, including one in critical condition, were taken to a hospital, Maco town's disaster agency said in a Facebook post on Wednesday.

The disaster agency also issued evacuation orders in five villages in Maco, located on the island of Mindanao.

Evacuation orders issued for five villages in Maco

Of the 38 people, seven were killed and 31 injured. The landslide on Tuesday night struck Masara in Davao de Oro province on Mindanao island, provincial disaster official Edward Macapili told AFP, destroying houses and engulfing three buses and a jeepney waiting for mine workers.

Rescuers were digging through mud to find 48 people reported missing, including at least 20 people trapped inside the vehicles, officials said.

At least 28 people were on board the vehicles when the landslide hit, but eight managed to escape unhurt through the windows before the mud engulfed them, Macapili said.

The buses and jeepney had been outside a gold mine operated by the Philippine company Apex Mining where they drop off and pick up workers.

Initial reports said two buses were hit by the landslide, but Apex Mining said in a statement on Wednesday afternoon that three 60-seater buses and a 36-person-capacity jeepney were impacted.

A fourth bus had left before the mud swamped the area, the firm said, adding that 62 employees were safe while 45 were missing.

Science and Technology Secretary Renato Solidum said a number of huge earthquakes had destabilised the region in recent months.





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Poor walk miles for food, and the WS Why You Should Reduce Excessive rich run miles to digest it

tale of injustice and inequality in modern society Poor walk miles for food, and the rich run miles to digest it. This is a drawback of the so-called modern society where poor people keep struggling to get their two meals a day. On the other hand, the rich eat so much food that they need to jog and walk to digest all those extra calories. It reinforces the fact that life is so unfair, and a question hits my mind: How long will this social injustice stay in power? Is the earth really a small planet to support an 8 billion population, or is it the modern man's mismanagement that has led to this?

Some are on diets, some going for liposuction, while others are craving a bite, and lacking regular access to adequate food. World hunger is on the rise, affecting nearly 10% of people globally. I wish there were a direct transfer of energy from the rich to the poor; then "zero hunger," one of the sustainable development goals, would have been achieved. The accumulation of food in a few hands has worsened the lives of many. Members of the new generation seem destined to live in hard times very soon. Willingly or not, they are spinning a cocoon of misery around themselves

Modern man claims he is wiser than a primitive one, but who could be more ignorant than a man who eats to waste energy in gym centres? He prefers wasting



his money, time, and energy instead of doing his own household chores. They work out on treadmills for hours and taunt the past times' women for carrying water on their shoulders for their families. Past times' uneducated people had no concept of wasting energy we call "gym"; they were investing their energy in some fruitful work. They had no diseases like a modern diseased man.

HT - HEALTH

We often say humans now have comfortable lives, but what could be more uncomfortable than inhaling a venom produced by oneself? He is not healthy either; he thinks his life expectancy has increased. No, it's not him who is living; it's all due to the favour of medicines. All his savings are invested in his health, but the naive man doesn't know he has started a battle with "Al Muntaqim," the Avenger, and it is bound to happen.

We need to address the needs of the most vulnerable people, including those facing food insecurity. This could be achieved by boosting social awareness programs, adopting sustainable development, keeping the global food trade going, encouraging farmers, consuming a balanced diet, and most importantly, feeding the poor, not the treadmill and liposuction machines. Be empathetic and open your hearts to the people on the street, pay your zakat and sadaqah on time, and let them sleep with a filled stomach. Stay blessed and be kind.

Salt Intake & How To



alt is a mineral made up of sodium and chlorine ions. It is commonly used as a seasoning Jand preservative in food. Excessive salt intake can be unhealthy for several reasons. There are various ways in which consuming excessive salt can affect our health. Below we share ways in which excessive salt can affect our health and how can we reduce our intake.

1. High blood pressure

Excessive salt consumption is closely linked to high blood pressure, which increases the risk of heart disease, stroke, and kidney problems.

2. Increased cardiovascular risk

High salt intake can lead to arterial stiffness, narrowing of blood vessels, and an increased risk of heart attack and other cardiovascular diseases.

3. Fluid retention

Consuming too much salt can cause the body to etain water, leading to bloating, swelling, and weight gain.

4. Kidney damage

Excess salt puts strain on the kidneys, potentially leading to kidney stones, reduced kidney function, and even chronic kidney disease.

5. Osteoporosis risk

A diet high in salt can cause increased calcium excretion, which may lead to a reduction in bone density and an increased risk of osteoporosis.

6. Increased risk of stomach cancer

High salt intake has been linked to a higher risk of stomach cancer, as it can damage the stomach lining and promote the growth of Helicobacter pylori bacteria.

7. Impaired cognitive function

Studies have shown that high salt consumption may negatively impact cognitive function, including memory and attention.

8. Dehydration

Excessive salt intake can disrupt the body's fluid balance, leading to dehydration and its associated symptoms, such as fatigue, dizziness, and reduced

Need and importance of a balanced and nutritious diet

ccording to Francois de La Rochefoucauld "To eat Lis a necessity, but to eat intelligently is an art".

Eating is necessary in order to live; but to eat with knowledge is a talent in itself. Food is essential for our bodies to

? develop, replace and repair cells and tissues;

? produce energy to keep warm, move and work;

? carry out chemical processes such as the digestion of food; ? protect against, resist and fight infection and recover from sickness

Food is made up of nutrients built, and lipids from which cell vary in their composition and no that are thought to be of two



membranes and some signaling one type of food contains all we types: macro-nutrients which molecules are built) and energy need, in the amounts we need. A are needed in relatively large while as micronutrients include meal lacking in a particular amounts, and micronutrients minerals, vitamins, and others. requirement of our body for a

to understand what is meant by excessive amounts. Where lack nutritious diet?

A nutritious /healthy diet is one that helps to maintain or improve overall health (Wikipedia) or we can say that which gives our body the nutrients it needs to function correctly.

Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance.

A healthy diet provides the body with essential nutrition:

fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories. The requirements for a healthy

of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, such as obesity, heart disease, type 2 diabetes, hypertension and cancer.

A poor diet on the other hand may have an injurious impact on health, causing deficiency diseases such as blindness, anaemia, scurvy, preterm birth, stillbirth and cretinism; health-threatening conditions like obesity and metabolic syndrome; and such common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis.

Apoor diet can cause the wasting of kwashiorkor in acute cases, and the stunting of maras-

which are needed in smaller quantities. The macronutrients are carbohydrates, fats, protein and water. The macronutrients (excluding fibre and water) provide structural material (amino acids from which proteins are

Our hunger can be satisfied by any kind of meal, but to remain healthy and free from disease, our body requires certain kinds of food. The health of an individual is largely determined by the quality of food taken. Foods

prolonged period can result in disease and even in death. A study of Japanese children has shown that an improved diet has increased the average height of children from what it was a few decades ago. Now let us first try

diet can be met from a variety of plant-based and animal-based foods. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming

mus in chronic cases of malnutrition.

Importance of Eating Nutritious Foods Eating nutritious foods is important because of the following reasons:

physical performance.

9. Increased risk of autoimmune diseases

Research suggests that a high-salt diet may conribute to the development of autoimmune diseases, including multiple sclerosis and rheumatoid arthritis.

Power Of Smell: Odours Might Prompt Certain Brain Cells To Make Decisions, Says Research

esearchers at the University of Colorado Anschutz Medical Campus revealed that smells trigger certain brain cells, which may play a role in quick 'go, no-go' decision-making. The proceeding of the research was published in the journal Current Biology. The scientists focused on the hippocampus, an area of the brain crucial to memory and learning. They knew that so-called 'time cells' played a major role in hippocampal function but didn't know their role in associative learning.

"These are cells that would remind you to make a decision - do this or do that," said the study's senior author Diego Restrepo, PhD, a neuroscientist and professor of cell and developmental biology at the University of Colorado School of Medicine. The researchers observed that when mice were given the choice of responding to a fruity smell by licking on a spout that delivered sweet water, they quickly learned to lick the fruity smell as opposed to the smell of mineral oil.



"They have to associate the odour with the outcome of what they are doing so that's why they learn decision making," said Ming Ma, PhD, a first author of the study and a senior instructor in cell and developmental biology at the CU School of Medicine. "When it's a fruit odour, they lick and get a reward. When it's

mineral oil they stop lick-"The more they learned, the more the cells were stimulated leading to more rapid decoding of the odours and allowing the mice to quickly become proficient at choosing the fruity smell," said Fabio

Simoes de Souza, DSc, another first author of the study and an assistant research professor in cell and developmental biology at the CU School of Medicine.

The catalyst for the decision-making is the odour which travels up the nose sending neural signals to the olfactory bulb and the hippocampus. The two organs are closely connected. The information is swiftly processed and the brain makes a decision based on the input. "Before this, we didn't know there were decision-making cells in the hippocampus," Restrepo said. "The hip-

pocampus is multitasking." The cells are not always turned on, Restrepo speculated, because otherwise the stimuli might become overwhelming. The study expands cur-

rent knowledge of what's involved in decision-making in the brain, specifically those quick-go, no-go decisions that mice and humans make all the time. "The hippocampus turns on decision-predicting time cells which would give you a hint of what to remember," Restrepo said. "In the past, time cells were thought to only remind you of events and time. Here we see memory encoded.

R ed meat has come under a lot scanner in the recent past and meat lovers have often become anxious as different reports about possible health adversities due to red meat consumption have been flung at their faces. One such report claims that eating red meat will definitely lead to colon cancer. Sharing her insights on the topic, Dr Pooja Babbar, Consultant, Medical Oncology, CK Birla Hospital, Gurugram, says, "Red meat isn't a guaranteed cause of colon cancer. However, there's a clear link between high intake and increased risk. Moderating your red meat consumption and focusing on a balanced diet rich in fruits, vegetables, and whole grains is recommended for overall health and cancer prevention." Some studies have suggested an increased risk of colon cancer associated

with high consumption of red and processed meats. Red meat contains heme iron, which may contribute to the formation of N-nitro-



cancer, and kidney disease,

as it contains more satu-

rated fats than lean meat.

red meat can be consumed

occasionally. So, it is not

necessary to stop eating it

completely, but you can

choose lean cuts of red

meat and make it a part of

your balanced diet. At the

same time, avoid excessive

amounts of processed

2. Myth: High consump-

tion of processed red meats

meat.

Fact: A small portion of

Can Red Meat Consumption

Lead To Colon Cancer: Doctor

so compounds in the colon, and cooking meat at high temperatures can produce potentially carcinogenic substances. Additionally, the presence of certain compounds like heterocyclic amines and polycyclic aromatic hydrocarbons in cooked meat has raised concerns. Dr Pooja Babbar through the following points, addresses a few misconceptions about red meat consumption and debunks the myths. Check below:

has been linked to an 1. Myth: Consumption increased risk of chronic of red meat can increase diseases, including heart the risk of heart disease, disease, type 2 diabetes, cancers, especially colon and colorectal cancer.

Fact: The risk is generally associated with frequent and high consumption.

3. Myth: Red meat is unhealthy

Fact: Red meat is a rich source of protein, iron, zinc, and other essential nutrients that are important for our health. For example, a 2021 study published in the journal Nutrients found that red meat consumption was associated with a lowerrisk of nutrient deficiencies, particularly in women.

"While there are some concerns about the health effects of eating red meat, many common myths are simply not supported by scientific evidence. Red meat can be a healthy and nutritious part of a balanced diet, provided it is consumed in moderation and as part of an overall healthy lifestyle. By separating fact from fiction, we can make informed choices about our diets and ensure that we are getting the nutrients we need to stay healthy," says Dr Babbar.



Srinagar, Friday 09-February-2024

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PANT IS 'VERY CONFIDENT' OF PLAYING ENTIRE IPL 2024: PONTING

NEWDELHI: DelhiCapitalscoach RickyPontinghas said RishabhPant is "very confident" he will be right to play the full IPL but Ponting is unsure whether he will be able to captain for the whole tournament orkeepwicketgivenheisstillrecovering from the injuries he sustained in a major car accident.

Pant has not played since his car accident in December 2022 when he thought his "time in this world was over." Ponting, who was speaking on Wednesday in Melbourne

after being unveiled as Washington Freedom's new MLC coach, said Pant was bullish about his availability for the upcoming season but the coach said anything they get from him is a bonus. "Rishabh is very confident that he's going to be right to play," Pontingsaid."In what capacity we're not quite sure yet.

"You would have seen all the social-media stuff, he's up and about and running well. But in saying that we're only six weeks away from the first game as well. So we're not sure if we'll get wicketkeeping out of him this year.

"But I'll guarantee if I asked him now he'll say, 'I'm playing every game, I'm keeping every game and I'mbattingatNo.4.'That's just what he's like, but we'll keep our fingers crossed. "He's such a dynamic player. He's obviously our captain. We missed him incredibly last year.

"If you understand the journey he's been on the last 12-13 months, it was a horrific incident. One that I know he feels very lucky to have even survived, let alone have the chance to play cricket again. "We'll just keep our fingers crossed and hope that he can be out there and play. Even if it's not all the games, if we can manage him through 10 of the 14 games or whatever that might be then whatever games you can get out of him will be a bonus.'

Ponting confirmed that David Warner would be captain again if Pant was unavailable to do the job. The coach was happy with the squad the franchise had assembled

after the auction in December but and Jhye Richardson fit, and with acknowledged his squad has underperformed in the last two seasons. "With Harry Brook coming into the set-up as well, so Warner, [Mitch] Marsh, Harry Brook, we've got some really good overseas batters," Ponting said.

HT - SPORTS

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"Marshand Warner will bat up the top somewhere and Harry Brook has been finishing off with England, so he'll probably play a finishing role for us there.

"[If] we can get [Anrich] Nortje

the two spin options we've got with Axar Patel and Kuldeep Yadav we've got a really good squad that to be fair has probably underperformed the last couple of years, so we've got some work to do." Richardson's availability will be a major question for Capitals. The Western Australia quick has not played since injuring his side during the BBL and there is no timeline on his return for WA at the back end of the Australian domestic season.

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Rehan Ahmed Swings From The Hip... But Not On The Golf Course

ABU DHABI: It was an early check-

out for England at the Novotel Hotel in Visakhapatnam on Wednesday morning, as they jetted off for a brief sojourn in Abu Dhabi.

The golf clubs will meet them there, while the cricket kit goes on the road to meet them in Rajkot next Monday. For now, thoughts on how to combat lasprit Bumrah have been parked in favour of a new conundrum: how to balance a few rounds against quality time with those family members who have travelled to the UAE. Rehan Ahmed, however, does not have that problem.

"Nah, not sure how anyone plays that sport," Rehan says, when asked about the team's favourite pastime. "Shocking sport. If you go to Topgolf in Dubai [driving range/restaurant] it's not bad. I hold it like a cricket bat." Even managing director Rob Key, a golf tragic, has failed to get him into

Most 19-year olds are quite happy telling older generations their idea of fun is no fun at all. But the fact that Rehan is not tempted to hack around just to fit in speaks of his comfort with who and where he is. Besides, he'd prefer to catch up on the Turkish television series, Ertugrul. "I started it in Pakistan and I still have three years left of it," he says. "It's about the Ottoman Empire. And by the time I finish it, I'll have forgotten the first part, so I'll start again."

The last 13 months have been a whirlwind: 16 England caps across all formats and a lucrative two-year central contract with the ECB. It began with a five-wicket haul on Test debut against Pakistan in Karachi, and now he's holding his own as the wildest selection in a wildcard team away to India.

Rehan's eight wickets mean he is England's second-highest wicket-



taker in the series so far. Six of them came in the second Test in Visakhapatnam, where he operated in a spin trio alongside Tom Hartley and debutant Shoaib Bashir. Rehan was both the youngest and most experienced on show.

He was also parachuted in at No.3 on the penultimate evening of the Test, looking to give the fourthinnings chase a shock. It didn't work - Rehan's cameo of 23 of 31 was not quite a big enough dent in a colossal 399 target. It meant he also did not come good on a promise to his favourite player, Kevin Pietersen, who was commentating on the first two games. "He spoke to me and said 'right, I just want to see sixes'," Rehan says. "I said I would be trying. I didn't get one. It's the thought that counts.

The intention was sound, particularly as a reprisal of Rehan's role as the original 'Nighthawk' the previous winter, after Stuart Broad had trailed the role in England's home summer. It was Rehan's idea, too, collaring Ben Stokes as they walked off the field after India's second innings had come

to an end. "I don't know where I got that con-

fidence from," he says. "But I just felt it was a good time to go in, and I'll take any opportunity I get to do that. So yeah, I went straight to Stokesy and Baz and was like 'let me get the pads on'."

He'd like a more permanent promotion - "top seven, top six would be nice" - but appreciates he's lacking runs at present. One century for Leicestershire, against Derbyshire at the end of the 2022 summer, and an 85 and 90 against Yorkshire and Glamorgan last season are his most notable first-class scores. Those who have closely monitored Rehan's progress at the ECB wonder if he might end up being more of a batter as his career takes shape.

For now, the bowler is doing his bit. And Rehan's reflections on how the tour has gone so far are refreshingly mature.

"I don't think there's many places where you can say leg-spin does very well," he says. "I think it's more about adapting as well as you can.

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