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IPL: High stakes as SRH host
LSG in race to the playoffs

PJ12

DEO Srinagar flags-off
Polling Teams for 'Vote from
Home' facilitation of senior
citizens (85+) & PwDs

PJ3



Lt Governor chairs review meeting of Science and Technology Department



■ HT News Network

SRINAGAR, MAY 07: Lieutenant Governor Shri Manoj Sinha today chaired a review meeting of the Science and Technology Department.

The meeting was attended by Sh. Atal Dulloo, Chief Secretary; Sh. Santosh D Vaidya, Principal Secretary, Finance Department; Dr. Mandeep Kumar Bhandari, Principal Secretary to the Lt Governor; Sh. Saurabh Bhagat, Commissioner/Secretary,

Science & Technology Department and senior officers of NHPC, Central and UT Government.

The Lt Governor discussed important matters related to the functioning of

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Need 400 Seats So That Cong Doesn't Put 'Babri Lock' On Ram Temple: PM Modi



■ HT News Network

DHAR (MP), MAY 7: Prime Minister Narendra Modi on Tuesday said he wants the BJP-led NDA to win 400 seats in the ongoing Lok Sabha polls to ensure the Congress does not bring back Article 370 in Kashmir and put

a "Babri lock" on the Ram temple in Ayodhya. Addressing a rally at Dhar in Madhya Pradesh, Modi also slammed RJD president Lalu Prasad's statement over favouring reservation benefits to Muslims.

He said the opposition INDIA bloc's

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NEWS BRIEF

28 year old Haryana Tourist dies of gas poisoning in Gurez

BANDIPORA, MAY 07: A tourist hailing from Karnal Haryana died due to gas poisoning in Gurez area of Bandipora district.

An official told KNS that a 28-year-old tourist identified as Ropali of Karnal Haryana was staying in a hotel in Gurez area of Bandipora. The deceased was accompanied by her parents and sister, he said.

He said that this morning, She felt unconscious in washroom and was immediately taken to a nearby hospital, where doctors declared hee brought dead on arrival.

BMO Gurez Dr. Tahira told KNS

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Visually Impaired Man First In Kashmir Valley To Use Poll Panel's Home Voting Facility

SRINAGAR, MAY 7: Ali Mohammad Rather, a visually impaired person, was the first to vote for the election to Jammu and Kashmir's Srinagar Lok Sabha constituency on Tuesday under the new home voting facility.

The facility was started by the Election Commission for the 2024 Lok Sabha elections for those who are not able to visit polling stations to exercise their franchise.

Rather, 75, hailing from the Dara area of the Hazratbal assembly segment in Srinagar district became the first person in the Kashmir Valley to

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Man Booked For Using VPN In Rajouri, Third Such Case In 2 Days

JAMMU, MAY 7: A man in Rajouri district was booked on Tuesday for using virtual private network (VPN) which was banned last month by the district administration, officials said.

This was the third such instance when a case was registered against a man in Jammu and Kashmir's Rajouri district for using VPN in the last two days.

In an order issued on April 24, Additional District Magistrate of Rajouri Rajeev Kumar Khajuria ordered immediate suspension of VPN services in the district as a preventive measure to protect all information related to the ongoing Lok Sabha elections and

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Div Com Kashmir takes holistic review of SOPs for Kandizal breach during flood exigency



■ HT News Network

SRINAGAR, MAY 07: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting to take holistic review of flood mitigation

plan and SOP for management of breach at Kandizal segment of river Jhelum to save city from massive deluge in future.

The meeting was attended by CEO, SSCL; Deputy

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India Bloc's fate in Kargil has exposed true colours of NC: Kavinder

■ HT News Network

JAMMU, MAY 07: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister on Tuesday termed the mass resignation of National Conference (NC) leaders in Kargil a big jolt to the India Bloc.

In a statement issued here today, the BJP stalwart said that there is no element of surprise into the breaking of this alliance as all the constituents in this amalgam were misfit and passing their time just to explore possibilities which might come as surprise gifts or bounties.

"The mass resignation of NC leaders in Kargil underscores the inherent weaknesses within the India Bloc. This development serves as a testament to the transient nature of alliances formed solely for opportunistic gains," he added.

The senior BJP leader said that while the differences between different parties in India Bloc continued to simmer in the background there are some entities which are still braving the situation but it is simple the matter of days when more 'skeltons' would tumble out of aforesaid Bloc's cupboard, akin to the case of People's Democratic Party in Jammu and Kashmir. He asked people of Ladakh and Kargil not to get confused or swayed going after these short-lived and purposeless

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CS inaugurates 'SBI e-Corner' inside Civil Sectt campus



■ HT News Network

SRINAGAR, MAY 7: Chief Secretary,

Atal Dulloo today inaugurated State Bank of India (SBI) developed e-Corner

TURN ON.....PAGE 02

Lok Sabha Elections-2024

CEO visits Pulwama; participates in multiple activities envisaging enhanced voter turnout

■ HT News Network

PULWAMA, MAY 7: Chief Electoral Officer, Jammu and Kashmir, Pandurang K Pole, today participated in multiple activities during his visit to Pulwama conducted to oversee district's preparedness for the Lok Sabha Elections 2024.

The CEO conducted a comprehensive review of poll preparedness and security arrangements being put in place for the general elections.

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TURN ON.....PAGE 02

Dr Andrabi tours Naushera and Rajouri today

'We have succeeded in reviving Sufi Spiritual traditions at our shrines: Darakhshan

■ HT News Network

RAJOURI, MAY 07: Chairperson of J&K Waqf Board Dr Syed Darakhshan Andrabi today visited Naushera and Rajouri on her official tour. She visited many Waqf Campuses in Naushera and Rajouri and took stock of the ongoing developmental works and also took stock of the required works to be undertaken by the Board in coming days. Dr Andrabi was accompanied by senior Waqf Officers and

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Telecom Department Blocks Mobile Handsets, Disconnects Numbers Involved In Frauds

■ HT News Network

NEW DELHI, MAY 7: Tightening the noose around fraudsters engaged in defrauding mobile users through text messages, the Department of Telecom (DoT) has started blocking handsets used in such activities besides disconnecting mobile numbers.

The DoT has launched Chakshu portal two months ago to handle telecom fraud related grievances. Since the launch of

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CONTINUE FROM FRONT PAGE.....

Lt Governor.....

many areas, empowering every citizen, especially the marginalised to enjoy the fruits of development.

"Today only Mantra for the society is 'Nation-First' and collective pursuit of national goals and equal opportunities for people have ensured all-round development," the Lt Governor said.

He said the society today is more conscious to preserve and promote our priceless cultural heritage, traditional wisdom and knowledge.

Education sector is focused on promoting virtues of culture, humanity, spirituality and enhancing quality of life, the Lt Governor said.

Our values are guiding force of inclusive development. We have made commendable progress in social sector and also made impressive stride towards achieving the goal of equitable growth, he further added.

Polling In.....

Haveli and Daman and Diu (2 seats) and nine seats in Madhya Pradesh, including Betul where elections were deferred, will also go to polls on Tuesday and over 11 crore people will be eligible to vote.

PM Modi and Shah, who are expected to arrive in Gujarat tonight, will cast their vote at booths in Ahmedabad city under the Gandhinagar Lok Sabha seat.

Former Madhya Pradesh chief ministers Shivraj Singh Chouhan (Vidisha) and Digvijaya Singh (Rajgarh) have also returned to the Lok Sabha electoral fray this time.

A riveting contest is on in Maharashtra's Baramati between Sharad Pawar's daughter Supriya Sule and Sunetra Pawar, wife of the veteran leader's estranged nephew and Maharashtra Deputy Chief Minister Ajit Pawar.

In Uttar Pradesh, the current phase is important for the Mulayam Singh Yadav family, with Samajwadi Party chief Akhilesh Yadav's wife Dimple Yadav aiming to retain the Mainpuri Lok Sabha seat.

Dimple Yadav had won the seat in bypolls following the demise of her father-in-law Mulayam Singh Yadav. Akshaya Yadav, son of Ram Gopal Yadav, the national principal general secretary of SP, will try to reclaim the Firozabad seat, which he had won in 2014.

Aditya Yadav, the son of SP national general secretary Shivpal Yadav, is making his electoral debut from the Budaun Lok Sabha seat, which was represented by his cousin Dharmendra Yadav in 2014.

The fate of former Karnataka chief minister Basavaraj Bommai (Haveri) and AIUDF Badrudin Ajmal (Dhubri) will also be decided on May 7.

After the third phase, voting will be completed in 283 out of 543 seats in Lok Saba. The next four phases will be on May 13, May 20, May 25 and June 1. Counting of votes is on June 4.

The third phase saw the BJP-led NDA and the INDIA bloc fiercely attacking each other on issues like reservations and sexual harassment charges against JD(S) leader Prajwal Revanna.

Prime Minister Narendra Modi led the BJP charge, asking the Congress to give in writing that it will not hand over the quota for Scheduled Castes, Scheduled Tribes and Other Backward Classes to Muslims.

The Congress and its allies accused the BJP of trying to tamper with the Constitution and do away with reservations. The principal opposition party, which has promised to remove the 50 per cent cap on reservations, also asked the BJP to clear its stance on the issue.

Congress chief Mallikarjun Kharge along with party leaders Rahul Gandhi and Priyanka Gandhi Vadra focused on issues of social justice, unemployment, "injustice" to farmers and alleged favourable treatment to select businessmen.

The BJP leaders targeted the Congress over wealth redistribution and inheritance tax issues and accused it of pursuing appeasement politics, while Rahul Gandhi reiterated Congress' commitment to conduct a caste census and economic survey if voted to power.

In the 2019 Lok Sabha polls, BJP had swept all the 14 seats in Karnataka, defeating Congress and JD(S), which were in alliance and ruling the state then.

Congress leaders including Rahul Gandhi and Priyanka Gandhi Vadra have attacked the BJP over allegations of sexual harassment against Prajwal Revanna, Hassan MP and leader of the JD(S) – an ally of the BJP-.

Hitting back, BJP leader Amit Shah and others questioned why the Congress government in Karnataka delayed the action against Revanna. The JD(S) joined the BJP-led NDA in September last year.

Prajwal Revanna is the grandson of former prime minister and JD(S) patriarch H D Deve Gowda and was the JD(S)-BJP alliance candidate from Hassan seat which went to polls on April 26.

Prajwal's father H D Revanna was arrested by Special Investigation Team on Saturday in a kidnapping case linked to sexual abuse allegations against Prajwal, soon after a court here rejected his anticipatory bail plea.

In Gujarat, BJP's Mukesh Dalal has already won from Surat unopposed after the nomination of Congress' Nilesh Kumbhani was rejected over irregularities in the signature of proposers and other candidates withdrew. The party had swept all 26 seats in 2019.

In Chhattisgarh, the BJP had bagged nine seats and Congress two seats out of the total 11 in 2019.

In Assam, the BJP has put up only one candidate in this phase for the Guwahati seat, while its alliance partners AGP are contesting in two – Dhubri and Barpeta – and the UPPL in Kokrajhar.

The Congress and the Voters Party International (VPI) are fighting in all four seats, while the BPF, the Trinamool Congress, Bharatiya Gana Parishad, SUCI(C) and Republican Party of India (Athawale) are contesting in two each.

The AIUDF, CPI(M), Gana Suraksha Party, Hindu Samaj Party, Asom Jana Morcha, National Road Map Party of India, Rashtriya Ulema Council, Ekam Sanatan Bharat Dal and Bahujan Maha Party are contesting in one seat each while 16 independents are also in the fray. (Agencies)

Zero Tolerance.....

in the matters related to reporting of sub-standard drugs.

"As many as 579 court matters are pending adjudication in various courts across the UT. The department has taken all steps to outreach consumers through toll free No.104 for expeditious disposal of grievances", the statement read.

It added that as on date, there is no record to suggest that any complaint of such nature has ever been referred to the department for regulatory intervention.

Moreover, the statement said, the department has deputed a team to establish/ascertain the genuineness/genesis of the news article published in the newspaper.

The rebuttal, issued by the department, has briefly summarized the activities undertaken by it as under:

a) Drug Alerts are being generated & addressed to Sub-Ordinate offices of the respective divisions for immediate necessary action by the enforcement staff of the Organization. Drug Alerts are circulated via whatsapp groups /official email ID's of respective divisional heads for prompt action.

b) Public Notices in cases of "Not of Standard Quality Drugs – Grossly Sub Standard" are being published in the daily leading locals of the union territory of J&K.

c) Center – UT & Inter-state communications are being shared to check the further prevalence & effective seizure / recall of drugs declared to be "Not of Standard Quality".

d) Drug Alerts in case of drug samples procured by JKMSCL & declared to be "Not of Standard Quality" by the Govt. Analysts of Drug Testing Laboratories are shared at this end immediately with MD- Corporation for effective recall of such products from supply chain for effective seizure by the enforcement staff of this organization at a single point.

e) The Drug Alerts are also uploaded on official website of the Organization in the larger interest of general public.

The Drugs and Cosmetics Act, 1940 and Rules thereunder identifies following contraventions and provides penal clauses as mentioned below:

I. Adulterated under section 17-A.

II. Spurious under section 17-B.

III. Any drug, other than a drug referred to in clause (i) or (ii) stated above.

a) The punishment with respect to clause i, ii and iii under section 27(a) of the Drugs and Cosmetics Act, 1940 is "when a drug is used by any person for or in the diagnosis, treatment, mitigation or prevention of any disease or disorder is likely to cause his death or is likely to cause such harm on his body as would amount to grievous hurt within the meaning of section 320 of the Indian Penal Code (45 of 1860), as the case may be shall be punishable with imprisonment for life and shall also be liable to fine which shall not be less than 10 lac rupees or three times value of the drugs confiscated, whichever is more".

b) When any drug is deemed to be adulterated under section 17A but not being a drug referred to in clause 27(a) the punishment shall be for a term which is not to be less than three years but which may extend to 05 years and with fine which shall be not be less than 1 lac rupees or three time the value of the drugs confiscated, whichever is more". Provided that the court may for any adequate and special reasons to be recorded in the Judgment, impose a sentence of imprisonment for a term of less than three years and of fine of less than 1 lac rupees.

c) When any drug is deemed to be spurious under section 17B but not being a drug referred to in clause 27(a) the punishment shall be for a term which is not to be less than seven years but which may extend to imprisonment for life and with fine which shall be not be less than 3 lac rupees or three time the value of the drugs confiscated, whichever is more". Provided that the court may for any adequate and special reasons to be recorded in the Judgment, impose a sentence of imprisonment for a term of less than seven years and of fine of less than 1 lac rupees.

d) When any drug, other than a drug referred to in clause 27(a), 27(b) or 27(c) is manufactured in contravention to any other provision of chapter IV of the Drugs and Cosmetics Act, 1940 or any rule made there under, the punishment shall be imprisonment for a term which is not to be less than one year and with fine which shall be not be less than twenty thousand rupees. Provided that the court may for any adequate and special reasons to be recorded in the Judgment, impose a sentence of imprisonment for a term of less than one year.

BJP clarifies.....

and Peoples Democratic Party (PDP).

Reports surfaced indicating that the Bharatiya Janata Party (BJP) has caused confusion among its supporters and workers in Kashmir by abstaining from publicly endorsing candidates in three parliamentary constituencies, notably the recently formed Anantnag-Rajouri Lok Sabha seat.

In response, the BJP reiterated its clear strategy, urging them (workers) to cast their votes for anyone except the Congress, National Conference (NC), and Peoples Democratic Party (PDP).

Speaking to Kashmir News Service (KNS) over phone, BJP's senior leader and General Secretary organization, Ashok Koul, emphasized the party's directive. "Our strategy is crystal clear: vote for anyone except the Congress, NC, and PDP. There should be no confusion about it. We have sent a clear message to BJP workers to support alternative candidates as these parties have exploited the people," Koul affirmed.

Responding to reports of confusion among workers, especially in Kashmir valley and the twin districts of Rajouri and Poonch, due to the party's silence on endorsing candidates, Koul clarified that the party will support those who are committed to welfare and peace.

The BJP has refrained from fielding candidates in the three seats of the Kashmir valley, including the recently established Anantnag-Rajouri constituency. However, the party has nominated candidates in Udhampur and Jammu.

Koul referenced Union Home Minister Amit Shah's call to reject the Congress, NC, and PDP, labeling them as parties that have "ruined" the region.

"These dynastic parties have brought death and destruction to the valley. They are enemies of Kashmiris, promoting politics of hatred and aiming to revert J&K to the days of violence," Koul stated, echoing Shah's sentiments.

While BJP Chief Ravindera Raina had expressed the party's initial desire to contest independently in all three Kashmir seats, he had also emphasized supporting parties committed to Kashmir's welfare and peace. "We stand behind patriotic parties striving for Kashmir's betterment, peace, and societal service," Raina had affirmed.

Jammu and Kashmir Congress Chief Vikar Rasool Wani, had lambasted the BJP for abstaining from contesting in Kashmir seats, citing weakness in the region. National Conference leader Omar Abdullah had also questioned the BJP's decision, given its claims of "development post the abrogation of Article 370".

Abdullahs.....

family has reaffirmed its anti-national credentials. "The heart and mind of the Abdullahs lies in Pakistan and all that they do in J&K is to please their masters in the ISI," Chugh said.

Reacting strongly to the statement of Farooq Abdullah that Pakistan was a nuclear power, Chugh said instead of being proud of India's military power Abdullahs have been playing in the hands of the Pakistan ISI that is why there has been no development in J&K during their rule.

The Abdullahs get their agenda to work in J&K from Pakistan and they do whatever their masters in Pakistan desire them to do. "That is why they would never condemn disruptive and violent activities of Pakistan-sponsored terrorists who not only target common people but also use their ammunition against the security forces", Chugh said, asking people of J&K to teach them a lesson during the Lok Sabha elections.

Chugh also fired senior Congress SS Channi for insulting the security forces for their action on Pakistan terrorists after the Pulwama incidents.

He said the Congress was as much hand in glove with Pakistan forces as the Abdullahs are. (KNS)

Poll staff.....

for the Polling Staff and directed the concerned to ensure all required measures are taken well in advance.

During the training, collection of polling material, collection and installation of EVMs, setting up of polling stations and commencement of polls were thoroughly discussed with the trainees. The process of sealing, installation and functioning of the EVMs was also demonstrated by the master trainers.

Deputy District Election Officer, Mir Imtiyaz ul Aziz; Assistant Returning Officer (ARO), Chanapora, Mudasir Ahmad Phamda, other Officers/Official and Master Trainers were present on the occasion.

Similar training sessions were also held at other designated places for other Assembly segments of the District under the supervision of respective Assistant Returning Officers (AROs) during which the Master Trainers imparted hands-on training to the participants and acquainted them with the necessary knowledge of EVM handling and operation.

The Polling Staff were acquainted with essential skills and knowledge to ensure the smooth conduct of the electoral process. Participants actively engaged in interactive sessions and practical demonstrations to enhance their understanding and proficiency in handling diverse scenarios.

J&K Emerges.....

additional destinations. Approximately

INR 447 crores were allocated to the tourism by Central Government to develop J&K in 2023. "J&K is one of the preferred travel destinations, displaying abundant natural beauty, a vibrant culture, welcoming locals, and a unique Indian cuisine waiting to be discovered." Said KB Kachru at the Federation of Hotel and Restaurants Association of India (FHRAI) conference held recently in Srinagar. The objective of the meet organised by FHRAI & J& K hotelier club was to propel the development of J&K.

Additionally, he emphasized on the recent efforts made to strengthen the valley's infrastructure. "Over one crore lakh worth highway and tunnel projects are now under construction. For the purpose of bolstering and expanding several National Highway projects in J&K, the Ministry of Road Transport and Highways has approved INR 2,093 crore."

While addressing the summit, KB Kachru, also discussed the current challenges the industry is facing and emphasized on the collective effort required to overcome them and foster improvement. "Our main challenge revolves around foreign tourist arrivals, which in india remain 15% lower than pre-pandemic levels. It's imperative to work towards increasing this inflow. Tackling the shortage of trained tourism personnel and fostering collaboration among industry bodies and hospitality chains are essential steps to ensure the delivery of quality experiences to both domestic and international guests."

While domestic tourism is growing there are further policy advancement that industry needs. Government should facilitate the support from various associations including Hotel Association of India, FHRAI, and Tourism and Hospitality Skill Council.

"Another aspect that needs to be addressed is the promotion and marketing of the state domestically and internationally," he stated.

He also highlighted the importance of Eco tourism, "With its stunning natural beauty, Jammu and Kashmir encouraged ecotourism projects that supported regional economies and environmental preservation. Tourists engaged in animal safaris, nature hikes, and birding in protected regions such as Hemis High Altitude National Park and Dachigam National Park."

HAI has emphasized its vision of making tourism and hospitality a driving force to achieve the national Vision 2047 for employment creation, inclusive growth to reach the 3rd largest GDP. HAI & FHRAI are closely working with industry and government to facilitate skill development and adoption of new efficient, sustainable technology. HAI is also trying to forge strong industry fraternity and collaboration to create awareness about the role of Tourism and hospitality and a harmonious voice of the industry. Each state has to be proactive in promoting its state and be transparent in communicating this to the industry. This will help us make a difference. [KNT]

Channi's remark.....

leaders have stooped so low that for them, Pakistan and foreign interests take precedence over our national security. They exhibit a concerning pattern of questioning the integrity and sacrifices of our armed forces, even in the face of clear evidence."

He emphasized, "During the Pulwama attack, when Pakistan openly admitted its involvement, Congress leaders shamelessly raised doubts. Channi's recent remarks are yet another example of their disregard for the sacrifices made by our brave soldiers."

Highlighting the breach of security protocol during the Prime Minister's visit to Punjab, Kavinder remarked, "Channi's actions, allegedly at the behest of Khalistani elements, not only endangered the Prime Minister's security but also demonstrated a blatant disregard for national interests. It is evident that Congress leaders operate under the influence of foreign agendas, lacking any genuine concern for our armed forces."

He reaffirmed the pivotal role of Indian security forces in maintaining peace and stability in Jammu and Kashmir, stating, "The peace prevailing in Jammu and Kashmir today is a testament to the unwavering dedication and sacrifices of our jawans and security agencies."

Kavinder asserted that the nation will not forgive Channi for his reprehensible remarks and called upon the India Bloc leadership to apologize for disrespecting the valor of our brave soldiers. He emphasized the need for all political parties to prioritize national interest above partisan politics, especially in matters concerning the security and dignity of our armed forces.

Meanwhile, the former Deputy Chief Minister has criticized Farooq Abdullah's statement in response to Defence Minister Rajnath Singh's remarks regarding the

integration of PoJK with India, stating that the NC leader was speaking in Pakistan's language.

"Till now, some extremist leaders of Pakistan said they have an atom bomb. But now, a senior and forefront leader of the INDIA bloc, Farooq Abdullah, has said the same. Even Channi's statement on Poonch tries to hide Pakistan's misdeeds. This is Pakistan's language. As PM Modi said, the INDIA bloc manifesto had an impression of the Muslim League, and their leaders have an impression of Pakistan on them," he added.

The senior BJP leader urged the people of Jammu and Kashmir to remain vigilant from such parties and support only political parties aligned with the nation's interests. (KNS)

CEO for.....

functionaries ensuring maximum participation of people in the Lok Sabha Polls.

The CEO chaired a review meeting to take stock of all election related preparations being made for smooth and successful conduct of general elections in the Srinagar and Baramulla Parliamentary Constituencies to be held on May 13 and May 20 respectively.

While reviewing overall arrangements he took stock of the status of creation of PwD, pink, green, youth and unique polling station facilities in different assembly constituencies of the district. He had a detailed assessment of arrangements being put in place for the polling staff and designated deployment, home voting and expenditure monitoring.

While reviewing status of commissioning of EVMs and training of designated staff, the CEO emphasized comprehensive hands on training aimed at familiarizing the poll staff with the operation and maintenance of EVMs. He also asked the AROs to ensure proper uploading of data on EMS.

The CEO directed for wide publicity of election related activities including SVSEP awareness activities for encouragement of general public to vote and register high-voter turnout in the district.

District Election Officer (DEO), Budgam, Akshay Labroo, through a PowerPoint Presentation, presented the district profile and overall arrangements in place for free, fair and smooth conduct of elections in the district. He said that all ECI guidelines are being implemented in letter and spirit in the district and efforts are being made to ensure maximum participation of voters in the festival of democracy.

The DEO also briefed about the functioning of MCMC, deployment of SST, FST, VVT and teams, arrangements for senior citizens and PwDs voters in the district.

SSP Budgam, briefed about overall security arrangements being put in place for smooth conduct of elections in the district.

All AROs, Nodal Officers and other concerned officers attended the meeting.

Apni Party on.....

He said we have great regards of our revered saints and are carrying our affairs according to their teachings.

"We do not believe in politics of exploitation. We believe in truth. We are aware about sufferings of people of Shahr-e-Khas, and we assure them their difficulties will come to an end soon," Bukhari said.

He said the objective of our public outreach programs is aimed to get aware of the hardship of people of Srinagar, and asserted the party will bring back the lost glory of Shahr-e-Khas. (KNS)

Operation.....

dozens of suspects so far and today sketches of two suspected militants were released and anyone providing information about the duo have been promised a rewards of Rs 20 lakhs.

Official sources said that militants are untraceable despite the launch of massive operation.

They said militants might have moved towards Rajouri and as a part of strategy, an operation was also launched at village Kathu in Dalhori area of adjoining Rajouri district. [KNT]

PDP candidate.....

for why its candidate didn't flag up the voice of Jammu and Kashmir when Article 370 was going to be abrogated. People should ask the candidate with the inkpot (symbol) who is contesting against me today where he was when Article 370 was put to vote in Rajya Sabha? BJP didn't have majority in Rajya Sabha. He remained absent. He didn't vote against abrogation of the Article 370," Omar Abdullah said.

He said the absence of PDP candidate then helped ruling dispensation at New Delhi to nullify Article 370 and downgrade the status of Jammu and Kashmir into Union Territories.

Former CM in his address urged people of north Kashmir to realize their duty and exercise democratic right with keeping all senses active so that such elements do not reach to Parliament again. (KNS)



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Lok Sabha Elections-2024

DEO Srinagar flags-off Polling Teams for ‘Vote from Home’ facilitation of senior citizens (85+) & PwDs

Home Voting facility provides opportunity to Senior Citizens & PwDs to exercise cast their vote from home: Dr. Bilal
About 300 eligible willing/ consented voters exercised franchise using Postal Ballot at their respective homes/places

SRINAGAR, MAY 07: Ahead of Polling for Srinagar Lok Sabha Seat, the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Returning Officer (RO) for 02-Srinagar Parliamentary Constituency today flagged-off Polling Teams for ‘Vote from Home’ facilitation of senior citizens and PwDs of Srinagar District from the DC Office Complex, here.

Nodal Officer, SVEEP (J&K), Athar Hussain Qazi; Deputy District Election Officer, Srinagar, Mir Imtiyaz ul Azizi; Nodal Officer SVEEP, A.H Fani and other Senior Officials of

District Administration and District Election Authority were present on the occasion.

Speaking on the occasion, the DEO Srinagar briefed that the Polling teams will facilitate Vote from Home (VFH) for the eligible Elderly Voters and Persons with Disabilities (PwDs) in connection with the upcoming Lok Sabha Election-2024 in respect of all Eight (08) Assembly Segments in 02-Srinagar Parliamentary Constituency.

He added that altogether about 292 eligible willing voters of the District including 202 Senior Citizens who are above

85 years and 90 Persons with Disabilities (PwDs) will exercise their franchise using postal ballots at their respective homes/ places.

The DEO further said that the Election Commission of India (ECI) has taken a historic initiative which is a major step towards promoting inclusive and accessible elections by extending the Vote from Home facility to senior citizens above 85 years and PwDs.

He underlined that Home Voting facility has provided an opportunity for several senior citizens and PwDs to exercise



their right to vote through postal ballots in Lok Sabha Election-2024 minimizing their difficulties of travelling to the Polling Stations.

The DEO said that the facility has helped in promoting equal opportunities for all and ensuring that no one is left behind in the electoral process.

He further added that Eighteen (18) Polling teams each consisting of one Polling Officer, one polling official, a Micro-observer, a videographer and a team of security personnel began visiting the houses of the willing Voters (who have given

consent to the District Election Office) since today morning and has been scheduled for 7th, 08th and 9th May, 2024.

He instructed the polling teams to take utmost care to ensure free and fair voting adhering strictly to the instructions and guidelines of the Election Commission of India.

Earlier, the DEO held a meeting with all the eighteen (18) Polling teams in the Meeting Hall of the DC Office Complex and flagged-off the teams for Vote from Home facilitation in Srinagar District.

Parra ‘symbol’ of challenges faced by Kashmiri youth after 2019: Mehbooba Mufti

SRINAGAR, MAY 07: PDP president and former chief minister Mehbooba Mufti Tuesday urged youth to vote and tell New Delhi that decisions taken in August 2019 are unacceptable to people of Jammu and Kashmir.

While campaigning in favor of party youth leader Waheed Parra who is contesting Lok Sabha elections from Srinagar Parliamentary seat said “He has been the symbol of challenges faced by Kashmiri youth after August 2019”.

Addressing people during a road show in southern Pulwama Mehbooba urged people of Jammu and Kashmir to respond to New Delhi through voting for its actions in Jammu and Kashmir it resorted after August 2019.

She appealed youth to support PDP’s candidate for Srinagar Parliament Constituency and stated their voice will be addressed in an appropriate manner.

She said that the ongoing Lok Sabha elections are not for bringing electricity or advancing its infrastructure, or a run for becoming MLA to be in power, rather it is a chance to reply to New Delhi through votes and tell them their decisions taken



in August 2019 are unacceptable to people of Jammu and Kashmir, which need to be reversed.

She said post August 2019 the entire Jammu and Kashmir has been turned into a jail and youth are the worst sufferer. “Our youth are being summoned to police stations and subsequently detained in jails outside Jammu and Kashmir. This is all unacceptable for us. We have to respond this outlook through votes so that our representative will reach to Parliament and flag up our genuine concerns,” she said.

IGP Kashmir Shri V K Birdi along with DIG CKR visits Budgam to review poll preparedness

BUDGAM MAY 07: At the outset of the meeting, SSP Budgam Shri Nikhil Borkar-IPS along with Addl. SP Budgam Shri Ragav IPS gave a detailed presentation about the induction, de-induction of the security forces and the polling personnel at their respective polling locations.

In addition to this, the route plan, domination by the security forces during the induction day and the poll day were discussed in detail.

During his visit, IGP Kashmir stressed upon the close coordination of the District Police with CAPF and civil administration and its need for the smooth conduct of the election process.

He also emphasized upon providing quality accommodation and proper facilities to the security forces which have been inducted for polling. The meeting also focused on the pre-poll strategies to keep the security grid more vigilant and alert. Also, the security of candidates,

deployment for the poll campaigns and overall security arrangements of the district were also discussed.

He further stressed upon conducting extensive area domination, taking preventive measures to prevent law and order situations and adhering strictly to the SOPs for making election incident free.

The visit underscores the commitment of Jammu Kashmir Police to provide free, fair and secure environment to general public to exercise their right of voting without fear and favour.



Learn from Failures, Vote Wisely & Choose Your Voice Responsibly: Nasir Khuehami Urged Kashmiri Students

SRINAGAR, MAY 07: Student Leader and Jammu and Kashmir Students Association National Convenor Nasir Khuehami here on Monday urged Kashmiri Students to vote wisely in the upcoming Lok Sabha Elections. In a statement, Khuehami criticized all three current Lok Sabha Members of Parliament for their abysmal performance and track record during their tenure as representatives of the Baramulla, Srinagar, and Anantnag Constituencies.

Khuehami highlighted that during the COVID-19 pandemic, Hundreds of Students were stranded, and during the Ukraine-Russia war, hundreds were stuck. Moreover, during the abrogation of Article 370 when there was no communication for months and during the Taliban’s takeover in Afghanistan, hundreds faced issues and imminent danger. Despite these crises, the pleas of Kashmiri students fell on deaf ears when they approached all three current MPs of the Kashmir Valley seeking solace and intervention. Khuehami emphasized that these MPs callously ignored their pleas, leaving Kashmiri students stranded and abandoned.

“We entrusted them with our hopes in 2019, believing they would be the steadfast advocates of our rights in Parliament. Yet, these MPs failed us miserably. Instead, we found ourselves knocking on the doors of MPs

from Bihar, U.P, Maharashtra, Punjab, Tamil Nadu, and other states, pleading for their assistance. Despite not being our elected representatives, they lent a sympathetic ear and took up our cause with vigor, addressing issues of intimidation, harassment, and injustice with the respective authorities. Unlike our own MPs, they delivered tangible results. Adding insult to injury, around 15 students met untimely deaths in various states and abroad. Shockingly, our own MPs couldn’t even be bothered to tweet, speak up, or raise these issues with the concerned ministries,” he said.

He asserted that, Over the past 5 years, dozens of Kashmiri students have been thrashed, booked under UAPA, some faced suspension, and dozens were expelled from university. Unfortunately, none of our sitting MPs were bothered to speak up and raise these issues in Parliament, nor did they try to intervene by taking these matters up with relevant governments and authorities. Instead, whenever we reached out to them, they never bothered to respond to calls and texts, often keeping their phones busy or hanging up the calls, he said.

“Instead, it was the Jammu and Kashmir Students Association who had to knock on the doors of the ministry, state governments, and other MPs across



the country pleading for assistance. It was only through our relentless efforts & the help of different MPs that around 15 Kashmiri students, scattered across the globe in places like Bangladesh, Saudi Arabia, and more could be repatriated, their mortal remains facilitated back home and dozens other suspensions, UAPA and FIRs were revoked. This stark contrast in actions speaks volumes about the apathy of our elected representatives and the resilience of Kashmiri students in the face of neglect and indifference,” Khuehami added.

Khuehami asked all these sitting MPs, “For God’s Sake, why should we vote for such MPs when they’ve mastered the art of parliamentary disappearing acts since 5th August, 2019? While Kashmir burned, they were busy perfecting their invisibility cloak, conveniently vanishing when their constituents needed them the most. But they will reappear like clockwork come election season, armed with empty prom-

ises and photo ops.”

“When Kashmiri students begged for help, they were met with a resounding silence, drowned out by the echoes of their MPs’ empty speeches and hollow assurances. So, why should young students vote for such MPs? Well, if you enjoy being ignored, abandoned, & left to fend for yourself while they cozy up in their ivory towers, then by all means, cast your vote. But if you’re tired of being hoodwinked by political phantoms, it’s time to send a message,” added Khuehami.

“Over the course of four and a half years, their track record reveals a disturbing pattern of incompetence. With a meager number of questions posed and a glaring absence of any inquiries on behalf of their constituency during the initial three years, there is a profound sense of neglect suffered by the Kashmiri students. The people entrusted them with the responsibility to be our voice, and they have let us down gravely. The few questions directed out of the handful raised magnified the failure of representation of their leadership. They were tasked with the solemn responsibility of being our voice; however, their failure resonates as a profound disappointment. Their attendance record of 45 percent is a stark reflection of their disinterest in fulfilling their

duties as our representatives,” Khuehami emphasized.

“This blatant disregard is utterly unacceptable, particularly when considering their consistent absence from pivotal parliamentary proceedings. This neglect not only showcases a lack of commitment but also contributes to a disservice to the very people they were elected to serve,” Khuehami pointed out.

Khuehami urged Kashmiri Students to seek new leaders—ones who are not only capable but also committed to standing up for the genuine interests and well-being of the region. “It is time to unite and strive for a brighter future by seeking a more capable and committed leader who will truly stand up for the interests and well-being of the people of Kashmiri students.”

We tried to reach out to all three MPs many times with student issues, just to press them for the earliest redressal, but our pleas always fell on deaf ears. They never put any effort into solving the issues of Kashmiri students. It is time for No more disappearing acts, no more empty promises. It’s time for real representation, not spectral spectacles. Vote wisely, Kashmir. Vote for those who are determined to serve Kashmiris better, rather than those who are driven by the avarice of power,” Khuehami emphasized.

Modi Posed For Cameras When Pulwama Happened; No Peace In J&K: Farooq Abdullah

SRINAGAR, MAY 7: National Conference (NC) president Farooq Abdullah on Tuesday hit out at the central government for claiming there is peace in Jammu and Kashmir, saying Prime Minister Narendra Modi was busy shooting for a film when 40 CRPF jawans were killed in 2019 Pulwama attack.

“Had there been normalcy, would there have been encounters in Kulgam and Surankote? Our jawans are getting martyred... how long will you let them die? They got 40 CRPF personnel martyred in Pulwama (in 2019),” he said.

“The then Governor himself said that (explosive-ridden) car was roaming around for three weeks and when it reached the spot, innocent people were martyred. What was the PM doing? He was shooting for a film in a forest,” Abdullah told reporters in Baramulla during an election rally.

He said that the then J-K governor Satya Pal Malik had told the prime minister that it was our mistake that 40 CRPF personnel were killed, but Modi asked him to shut up, saying “we have to blame the other country”. “This is the situation and you are saying there is peace. Had there been peace, would there be so many security personnel with me? Where is the peace? Thank God, we are moving freely here. But the way they are creating hatred across the country, Muslims are targeted, their beards shaven and asked to chant Jai Shri Ram,” he said.

The former Union minister accused the BJP of



creating hatred in the country and asked if Ram belonged only to the saffron party. “Is Ram only theirs? Who prays (and) in which way, is their own will. This is a free country. But it will not remain free. They will dictate to us what to wear, what to eat, and where to offer namaz.”

“Do you remember how they demolished our mosques, madrassas, and then they claim ‘sabka saath, sabka vikas,’ and sabka beda gark,” he added.

The former Jammu and Kashmir chief minister asked if the ‘hate’ will make India stronger.

“Is there any difference between Hindus and Muslims? I am a doctor, we both have the same bodies. God created us as equals. We are responsible for creating differences. The politicians are responsible for fostering hatred, otherwise, there would be no hatred in India,” he claimed.

“When India got freedom, we joined Gandhi’s India and not Modi’s. We want to bring Gandhi’s India back where we can walk and talk with dignity,” the NC leader said. (Agencies)

General Observer visits Kupwara to oversee election preparedness

■ HT News Network

Kupwara, May 7: General Observer for 01- Parliamentary Constituency (PC), Baramulla, Deependra Singh Kushwah, today visited Kupwara district to oversee election preparedness. He undertook a comprehensive inspection of various election installations and made a detailed assessment of the action plan in the district.

On reaching Kupwara, DEO Kupwara, Ayushi Sudan and SSP Kupwara, Shobit Saxena, briefed the Observer regarding the election preparedness including enforcement of model code of conduct, expenditure monitoring,

security plan, transport and communication plan and the functioning of VSTs and FSTs and coordination efforts to ensure a successful election process.

The General Observer accompanied by DEO Kupwara and other officers visited the District Election Control Room, Kupwara, where he took stock of election related activities being monitored. He checked the daily reports including, Law and order report, FST, SST report and C-vigil app.

Observer undertook meticulous inspection of functioning District MCMC Kupwara where he inspected Print, Electronic and Social Media monitoring and took the appraisal of



action taken reports.

The General Observer inspected the Distribution and Collection Center established at Government Degree College Sogam and Model Polling station No's 61 and 62 established at Government Girls Higher Secondary School Sogam where the General Observer took detailed assessment of facilities and arrangements put in place for smooth conduct of Lok Sabha elections.

On the occasion, the Observer instructed the concerned to ensure all safety measures and adherence to the guidelines of Election Commission of India to facilitate smooth and efficient election process.

Earlier, General Observer visited

Handwara where he inspected the strong room established at ITI Handwara, Polling station established at Boys Higher Secondary School Handwara, Girls Higher Secondary School Handwara and Middle School Chotipora. The General Observer conducted a comprehensive assessment of infrastructure and amenities at each site.

The General Observer appreciated the election preparedness by the District Administration. On the occasion, the Observer instructed the concerned to ensure all safety measures and adherence to the guidelines of Election Commission of India to facilitate smooth and efficient election process.

MVD Bandipora organises Guidance/Counselling programme for Drivers

■ HT News Network

BANDIPORA, MAY 07: Motor Vehicles Department (MVD) Bandipora on Monday organized multiple awareness programmes regarding ill effects of drug abuse and road safety at various Sumo stands of Sumbal Sub-Division including Sumo Stand Hajin, Chinara Sumo Stand Sumbal and Sheikh ul Aalam Sumo Stand Sumbal.

During the awareness programmes, ARTO Bandipora, Anis Ahmed sensitized drivers about ill effects of drug abuse, and also provided awareness to the drivers about road safety and the need to implement road safety measures.

The event also witnessed sensitization to the drivers whose services shall be utilized in the upcoming Lok Sabha Polls in Bandipora District.

ARTO while addressing the drivers sensitized them regarding their crucial role in the elections.

He stressed upon drivers to perform their poll related duties with added responsibility

MVD inspectors and other concerned from the Motor Vehicle Department were also present on the occasion. police administration to assess its functioning.

Earlier, the General Observer also joined Mega SVEEP event at Wullar Vantage Park alongside CEO JK UT and also participated in EPIC distribution to young first-time voters.

Among others, the meeting was attended by DEO, Shakeel ul Rehman; SSP, Laskshay Sharma; ADDC, Mohammad Ashraf Bhat; ADC, Umar Shafi Pandit; DyDEO, Mohammad Rafeeq; AROs, Nodal Officers and other concerned.

PUBLIC NOTICE

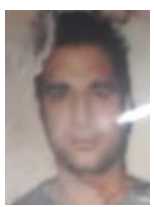
My Son's name in School record has been wrongly written as RAYAN SHAFIQ while his correct name is RAYAN SHAFIQ DAR S/O SHAFIQ AHMAD DAR which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the Principal office of HILL CREST SCHOOL, kreeri within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name.....SHAFIQ AHMAD DAR
F/O ...RAYAN SHAFIQ DAR
R/O ..KREERI
ZONE ...WAGOORA

PUBLIC NOTICE

I Have lost Rc Of my Vehicle Bearing Registration No JK01AC-5343 between Barthana to Qamarwari. Now I have applied for its duplicate.

If anybody has any objection in this regard he/she may file his/her objection in the RTO Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.



Waseem Sidiq Sheikh
D/o Mohammad Sidiq Sheikh
R/o bander Bagh Nowpora

Hiring

DERMATOLOGIST (FEMALE)

ORTHODONTIST

Those who having Moh License and ready to join should send Resume

Send Resume
+968 78027092

Lok Sabha Elections-2024 DLSA Budgam promotes Voter Education under SVEEP Campaign

■ HT News Network

BUDGAM, MAY 07: In order to promote, encourage voter literacy and participation of voters in the electoral process, the District Legal Services Authority (DLSA) Budgam under the aegis of JKLSA today organized awareness programme at ADR Center Budgam under SVEEP (Systematic Voter's Education and Electoral Participation) initiative.

The programme was organized by District Legal Services Authority (DLSA) under the guidance of Khalil Ahmad Choudhary, Chairman DLSA Budgam and under the supervision of Jehangir Ahmad Bakshi, Secretary DLSA Budgam.

The programme witnessed the participation of Jehangir Ahmad Bakshi Secretary DLSA; Shahrooq Ahmad Bhat, Deputy LADC; Adv. Zafer Mehdi, Feroz Ahmad Mir trained Mediator, Rouf Ahmad Assistant LADC, Adv. Aarizo, Adv. Mohammad Iqbal Wani, members of bar, Panel Lawyers, staff members of DLSA Budgam, and PLVs of DLSA Budgam.

Speaking on the occasion, Secretary DLSA Budgam highlighted the importance of Right to Vote in a democracy. He also explained precautions and necessary steps to be followed by the voters while casting their vote.

Shahrooq Ahmad Bhat deliberated upon the topic and said that the casting of the vote is a fundamental right after attaining the age of 18 years. He also elucidated the rights of the voters in light of the constitution.

Adv. Zafer Mehdi also spoke on the topic and deliberated on the reasons and fundamentals behind the system of voting.

Adv. Feroz Ahmad shed light on the rights of voters and promotion of voter literacy and voter participation.

Adv. Arizo highlighted the importance of female participation in the electoral process of the country as 33% reservation is meant for the females to represent their voices.

Illegal extraction & transportation of minerals Police seizes 17 vehicles, arrests 17 persons in Kulgam

■ Farooq Rather

Kulgam: May 07: Cracking a whip on illegal extraction and transportation of minerals, police have seized 17 vehicles and arrested 17 drivers in Kulgam.

Acting swiftly upon the specific information generated from credible sources regarding the transportation of illegal mining minerals in the jurisdiction of Police Post Mirbazar, multiple teams headed by ICPP Mirbazar along with DMO Kulgam were constituted. Subsequently, multiple checkpoints at Mirbazar Chowk, Akhran and Manigam were established. During checking, 17 vehicles including 16 tractors and a Dumper involved in illegal extraction and transportation of minerals were seized. The drivers were apprehended and shifted to police post Mirbazar where they remain in police custody.

Regarding the incidents, cases under relevant sections of law have been registered at Police Station Qazigund and investigation has been initiated.

People are requested not to indulge in any kind of illegal mining activities from any Nallah/river as it is the violation of Government rules. Persons found indulging in illegal mining activities shall be dealt as per law.

اطلاع عام

مجھے اپنے گھر کے لئے بجلی کنکشن درج کرنی مطلوب ہے اگر اس بارے میں کسی کو کوئی اعتراض ہو تو وہ سات یوم کے اندر اندر مجھے pdd سب ڈویژن مستطام دفتر میں پیش کرے بعد از معاد کو بی اعتراض قبول نہیں ہوگا

المشتھر
راقب احمد لون ولد مختار احمد لون
ساکن پھلگام انت ناگ

اطلاع عام

مجھے Rimlahome stay پھلگام کی رجسٹریشن مجھے رازم پھلگام میں کرنی مطلوب ہے اگر اس بارے میں کسی کو کوئی اعتراض ہو تو وہ سات یوم کے اندر اندر اسسٹنٹ ڈیپوٹری رازم پھلگام کے دفتر میں پیش کرے یا اس نمبر پر رابطہ کرے 01936243324 یا معاد کو بی اعتراض قبول نہیں ہوگا

المشتھر
غلام محمد لون ولد عبدل خالق لون
ساکن پھلگام انت

Lok Sabha Elections-2024 Postal Ballot Voting begins in Budgam segments under Srinagar PC

■ HT News Network

BUDGAM, MAY 07: The process of postal ballot voting began today at Budgam, marking an important step in ensuring that all eligible voters, especially employees in essential services who may not be able to attend polling stations on election day, have the opportunity to exercise their democratic rights.

To oversee the smooth execution of the postal ballot voting at Boys Higher Secondary School Budgam, the District Election Officer



Budgam, Akshay Labroo visited the facilitation centre for postal ballot.

The DEO underscored the commitment to ensuring a free and fair voting process for all eligible voters. He said, the facilitation

centre is well-organized, providing a streamlined process for employees on essential duty to cast their votes and to strengthen democracy.

As per the guidelines of ECI, the District Adminis-

tration has worked diligently to assist voters to cast their vote via postal ballot while maintaining the required guidelines of the postal ballot system, he added. He said the initiation of postal ballot voting in Budgam demonstrates inclusive participation of all in the electoral process.

The DEO said that as the voting period at the Postal Voting Centre continues for three consecutive days for the segments falling under Srinagar PC i.e., 7th, 8th and 9th of May, District Administration Budgam will maintain its efforts.

OFFICE OF THE NAIB TEHSILDAR KREERI

SUB Application Mohsin Rashid Khan S/O Late Abdul Rashid Khan R/O Saloosa seeking their in the legal hier certificate

NOTICE

Regarding the subject cited above in the context .As per death certificate and report submitted by the patwari concerned Abdul Rashid Khan s/o Late Gh Mohi ud Din Khan R/o SALOOSA has passed away on 08/06/2019 .The report of the patwari further depicts that the deceased has following Legal Heir

S.No	Name	Relation with Deceased	D.O.B	Occupation	Remarks
1	MOHISIN RASHID KHAN	Son	01/03/2000	Student	-
2	SHAYISTA RASHID	Daughter	06/03/1999	House Wife	Married
3	JAVID AHMAD	Son	07/06/1999	Labour	-
4	Owais Ahmad	Son	08/03/2006	Student	-
5	KAISER RASHID	Son	18/04/2006	Labour	-

The applicant has applied for issuance of Legal Hier certificate .As such the instant matter is published through news paper if any one having any objection in this regard he/she may file his/her objection in office of NAIB TEHSILDAR KREERI within seven days from the publication of this notice after that no objection will be entertained

Naib Tahsildar
Kreeri

SKIE CLASSES

DEAR ALL,
WE WOULD LIKE TO INFORM YOU THAT
FOR OUR SOURA BRANCH, TODAY,
APRIL 22ND, AT 3:30 PM, THERE IS AN ORIENTATION PROGRAM SCHEDULED TO TAKE PLACE. THIS EVENT WILL BE GRACED BY THE PRESENCE OF DR. SADDAM AND HAMID MUFTI.

LOOKING FORWARD TO YOUR ATTENDANCE AND ACTIVE PARTICIPATION.

BEST REGARDS,
SKIE CLASSES

UNDER THE VIBRANT MENTORSHIP OF SADDAM SIR

SOURA OPPOSITE SUMO STAND NEAR JKBANK
0194-3502109 | 8899901387 | 7006886386

Director Panchayati Raj reviews the progress of various schemes being implemented in Ramban

■ HT News Network

Ramban, May 07: Director Panchayati Raj, Jammu & Kashmir, Sham Lal, today visited Ramban and convened a meeting with officers to review the progress of various schemes being implemented across the district.

Assistant Commissioner Development, Shrinath Suman, Assistant Commissioner of Panchayat, Ashfaq Kanji, Assistant Commissioner Panchayat Udhampur Tanvir-UI-Majeed, District Information Officer, Ashraf Wani, Block Development Officer, Ramban Yasir wani, and various other senior officers and officials of RDD were present on the occasion.

During the meeting, it was informed that construction is underway for 16 Panchayat Ghars as part of the Rashtriya Grameen Swaraj Abhiyan across different blocks. The Director instructed ACP to expedite the construction efforts on all sites, aiming for completion by June 2024.



In case of any land disputes or obstacles, he directed ACP to seek assistance from the district and local administration for

early resolution.

Emphasis was placed on the Panchayat Development Index (PDI), with an

immediate call to convene meetings of relevant line departments to authenticate submitted data for further submission at the Union Territory level. This step aims to ensure data accuracy at the nodal point. Additionally, prompt completion of uploading the Gram Panchayat Development Plan (GPDP) on the e-Gram Swaraj Portal for the financial year 2024-25 was urged.

Furthermore, the Director also reviewed the progress on construction of an additional room as a Common Service Centre within existing Panchayat Ghars. Out of the targeted 13, eight rooms have been completed to date. The executing agency was instructed to maintain strict quality control over ongoing developmental works.

Following the meeting, the Director also inspected the ongoing work at Panchayat Ghar Chanderkot and directed the contractor to complete the project by June 15th.

DC Bandipora reviews functioning of Labour department

■ HT News Network



BANDIPORA, MAY 07: The Deputy Commissioner (DC) Bandipora, Shakeel ul Rehman Rather on Tuesday led a comprehensive assessment of the Labor Department in a meeting held at the Mini Secretariat, here.

The meeting deliberated upon various topics, including various labour legislations and public services through digital platforms and grievance redressal systems.

The meeting discussed in detail the implementation of various Labour legislations at District Level such as Central Labour Laws, Implementation of Building and Other Construction Workers Act and Implementation of Quasi-Judicial functions. ALC Bandipora apprised the chair about physical/ financial progress of the J&K Building and Other Construction Workers Welfare Board scheme, status of registrations/ renewals received online under different Acts during the current year, and achievements made under different acts including shops & establishments act, Contract labour act, Child Labour act, Motor Transport Workers act.

Speaking on the occasion, the DC emphasized the importance of collaborative efforts between Labour department and different Departments including Social Welfare, Rural development department and CWC to effectively address Child labour related issues.

Capacity building programme on Millet promotion held at Lalmandi Srinagar

■ HT News Network

SRINAGAR, MAY 07: A capacity building programme on millet promotion and an exhibition was held today at Agriculture Complex Lalmandi, Srinagar.

Addressing the event, Director Agriculture Kashmir, Chowdhury Mohammad Iqbal highlighted the historical, economic and traditional importance of millets to Jammu and Kashmir. He said that the millets were cultivated by the people of Jammu and Kashmir even centuries ago but because of different reasons its cultivation declined.

He said now from the last few years the department is implementing different programmes for the promotion of Millets in the region. He said the food habits of present generations are very much health conscious. They encourage and appreciate different types of Millets in their routine foods.

IUST Introduces two Innovative Undergraduate Programs Aligned with NEP 2020

■ HT News Network

Awantipora, May 7: The Islamic University of Science and Technology (IUST) is launching two innovative undergraduate programs in alignment with the National Education Policy (NEP) 2020. With a focus on academic excellence and industry relevance, these programs signify a significant step forward in higher education.

The Four-year Undergraduate program in Economics will offer specializations in Financial Economics, Quantitative Economics, and Development Economics, also. The program integrates cutting-edge technologies such as Artificial Intelligence (AI) and Machine Learning (ML), along with internship opportunities for practical experience. The undergraduate program offered by department of Journalism and Mass Communication is designed to equip students with a comprehensive understanding of the evolving media landscape. This innovative curriculum combines theoretical knowledge with practical skills, emphasizing critical thinking, creativity, and ethical journalism practices. Both programs exemplify IUST's commitment to academic excellence and preparing students for the challenges and opportunities of the digital age.

PDF dont support any particular candidate in srinagar parliamentary constituency.

■ HT News Network

Srinagar /May 7:- Chairman Peoples Democratic Front (PDF) and former Minister Hakeem Muhammad Yaseen today clarified that his party has no candidate in Srinagar Parliamentary constituency, nor has decided to support any particular candidate in fray in srinagar constituency. He has asked the people to exercise their franchise in favour of any candidate of their own choice in srinagar. However he has reiterated his parties (PDF) support to Sajad Gani Lone, PC candidate for Baramulla.

In a statement issued on Wednesday Hakeem Yaseen has said that PDF has no its own candidate in fray in srinagar parliamentary constituency. He said his party has also decided not to support any particular candidate in fray in srinagar parliamentary constituency. He said since vote is a democratic right, people especially his party cadres should take part in the democratic exercise in a big way and vote for any candidate of their own choice in srinagar parliamentary constituency.

Meanwhile, PDF chairman has reiterated has full support to Sajad Lone, PC candidate for Baramulla constituency and has asked people especially his party cadres to vote for Sajad Gani Lone.

Ramban Admin starts executing Rehabilitation of Parnote Land Subsidence Sufferers

■ HT News Network

Ramban, May 7: As part of the ongoing rehabilitation efforts led by Deputy Commissioner Baseer-UI-Haq Chaudhary, the District Administration in Ramban is actively assisting job card holders from families affected by land subsidence in Pernote. The Rural Development Department, under the Mahatma Gandhi National Rural Employment Guarantee Act (MG-NREGA), is providing immediate job opportunities to these individuals in nearby areas. Assistant Commissioner Development, Shrinath Suman, highlighted that job card holders are being prioritized for various developmental projects, particularly under MG-NREGA. Responding to Deputy Commissioner's directives, a special Anganwadi Center named 'SHIFA' has been established at the Pernote Rehabilitation Camp. Operated by the ICDS project Ramban under the aegis of District Programme Officer, Jahangir Hashmi, it focuses on early childhood care, education, and providing nutritious meals, primarily benefiting children and pregnant/lactating women affected by landslides. Responding to Deputy Commissioner's directives, a special Anganwadi Center named 'SHIFA' has been established at the Pernote Rehabilitation Camp. Operated by the ICDS project Ramban.

Lok Sabha Elections-2024

DLSA Ganderbal conducts Awareness programme on Electoral Literacy at Kulan

■ HT News Network

GANDERBAL, MAY 07: In order to spread electoral literacy amongst the voters, the District Legal Services Authority (DLSA), Ganderbal in collaboration with the Education Department, Ganderbal today organized an awareness program at Govt. Boys Higher Secondary School, Kulan, Gund.

The event was held under the aegis of J&K Legal Services Authority and also under the insightful directions and overall supervision of Ritesh Kumar Dubey, Chairman DLSA Ganderbal and Secretary DLSA Ganderbal, Nusrat Ali Hakak.

Speaking on the occasion, Nusrat Ali Hakak, Senior Judge/Secretary DLSA Ganderbal, in her presidential address said that the aim of the program is to spread awareness among the masses about the importance of exercising their constitutional right to vote.

She also informed participants to raise further awareness regarding



their right to vote as guaranteed under Indian constitution. She said that the age to cast votes has been decreased from 21 years to 18 years so that more and more people participate for the changes they want to see in their country for its betterment.

Chief Education Officer, Ganderbal, Surjeet Kumar Sharma informed the participants about the various initiatives taken by the Election

Commission of India (ECI) to increase voter turnout and insisted one and all for their participation.

District Nodal officer, SVEEP, Romysa Sangeen highlighted the importance of SVEEP activities in creating awareness about electoral participation and educated students about the importance of voting and their role in the democratic process and asked all particularly females to participate.

NC nominated Vikram Puri as Chairman Traders and Industries (JKNC Wing) Jammu Province.

■ HT News Network

JAMMU May 7th:- Mr Rattan Lal Gupta Provincial President Jammu Province has nominated Mr Vikram Puri as Chairman Traders and Industrialists (JKNC wing) Jammu Province today with the approval of the Party High Command.

Mr Gupta hoped that Mr Puri will ensure close coordination with the Traders and Industrialists to highlight their general issues and strengthen the party.

Mr Vikram Puri thanked Party High Command and Provincial President Jammu Province Mr Rattan Lal Gupta for the



new assignment and responsibility as chairman of the Traders and Industrialists (JKNC wing) Jammu Province and ensured that he will work hard with great

dedication and cooperation for the development of Trades and Industries in J&K.

Mr Vikram Puri appealed to the Traders and Industrialists of Jammu and Kashmir to strengthen the hands of Dr. Farooq Abdullah and Omar Abdullah by supporting and voting all three candidates of the National Conference from the Kashmir valley. Mr Omar Abdullah from Baramulla Parliamentary Constituency, Mr Aga Syed Rahullah Mehdi from Srinagar Parliamentary Constituency and Mian Altaf Ahmed from Anantnag-Rajouri Parliamentary Constituency in the ensuing Lok Sabha polls in Kashmir.

Gandhi College organizes Annual Cross Country Run for Girls

■ HT News Network

SRINAGAR, MAY 07: Gandhi College Tuesday hosted its Annual Cross Country Run for female students.

The 5-kilometer race was flagged-off by the Principal of the College, Prof A. Wahid Makhdoomi at 7.07AM from Duck Park foreshore road. Over 60 girl students lined up at the starting line, ready to test their endurance and skills. The course took runners through the foreshore road, winding along the edge of the Dal Lake.

Second-Semester student Umaira Jan finished in first place, completing the course in an impressive time of 25 minutes and 22 seconds.

Umaira, an accomplished long-distance runner, pulled ahead of the pack early on and maintained a steady pace to secure the victory.

"I'm thrilled to have won the cross country run," said Umaira. "The training has really paid off, and I am proud to represent Gandhi College. This is just the start - I'm looking forward to more competitions in the future," she added. Second and third place went to Muskaan Rehman and Huriya Nazir of 2nd and 4th Semesters respectively. The top finishers received trophies and certificates in recognition of their achievements. Two consolation prizes were bagged by Soliha Tariq and Mewish Showla respectively.

CUKashmir's DIC partners 4th All India DIC meet

■ HT News Network

Ganderbal, May 7: Central University of Kashmir (CUKashmir) Vice-Chancellor Prof. A Ravinder Nath has expressed satisfaction over the participation of varsity's Design and Innovation Centre (DIC) in the successful organisation of two-day 4th All India DIC Meet held at IIT Hyderabad.

The meet was jointly organised by five DICs including, Indian Institute of Technology Hyderabad, CUKashmir, Indian Institute of Technology, New Delhi, School of Planning and Architecture, New Delhi and Indian Institute of Technology Bhubaneswar. Twenty DICs from across the country including DIC CUKashmir and their spokes demonstrated their innovative prototypes in the exhibition, which was inaugurated by Shri K. Sanjay Murthy, Secretary HE, Ministry of Education, GoI, in the presence of Smt Neeta Prasad, Joint



Secretary P & ICC Ministry of Education, Shri B.V.R. Mohan Reddy, Chairman Board of Governors IIT Hyderabad, Prof. B.S. Murthy, Director IIT Hyderabad and Directors of DICs of the partnering institutions. Speaking on the occasion, Shri Sanjay

Murthy underscored the need to expand the scope of DIC initiative to bring more and more institutions within its ambit. He emphasised the concerted efforts of several agencies such as the Atal Tinkering labs, IICs, AICTE to strengthen the innova-

tions, entrepreneurship and designs ecosystem in the country. He urged the DICs to come forward to improve the quality of content for the Swayam Portal so that the institutes and students benefit from the emerging sectors. The Secretary paid a visit to all the stalls and inspected the innovative prototypes.

During the review of performance of DICs by Secretary Higher Education GoI, the Director, DIC, CUKashmir, Prof. Fayaz Ahmad Nika gave a detailed account about the DIC functioning and the mandate with which the DIC was established. He detailed the role of DIC CUKashmir in preservation and development of Arts and Crafts and herbal medicines in which J&K has competitive advantage.

Prof. Nika also participated in the panel discussion held during the Annual Meet. Three parallel workshops were also held to sensitize the participants in the area of design development and start-up culture.

EDITORIAL

Gear up and address civic woes of residents

Following the let up in rains and increase in day temperature over the past few days the Srinagar roads are presenting a messy look. This has compounded the problems for the people and they could be seen covering their mouth with handkerchief while moving around. The spools of dust are giving a shabby look and posing a question mark over the claims of the administration that Srinagar city is one of the smart cities of India.

As the administration is yet to start the macadamization of roads in Srinagar the people of summer capital of Jammu & Kashmir are suffering like anything. With development works going on across the capital city everything seems to be in a mess with nobody there to bother about the same. It seems that the administration has decided to devote its attention towards the roads and streets from where the VIPs move around.

It is due to this reason that civic issues of the multiple areas of downtown Srinagar are not being addressed by the administration. Although the development works were started in these areas long back, these are yet to be completed despite time and again claims by the people at helm. Same is the case with the areas of uptown Srinagar where people are suffering since work on three flyovers is going on at Bemina, Sanat Nagar and Nowgam.

Going on by the snail pace of work on the development works in both the uptown and downtown areas of Srinagar it seems that it will take ages for the executing agencies to complete the projects. By then the people will have to suffer and due to the same they might have to counter some health issues as well. It is more so with the people who are frequent travellers in such areas.

Nobody in this world is against the development and the same holds true with the residents of Kashmir valley. But for the same it is necessary that a system is followed and projects are taken up according to the priority. Since June 30, 2024 is the final deadline for completion of projects under the smart city projects it seems that Srinagar will lose in this race. This would lead to embarrassment for the people who have been making tall claims.

The administration should take immediate steps and start the process of macadamization so that there is no more dust on the roads. This would ensure that the civic woes of the city residents are solved and they consider themselves to be the residents of a smart city. At the same time socks need to be pulled up so that the smart city projects are completed well on time.

DIGITAL ORPHANS IN THE AGE OF DIGITALISATION

■ By Mool Raj

Emergence of various Digital Technologies are transforming the world around us as was the case with urbanisation and globalisation. Advent of technology has turned the world into a global village and empowered the individuals with quick transmission of data and information. At the same time increase in the number of people accessing the internet worldwide due to the advancements in the communication technologies and improved economic avenues especially in remote areas made it possible for children to use digital tools and services meant for engaging, learning and connecting to the world around them. As a result of infiltration of various digital technologies, there has been drastic change in the ways people work, learn and communicate thereby transforming our lives in the 21st century. Consequently, businesses are becoming more efficient, products are becoming more accessible, and people are becoming more connected. Covid-19 pandemic and subsequent restrictions have increased children's reliance on internet more specifically mobile devices. Children couldn't be contained in this digital age and have become avid internet users making use of multitude of ICT tools. The growing presence of technology in children's lives is a double-edged sword and type of impact in their lives depends upon how children are exposed to them. This increase in online activity has given rise to a number of challenges for parents and educators. With children spending more time on the internet than ever before, it is essential that we understand how to protect them from potential risks while also helping them make use of the numerous benefits offered by ICT tools in a responsible manner.

We all believe in the power of internet and how its innovations are playing an increasingly intrusive role in our lives as the economy, education, entertainment, work and even family moved from analog worlds to digital world where everyone works within one's screen. As technology advances, the power of the internet is becoming even more pervasive in our lives. We are now able to access information and resources that were previously unimaginable, allowing us to make better decisions and enjoy greater convenience. From AI-powered Chat-Bots that can answer customer inquiries to virtual reality applications that give us a glimpse of other worlds, the power of the internet is undeniable and its innovations are changing our lives for good. At the same time, it has developed an irresistible attraction among us towards screens due to which we are unable to control our emotions and actions.

We cannot deny the fact that digital instruments are useful, both for com-



munication and for information if used judiciously. From emails to video calls, from online databases to cloud storage, digital technology has made it easier than ever before to stay connected with people and access relevant data quickly. Technology came to revolutionize the world almost entirely and socialisation was no exception. Socialising in digital age has become pronounced in the online mode instead of real world. "Conversation centric communication" has been replaced by chats, online meetings through Skype, Zoom etc. which has posed critical challenges to social norms. Hug, the meeting between friends, one on one interactions have been replaced by tagging, comments, likes and emoji's. Quality of our social interactions is declining day by day and this is where the oft-quoted saying of Albert Einstein comes into play "I fear the day technology will surpass our human interaction and the world will have a generation of idiots". Social media have turned our relationships realistic (virtual) in nature because during our get together or outings we remain hooked to our devices texting or surfing online instead of interactions.

This abrupt change resulted in a generational breakdown, giving rise to an increasingly common phenomenon, called Digital Orphans. Digital orphans are those children who are born in the digital world but lack digital skill set or education. The term 'Digital Orphan' was coined by Dr Daniel Miller in 1995 who published his book entitled: "Digital Orphans: Growing Up Without Internet Access". He defines a digital orphan as someone who has grown up in a world where technology has become accessible to them from birth but they lack the knowledge or skills needed to use these devices appropriately or safely when interacting with others online. The lack of guidance is coming from their parents who aren't willing or don't possess proper information about the pros and cons of technologies. They themselves

remain immersed in their mobile devices and hence are unable to facilitate discussions with their children about what information they are absorbing from using tech. This can be because they have not been taught about online safety, or their parents themselves haven't learnt on how to use technology safely. By raising children like this, parents are allowing them to become vulnerable to various threats of using digital space.

Digital orphans are children who have lost their parents to technology. Their parents spend most of the time on their cell phones, both in the presence of their children and at family gatherings. Usually children are considered legal heirs to their parents but a digital heir is somewhat different as far as its context is considered. A person with a great understanding of technology and who has a healthy balance between their life in tech and real world is known as a "Digital Heir." A Digital Heir is someone who has the skills to build and modify a website, films, photos etc. We have made our children orphans instead of heirs as far as digital context is concerned, the reasons well known to everyone.

Digital Orphans are at risk of getting involved in cyberbullying and online scams. They may also become victims of identity theft and online predators. This is because they do not know how to protect themselves from being attacked by others on the internet. They don't know what type of information should be kept private and what should be shared publicly on social media platforms such as Facebook, Instagram, Twitter etc. Children are vulnerable because they remain active in digital space and are heavily influenced by peer pressure. They may also not know how to communicate with people offline in person or over the phone without exposing themselves to unnecessary harm such as cyber bullying or threats that could put them in danger if they don't pay attention to

what is around them while communicating with others. Many parents have no idea how much time their children spend online, or what they're doing online. They may have no idea where their children get their information from, who they talk to or what they talk about when they're not around them.

The first step towards solving this problem is by setting clear rules for children when it comes to their use of technology. This includes things like: no cyberbullying, no sexting and no sharing personal information such as names, email addresses or phone numbers. These rules should be reinforced whenever possible until they become second nature for your child so that he/she can react quickly if something happens on social media platforms like Facebook.

Therefore, it becomes imperative to foster digital resilience of children so that they understand what potential risks they likely can encounter while using different online technologies and know when they are at risk. If they encounter such situations especially while using social platforms then they must follow BUSSR (Block, Unfriend, Safe, Screenshot, Report) approach.

A holistic approach is required for realising the benefits of technology for children in restricted manner where stakeholders like parents and caregivers, educators, government regulators, tech companies, and children themselves are aware about mental health and well-being in all aspects of children's online engagement. Although there is a role of parental controls and surveillance technology, internal safeguards like empathy, resilience, and values are more effective and benefit children throughout their life, whether they are online or offline.

Parents should educate and encourage children to learn digital citizenship and healthy digital habits so that they become safe, secure, responsible and resilient which means that they learn how to accept good and bad.

Use of technology should be governed in a way that is age appropriate by framing specific regulations and guidelines. School policies should be framed in a manner that promote positive use of digital technologies, while taking steps to restrict access to harmful content. In this way we will be able to protect children rights to privacy.

PS: There's oft-quoted Sanskrit saying which means "I know what is right, but feel no inclination to follow it; I know what is wrong but cannot desist from it." Although, most of the literates and semi-literates have picked up digital literacy skills but due to lack of foresight and engineered distractions we don't use technology but are rather used by technology.

The author is a columnist and freelance writer

A SHORT STORY ON POORTY AND POLITICS

■ SALMAN ABDUS SAMAD

One bread

Every heart grieved poverty. The politicians sought to become the voice of the poor; nowadays, everyone wants to be the Messiah of the poor. During the election, each party presented its own manifesto. The influx of "selfless" servants created a happy atmosphere in the rural areas.

It was late February, and the air was pleasantly chilly. The sun opened its eyes upon the eastern courtyard. Most of the streets in the city were empty of people, but a few gathered under a banner at the crossroads. The sun was generating a modicum of heat. As it progressively increased, so did the number of people under the banner.

A few prominent faces of the city assembled around the traffic police booth. Stalling his cycle there, Aatif likewise became part of it.

"We cannot remain silent on the issue of poverty! None of the political parties are sympathetic! There is no support for the victims of poverty! The voice of the poor is always suppressed! They have no voice, but we are with them! We are helpers and supporters of the poor. We will

fight for the poor! Our newly formed organization will fight for the poor. Are you with us? Will you help us? Will you join our voice?" The audience responded to his voice in the affirmative; all of them raised their hands and presented him with a certificate of leadership. There were people recording everything that the orator said. The eyes of the camera captured every scene.

"Religion is nothing! We are one! Hindus and Muslims are one! Sikhs and Christians are brothers! Together, we will end poverty! Poverty is not a crime! We will help everyone. The wall of religion will not stop us from helping each other. We are the voice of the poor! Our organization is secular." A social worker was helping to warm up the crowd. Then the President of the new organization began to speak:

"We won't say much! We have only one mission: to end backwardness and help the poor! This organization of ours has come forward to help the poor! It will go from village to village! We will meet the poor! We will eat in their houses without hesitation! We will live with them so that they do not feel the weight of poverty. A few members of our organization will be leaving for the villages now! Our special

guest, Dr. Saheb, will send them off by displaying the flag; they will be the voice of the poor!"

The audience was clapping. Cameramen were capturing all of these scenes. All believed that the members of the organization were genuine sympathizers. Aatif was also pleased with the words of the speakers. His heart was filled with the desire to serve the poor, and he was ready to join the Poverty Eradication Movement. The audience's reaction to the President's speech was one of unanimous approval. Tearing through the sea of audience members, Aatif approached the stage. He learned that the speaker had departed with his entourage immediately after the successful delivery of his speech. Aatif inquired about his address and planned to meet him.

Aatif was about to go to meet him when a person told him that the first speaker was the richest in the city. Before today, the speaker had never participated in a national program, but his passion for politics had necessitated that he face the public.

During elections, parties were reluctant to give him tickets. Because the party members knew that he was not popular among the voters, in order to

gain the attention of the party, he needed to produce a large crowd of supporters. So, after meeting secretly with the president of the organization, he had faced the crowd. When a large number of people lifted their hands and applauded his voice, the eyes of the cameras captured him. With this achieved, he had what he had come for.

The political chessboard was spread everywhere. Politicians were waking up from a five-year dream. There was a congregation of heartwarming promises at every square and intersection. Voters were wooed in various ways. A party leader was asking people about the suffering of the poor, one by one. Someone was intently eating daal roti (bread and butter) while sitting comfortably among the poor. Thus, the politics of "Roti Chutney" reached their height.

Following the speech of the President of the newly formed Poverty Eradication Movement, the convoy left for the villages. Afterward, there was silence at the intersection. In the village where this five-member convoy had to stay, politicians pretending to love the poor were constantly coming. The politics of "Roti Chutney and Toti Chatai (Broken mat)" were at their height.

As soon as the caravan reached the village, a man who was thought to be mad laid down in the middle of the road with a piece of dry bread in his hand. Every effort was made to remove him from the path but to no avail. The only sentence on his tongue was, "The poor of this village manage only two breads after a whole day's work! Two months ago, somehow, two breads filled their stomachs, but now, the number of those claiming to be the voice of the poor is increasing..."

In the name of eradicating poverty, politicians are eating half of their daily bread. Until today, political breads have been baked, but now, the politicians come to the homes of the poor and snatch the bread from their mouths. They talk of eradicating poverty, but nothing ever happens. Everything remains the same. Therefore, it is better for the poor not to come to the home of the politician. Oh! One bread, one bread, one bread! He started panting and his breath weakened, he barely managed to speak further.

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How Digital Media Has Changed Communications



■ Vijay GarG

Today amidst the immense popularity and prevalence of electronic and digital media we find it difficult to imagine that there must have been a time when print media was invented. The earliest civilizations relied on oral communication. If there was a news to be told they ran to spread the word to others who did the same finally spreading the news to everyone. After that people began to write the news in picture form and in crude languages where symbols stood for words and letters. And then with the invention of paper and printing press print media came into existence. And after that there was no turning back.

Print media is the printed version of telling news primarily through newspapers and magazines. Before coming of the printing press, printed materials had to be written by hand. It was quite a long process which made mass distribution impossible.

Until a few years ago, print media (newspapers, magazines) was the main source of news and entertainment. But now digital media (websites, apps, social media) is giving a tough competition to print media resulting in debates on the importance of both of them.

ADVANTAGES OF PRINT MEDIA

1. Print media is more trustworthy because once the news is published, it cannot be modified and deleted. But in digital media, we can modify or delete the content. The newspapers and magazine publishers are extra careful when publishing news or articles. So print media is more trustworthy than digital media.
2. Reading print media can save a lot of time because all the content is compiled in a newspaper or magazine.
3. These days all the study and work involve screen time for many. In this situation print media is like a break and relief. Now more and

more people want some Digital Detox time. And then print media is super useful for them.

4. When we read newspapers there will be no distractions and we can totally focus on it. It is an advantage of print media over digital media.
5. In some remote areas in India internet access is still very limited. And then print media is a blessing for them to stay updated with the latest happenings around the world.

DISADVANTAGES OF PRINT MEDIA

1. It is just a one-way communication. It gives information to the public but consumers cannot share their opinions. It's in a way not user friendly.
2. To search for an old article in a newspaper or magazine archive is a very difficult task.
3. Print media cannot target a specific audience but digital media can show different ads to a different type of audience and thus generate more revenue.
4. Print media is not helpful for people with disabilities. For eg, digital media helps people with visual impairment by giving audio versions of the content.

ADVANTAGES OF DIGITAL MEDIA

1. Digital media gives fast updates and keeps us aware and abreast with latest happenings, while print media is a slower version than digital one. It makes digital media a more proper option to get news instantly, in a more hassle-free manner.
2. Digital media is two-way communication. Consumers can share their opinions, thoughts and feedback in an instant. It gives readers a sense of community.
3. It is eco-friendly while print media needs paper got from trees resulting in their destruction on a large-scale level.
4. The famous newspapers are also establishing their own online news portals. It is because of the growing importance of digital media.
5. Small companies can advertise easily on digital media platforms because it is less expensive than advertising on print media.
6. Digital media platforms can generate revenue from old contents too. So they will get more revenue and

Today consumers are exposed to a lot of digital media as much as print. There is a growing prevalence of smartphones and tablets and the wireless networks that connect them mean that more and more people view digital devices. It also means more and more consumers view ads on digital devices. For marketing and advertising digital media has many benefits. It can be less expensive than print media depending on the details of each campaign.

Digital campaigns can also be produced, launched and updated faster than print. Digital media is interactive in multiple ways. Promotion on social media allows marketers to communicate directly with consumers using messaging, commenting, tweeting, wall posting etc to answer questions and offer incentives. Users are able to search for a digital document. Digital ads allow for more control over who sees than print ads so marketers can target them more easily towards specific demographics. Many digital ads can generate consumer information as well offering insight over who exactly is viewing the ads. For e.g. Google AdWords and Facebook Ads offer analysis on user trends and successful referrals generated by the advertisements.

can invest more to update the quality of content.

7. Digital media is democratic unlike print media which is privatized and often run by big businesses.
8. Smartphone users are increasing rapidly and so many digital media platforms are offering content for free due to advertisements.

DISADVANTAGES OF DIGITAL MEDIA

1. As anyone can generate content easily for digital media, fake news is on the rise. So unless they are famous and have a good name digital media platforms are not trustworthy by the public.
2. Print media publishes only important news. But digital media platforms publish everything small to big so they contain a lot of unnecessary news.
3. Staring at the screen for a long time

results in health problems too.

4. Many digital media publish content throughout the day. So people can check for new content always and so people are getting addicted to news and entertainment content a lot too much. It is causing 'Headline Stress Disorder' for most of them.

DIGITAL VS PRINT MEDIA

Today consumers are exposed to a lot of digital media as much as print. There is a growing prevalence of smartphones and tablets and the wireless networks that connect them mean that more and more people view digital devices. It also means more and more consumers view ads on digital devices. For marketing and advertising digital media has many benefits. It can be less expensive than print media depending on the details of each campaign. Digital campaigns can also be produced, launched

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But yes there is a particular charm in print media which can never die out. It offers a more physical, tangible medium to consumers. It engages them on a more personal level and provides old-school charm which can not be done by digital media. Print ads have a localized presence that's much harder to achieve by digital media. Signs and banners create attention and help consumers to physically find you. Posters, flyers and other print media can be distributed in a community to help generate exposure and direct consumers to you.

Now if we pop up a question which of the media is better, print or digital we can have a balanced and justified answer—it's both.

CONCLUSION

Each medium has unique advantages so a good campaign should incorporate both digital and print media. The best ad campaigns use the right combination of media, depending on market size and scope, demographic targets, products or services on offer, budgetary considerations and other factors. Certain consumers are best reached on digital media but others still prefer print. The right combination of media channels allows best communication with the entire consumer audience and also maximizes the campaign's return on investment.

Both print and digital media have their own advantages and disadvantages and have a solid user base. So if we consider the present trends the consumers of digital media are increasing at a rapid rate and the share of print media is going down. But it is not exactly dying. With the increasing literacy rates print too is having a stronghold. So we can say that print and digital media are co-existing quite happily.

The author is an Educational columnist Malout Punjab

PM Modi's "Fodder" Swipe At Lalu Yadav, His "Not Bigger OBC Than Me" Reply

■ HT News Network

Patna: Launching a scathing attack on Rashtriya Janata Dal (RJD) patriarch Lalu Prasad Yadav, Prime Minister Narendra Modi said an INDIA ally is talking about providing "full reservation" to Muslims and depriving people of Scheduled Castes, Scheduled Tribes and the OBC community. The Prime Minister, who was addressing a rally in Madhya Pradesh's Dhar, referred to Mr Prasad as a leader "who ate fodder meant for animals" -- a swipe at the RJD leader's conviction in a fodder scam case. "The Congress is silent, but one of its allies confirmed the intentions of the INDI alliance today. One of their leaders, who was jailed in fodder scam (case) and was punished by the court. See his shamelessness. He is out on bail on health grounds. In your village, if someone does jail time, people stay away. The Congress has stooped so low that it is dancing with such people," he said. "He (Prasad) is saying Muslims should get reservation, and not just reservation, he says Muslims should get full reservation. What does this mean? This means they want to snatch away reservation



from SC, ST and OBC communities and give it to Muslims," he added. The Prime Minister's remarks are a part of the BJP's big charge at the Congress, accusing the main Opposition party of planning to snatch reservation benefits from backward communities and give them to the Muslims. The Congress has denied any such plan and accused the ruling party of trying to create distraction in the election season. Adding to the row, Mr Prasad yesterday said he was in favour of extending reservation benefits to Muslims. He also alleged that the BJP wants to do away with reserva-

tions. "The BJP is against the provision of reservations made in the Constitution. Hence, it wants to do away with both," he said yesterday. On the BJP's charge that if voted to power, the Congress, RJD and other allies would "steal" reservations meant for OBCs and divert them to Muslims, the ailing leader said, "Muslims should get reservation, pura." The BJP responded that Mr Prasad's statement was "very serious". "Lalu Prasad Yadav said that full reservation should be provided to Muslims. This word, 'pura ka pura' (full) used by him in his statement is very

serious. This makes it clear that they (INDIA) want to provide reservation to Muslims from the share of SCs, STs and OBCs," BJP spokesperson Sudhanshu Trivedi told the media. Amid the BJP's charge, Mr Prasad issued a fresh statement today, stressing that the basis of reservation is not religion but social backwardness. "The Prime Minister does not understand this. We implemented the Mandal Commission recommendations. Has Narendra Modi ever read them? Mandal Commission recommendations provide reservation to more than 3,500 backward castes, including may from other religions." Referring to the BJP, he said, "They are not a bigger and truer OBC than me, right? They do not understand the poor, the backward and Dalits more than me. They only make them fight." The RJD patriarch alleged a long-time conspiracy by RSS and the BJP to finish reservation and the Constitution. "In 2000, the NDA government had even set up a Constitution review commission. They do not follow the Constitution. If they did, they would not use divisive language to spread hate," he said.

"Men Will Take It": Rahul Gandhi's Taunt Over Rs 1 Lakh To Women Promise

■ HT News Network

New Delhi: Congress leader Rahul Gandhi reiterated his party's promise today that they would give 1 lakh annually to poor women if voted to power, in the same breath adding an unexpected assessment: "But, I know the men in their family will take away some of that money from them." "In the 21st century, both men and women go out to work. They work eight to 10 hours every day. Then they return home and women work for eight more hours. Men work for eight to ten hours. In the 21st century, tribal women work for 16-18 hours," he said at an election rally in Jharkhand's Chaibasa. "Maybe the men will not like what I am saying but it's a fact and this is why we are going to put 1 lakh in women's bank accounts," said Mr Gandhi, highlighting Congress' proposed scheme for 'Nari Nyay'. Taking the taunt up a notch, he said, "I also know men will pressure the women into giving them some of that money. It's a fact that needs to be said". Rahul Gandhi announced that the INDIA bloc, if voted to power, would compile a list of impoverished people, including those from tribal, Dalit, and OBC communities, to identify those living below the poverty line. He also pledged to provide 8,500 per month to women, amounting



to 1 lakh annually. The Congress has been saying that they would deposit 1 lakh in the bank account of women of the poorest families in the country every year until the day that family crosses the poverty line if their government is formed in the country. Mr Gandhi, at the rally, also promised to provide one-year apprenticeships to unemployed diploma holders and graduates. "If voted to power, we will give apprenticeship opportunities to unemployed graduates and diploma holders and pay 8,000 per month," he added. He also spoke about former Chief Minister Hemant Soren, in jail in connection with a money laundering case linked to an alleged land scam: "Hemant Soren chootega (Hemant Soren will be released)" - to which the crowd responded with slogans like "Jail ka tala tutega, Hemant Soren chootega (jail locks will be broken, Hemant Soren will be released).

Supreme Court Freezes Order Cancelling Hiring Of Bengal Teachers

■ HT News Network

New Delhi: A Calcutta High Court order cancelling the appointment of over 25,000 assistant teachers and non-teaching staff in West Bengal has been put on hold by the Supreme Court. The court said the Central Bureau of Investigation will continue to look into the matter but there will be no coercive action against candidates or officials. The High Court had cancelled the appointments, pointing to the irregularities committed during the recruitment. Several Trinamool leaders, including former education minister Partha Chatterjee, and former officials are in jail in connection with the alleged recruitment scam.

The High Court asked the teachers to return their salaries with 12 per cent interest. The bench -- formed on the order of the Supreme Court -- also asked the state's School Service Commission to begin a fresh appointment process.

But the move, which at one stroke made 26,000 teachers jobless, generated immense public anger. On social media, many complained that innocent people were being punished for the misdoings of a few. Mamata Banerjee's Trinamool Congress, which challenged the High Court



order, is hoping to reap the benefits of public mood in the ongoing general election. During today's hearing, the top court, though, pointed out that the irregularities spoke of a "systemic fraud".

"Nothing remains if the faith of the public goes... What remains in the system if their appointments are also maligned? People will lose faith, how do you countenance this?" asked Chief Justice of India DY Chandrachud, who was leading the three-judge bench. The court also pulled up the state authorities, for creating super-numerary posts and hiring waitlisted candidates when the whole recruitment process was in question. It also rebuked officials for the lack of proper record keeping and adequate data security protocols.

Gandhi-ji, Nehru Could Never Have Imagined Being Called "Traitors": Priyanka Gandhi

■ HT News Network

Raebareli, Uttar Pradesh: Mahatma Gandhi and Jawaharlal Nehru could never have imagined that a government in the country would one day call them "deshdrohi (traitors)". Congress leader Priyanka Gandhi Vadra alleged on Monday. Addressing party workers in the Rae Bareli constituency, the Congress general secretary alleged, "Mahatma Gandhi, Pandit Jawaharlal Nehru undertook movements so that the people's rights could be strengthened. They could never have imagined that a government would come that would call them traitors." "They could not even have imagined that the government itself would try to weaken our people," she alleged.

Priyanka Gandhi Vadra also referred to farmers' protests during the British Raj. She claimed, "The farmers' protests during the time of Motilal Nehru and Jawaharlal Nehru -- the



first time when Motilal Nehru and Jawaharlal Nehru were arrested, it was in Rae Bareli when they had come to participate." "Since then, during all the fights and elections in Rae Bareli, there was democracy and truth on one side while on the other side it was terror and a (kind of) politics that never considered the people 'sarvopari (above everything)'. In this fight, you always ensured victory for truth and the principles of democracy," Priyanka Gandhi claimed. Congress leader Rahul Gandhi is contesting the elections from Rae Bareli, a constituency held by his mother Sonia

Gandhi for the last two decades. Priyanka Gandhi also claimed that Indira Gandhi was not angry when she lost the elections from Rae Bareli. "She learnt from that defeat. She deliberated, took another path, and won the next elections," she said. During her speech, the Congress leader also tried to strike a chord with the audience. "This is the soil with which the blood of my family is mixed. This is the sacred land for which your ancestors sacrificed their lives. Today, we are fighting for the self-respect of the people and their rights. We will have to fight this battle.

As India Grows, Foreign Media Trying To Shape Narratives: S Jaishankar

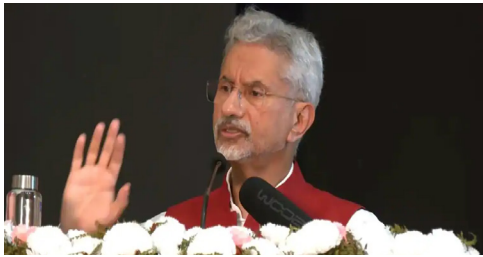
■ HT News Network

New Delhi: India is becoming bigger and its progress in many ways will shape the rest of the world because of which the rest of the world is trying to influence it in different ways, particularly through the media, External Affairs Minister S Jaishankar said on Tuesday.

In reply to a question at a lecture event in Hansraj College, New Delhi, EAM Jaishankar underscored that it's not necessarily the governments which influence the country, it is often done by the media in the present day.

"You named Al Jazeera. But I will only make one broader point applicable to other outlets, outfits as well. Because we are becoming bigger, because we are doing better, because our progress in many ways will shape the rest of the world, the rest of the world is also trying to influence it in different ways," EAM Jaishankar said.

"They don't have to be governments who are influencing it. Often these are done by



media. If you look today, at the kind of comments which are coming out of media, the kind of attempts to shape opinion, to take it in different directions, I think all of these are very much part of an influence game that is going on," he added.

The Minister also said India should accept and prepare itself for countering these 'realities' in the globalised world.

"I think we should be aware of it, globalized 'Duniya me' we should accept that these are realities and we should prepare ourselves for it. As I said, where there is a need to give answer, we answer it and if there is a need to ignore or

find ways of dealing with it. We will do so," he said. On Monday, in a stark acknowledgement of foreign powers trying to influence Lok Sabha elections in India, Prime Minister Narendra Modi said that the world is trying to do "more than just giving opinions" and asserted that such endeavours would ultimately remain "unsuccessful". "I think this opposition will be only till June 4, after that these people will neither have the power nor exist. Only the power of my nation and our radiant democracy will exist. The world will watch India's democracy with a new point of view. I can see that there is an attempt that the world is trying to influence our elections. They are not just giving their opinions but trying to influence our elections but they will not be successful," he said.

"People of India will not get influenced. After Emergency, people of India, including the poor, have showed the beauty of India's democracy. Such people will not be successful. The lamp flickers before it extinguishes.

"You Can't Sign Files If You Get Bail": Supreme Court To Arvind Kejriwal

■ HT News Network

New Delhi: The Supreme Court has not yet returned its decision on interim bail for Delhi Chief Minister Arvind Kejriwal, who was arrested by the Enforcement Directorate on March 21 over money laundering charges linked to the alleged liquor policy scam.

Earlier the court had said Mr Kejriwal is "not a habitual offender", as it heard arguments for the grant of interim bail for the Delhi Chief Minister.

The top court -- which is hearing the larger matter of Mr Kejriwal's plea against his arrest -- had earlier said it would consider bail for the AAP leader to allow him to campaign for his party in the ongoing Lok Sabha election. Delhi -- which has seven Lok Sabha seats, all of which were won by the BJP in the last election -- votes in a single phase on May 25.

The court began by observing that Arvind Kejriwal is the "elected Chief Minister" of the national capital. "There are elections... these are extraordinary circumstances and he is not a habitual offender," a bench of Justice Sanjiv Khanna and Justice Dipankar Datta said.

"If elections were not there... there would be no question of interim bail," Justice Datta noted, after his colleague said, "This is question of proprietary... of public interest." However, the court also had words of warning for Mr Kejriwal, as it took note of the Enforcement Directorate's allegations that the Chief Minister played a key role in formulating the liquor excise policy. "...suppose we release you, and you are allowed to participate in elections, you will (also) be performing official duties... it can have cascading effects," the court noted, referring to Mr



Kejriwal's involvement in issues of governance.

To this, senior advocate Abhishek Manu Singhvi, appearing for Mr Kejriwal, stressed his client would "not be dealing with anything (connected to) this excise case". "We make it clear... we don't want you to be performing official duties if we release you..." the court reiterated. "We don't want any interference in functioning of government." Mr Singhvi then assured the court Mr Kejriwal would offer a statement to the effect that he will "not sign any files", so long as Delhi Lieutenant Governor VK Saxena "may not stop any work on the ground that I have not signed any file".

The reference was to ongoing spats between Delhi's AAP government and the LG, with the former accusing the latter of being instigated by the BJP to interfere in matters outside of his jurisdiction. Earlier the ED told the court it opposes bail. Appearing for the central agency, Additional Solicitor General SV Raju argued that releasing the AAP leader would set a bad example. "What example are we setting? Are other people less important...? There can't be any deviation only because he is a Chief Minister.

Congress Wanted Character Assassination Of HD Revanna: HD Kumaraswamy

■ HT News Network



Bengaluru: Former Karnataka CM and JD(S) leader HD Kumaraswamy on Tuesday said that the state government wanted the character assassination of party leader HD Revanna, who is in judicial custody after he was booked in a kidnapping case. "This government does not want a fair inquiry. They are misusing the office. Nothing is going to happen ultimately. They wanted character assassination of HD Revanna and for that reason, they are using their office," Mr Kumaraswamy told news agency ANI.

Asked if he would be meeting Karnataka Governor Thawar Chand Gehlot, he said they would submit memorandum to the Governor.

"With all documentary evidence, we are going to submit a memorandum to the Governor to take action against this government. The way this inquiry is going on, it seems this is not Special Investigation Team but Siddaramaiah Investigation Team and Shivakumar Investigation Team," he alleged.

Earlier today, addressing a press conference, Mr Kumaraswamy alleged that the pen drive containing obscene videos allegedly linked to Hassan MP Prajwal Revanna was circulated by police officers and demanded a Central Bureau of Investigation (CBI) probe into the case.

"I'm addressing this press conference over a dirty incident that shouldn't have happened in society. On April 21, a pen drive was circulated throughout the state.

IAEA chief in Iran as concern grows in West over nuclear plan

■ HT News Network

TEHRAN: UN atomic watchdog chief Rafael Grossi arrived in Iran on Monday, where he is expected to speak at a conference and meet officials for talks on Tehran's nuclear programme.

The visit comes at a time of heightened regional tensions and with the International Atomic Energy Agency (IAEA) criticising Iran for lack of cooperation on inspections and other outstanding issues.

News agencies reported Grossi's arrival "at the head of a delegation to participate in the nuclear conference and negotiate with top nuclear and political officials of the country". He met with Foreign Minister Hossein Amir-Abdollahian and is scheduled to meet Atomic Energy Organisation of Iran chief Mohammad Eslami.

Grossi later said in a post on X, formerly Twitter, that at his meeting with the foreign minister he proposed "concrete



practical measures" with the "aim of restoring process of confidence building and increasing transparency". At its opening ceremony, Eslami

expressed hopes of cooperation with the IAEA, saying this was "at the forefront of the Islamic republic of Iran's policies".

"We hope that the agency can play its role as an independent international institution free from political pressures," he added. The three-day event is being held in Isfahan province, home to the Natanz uranium enrichment plant and where strikes attributed to Israel hit last month.

IAEA and Iranian officials reported "no damage" to nuclear facilities after the reported attack on Isfahan.

This was widely seen as Israel's response to Iran's first-ever direct attack on its arch-foe days earlier, which itself was retaliation for a deadly strike on Tehran's Damascus consulate.

On Wednesday Eslami said he was "sure that these negotiations will further help clear ambiguities, and we will be able to strengthen our relations with the agency".

Turkiye's Erdogan opens Byzantine church to Muslim worshippers

■ HT News Network

ISTANBUL: Turkiye on Monday reopened a mosque converted from an ancient Orthodox church in Istanbul for Muslim worship, four years after the president ordered its transformation. The Kariye Mosque was formerly a Byzantine church, then a mosque and then a museum. President Recep Tayyip Erdogan ordered the building to be reconverted into a Muslim place of worship in 2020. His order came followed a similarly controversial ruling on the Unesco-protected Hagia Sophia — a cathedral in Istanbul that was converted into a mosque and then a museum, before becoming a mosque again. The changes were seen as part of Erdogan's efforts to galvanise his more conservative and nationalist supporters. But they have also added to tensions with prelates in both the Orthodox and Catholic churches. Erdogan on Monday declared Kariye Mosque reopened for worship remotely during a ceremony at the presidential palace in the capital, Ankara. A picture from the mosque showed one worshipper wave a Turkish flag before the congregation who performed their prayers on a brick-red colour carpet on



Monday afternoon. Images also revealed that two mosaics carved into the walls of the ancient church on the right and left sides of the prayer room were covered with curtains. Most of the mosaics and frescos however remained visible to visitors. "I had the opportunity to visit the place before and I was initially a little afraid of the work that could have been carried out," said Michel, a French tourist, who would not give his full name. "But ultimately we must recognise that it's well done, that the frescos are accessible to everybody," the 31-year-old researcher said. The decision in 2020 to convert the building drew an angry response from neighbouring Greece, which called the move "yet another provocation against religious persons everywhere".

Israel critic Bernie Sanders seeks re-election at 82

■ HT News Network

WASHINGTON: Former presidential candidate Bernie Sanders, the longest-serving independent senator in American history, said on Monday he will seek a fourth term in an announcement touting his record over 16 years and taking aim at US military funding for Israel.

The 82-year-old son of Jewish immigrants — who describes himself as a "democratic socialist" and votes with the Democrats — framed November's election as "the most important" in generations.

The announcement cements Sanders, who is in a safe seat in Vermont, as the most high-profile Senate progressive as President Joe Biden vies for reelection against Republican Donald Trump while navigating a growing protest movement sparked by the Israeli aggression in Gaza.

Sanders has been a reliable Biden ally on most of the president's domestic agenda. Son of Jewish immigrants, the senator terms the November election 'the most important' in generations

But he has become a thorn in the administration's side over the mounting death toll in Israel's response to the October 7



Hamas raid. "Israel had the absolute right to defend itself against this terrorist attack, but it did not and does not have the right to go to war against the entire Palestinian people, which is exactly what it is doing," Sanders said in his announcement.

A wave of pro-Palestinian protests on US university campuses has been the latest front in a fierce worldwide debate as anger over civilian deaths has triggered complaints that demonstrations have sometimes veered into hate against Jews.

The unrest led Bernie Sanders to compare campus protests to those against the Vietnam War that contributed to Democratic President Lyndon Johnson's decision not to seek re-election in 1968. "This may be Biden's Vietnam," Sanders said.

Amid Rafah evacuation order, Hamas accepts truce proposal

■ HT News Network

RAFAH: Hamas on Monday said it had accepted a proposal for a truce in the seven-month-old war in Gaza, after Israel told Palestinians in Rafah to evacuate ahead of a long-threatened invasion of the city.

The Hamas announcement brought cheering crowds onto the street amid tears of happiness, chants of "Allahu Akbar" (God is greatest) and celebratory shooting in the air.

There was no immediate official response from Israel, and its close ally the United States said it was "reviewing" Hamas's response.

Hamas in a statement said that its leader Ismail Haniyeh had informed



mediators Qatar and Egypt "of Hamas's approval of their proposal regarding a ceasefire agreement".

A senior Hamas official said Israel must now decide whether it accepts or "obstructs" a truce in the Palestinian territory after seven months of war. "The ball is now in the court of Israeli occupation, whether it will

agree to the ceasefire agreement or obstruct it," the official told AFP, requesting anonymity to discuss the negotiations.

Earlier in the day, Israel called on Palestinians to leave eastern Rafah, amid increasing global alarm about the consequences of an Israeli ground invasion of the southern Gaza city bordering Egypt.

Stephane Dujarric, spokesman for UN Secretary-General Antonio Guterres, condemned the order and said it would be "impossible to carry out safely". The evacuation call followed disagreement between Israel and Hamas over the Palestinian group's demands to end the war, during weekend negotiations in Cairo.

Seven killed in attack on Russia's Belgorod region

■ HT News Network

MOSCOW: Seven people were killed and at least 35 injured in an air attack on Russia's Belgorod region, on the border with Ukraine, on Monday.

A Ukrainian drone attack hit vehicles carrying workers in Russia's frontier region, killing six people and injuring 35, the governor said.

"Unfortunately, as a result of an explosion, six people died at the scene from their wounds," Vyacheslav Gladkov said. He added that "35 people were wounded" in the attack near the village of Berezyovka.

Gladkov said the attack hit two vans transporting employees of a nearby factory as well as a passenger vehicle. The Belgorod government said the vehicles belonged to a meat production facility.

Gladkov said two children were among the wounded and that one man was in "serious condition" and undergoing surgery. A Ukrainian aerial attack left at least one person dead, the region's governor announced, just hours after a previous fatal attack from Ukrainian attack drones.

"To my great sorrow, a civilian was killed in the village of Nikolskoye in the Belgorod district," governor Vyacheslav Gladkov said.



convicted — like the previous group last month — on the basis of their affiliation to the militant Islamic State group or Al Qaeda. Iraqi courts have handed down hundreds of death and life sentences in

recent years for people convicted of membership in a "terrorist group", an offence that carries the death penalty regardless of whether the defendant had been an active fighter.

Iraq has been criticised for trials denounced by rights groups as hasty, with confessions sometimes said to have been obtained under torture.

In late January, UN experts looking into capital punishment in Iraq expressed their "deep concern at reports that Iraq has begun mass executions in its prison system". The independent experts, who are appointed by the UN Human Rights Council but do not speak on its behalf, mentioned in their statement executions carried out late last year in Al Hut prison.

Columbia University cancels graduation ceremony after demonstrations

■ HT News Network

NEW YORK/AMSTERDAM: In view of the Israeli military offensive unleashed on civilians in Gaza over the last few months, students at institutes of higher education across the globe have been demonstrating in a bid to force their universities to divest and disassociate with groups 'enabling' the Israeli military occupation and assault on Palestine.

The wave of protests began with an encampment set up by students at Columbia University and soon spread to campuses across the United States. The student-led movement to divest and disassociate from groups with ties to Israel, is now popping up at universities across the globe.

The turmoil on campuses has prompted several colleges and universities across the United States to relocate, modify, or cancel commencement ceremonies altogether.

Columbia University on Monday cancelled its main, university-wide commencement ceremony scheduled for May 15 in favour of smaller, school-based events, a decision that follows weeks of pro-Palestinian protests that roiled the Ivy League School.

"We have decided to make the centerpiece of our commencement activities our Class Days and school-level ceremonies, where students are honored individually alongside their peers, rather than the university-wide ceremony that is scheduled for May 15," Columbia said in a statement, calling the past few weeks "incredibly difficult for our community."

Belgian and Dutch students join Gaza protest wave

The protests at Columbia, which drew national attention, have inspired similar demonstrations at dozens of universities around the US.

Al Jazeera to pursue legal action 'until the end' over Israel ban

■ HT News Network

Al Jazeera will look to pursue all possible legal action "until the end" to challenge Israel's ban on its operations there, the TV network's news director told AFP in an interview.

The Qatar-based station was taken off air in Israel after Prime Minister Benjamin Netanyahu's government voted on Sunday to shut it down over its coverage of the Gaza conflict.

Speaking on Monday, Al Jazeera English news director Salah Nagm said the network would "follow every legal path", adding: "If there is a possibility of challenging that decision we are going to pursue it until the end."

Under a cabinet decision which Netanyahu said was "unanimous", Al Jazeera's Jerusalem offices were shuttered, its equipment confiscated and its team's accreditations pulled.

"The equipment which was confiscated, the loss that we suffered from stopping our broadcast, all of that is subject matter for legal action," Nagm said.

The Israeli government on Sunday said the order was initially valid for 45 days, with the possibility of an extension.

Hours later, screens in Israel carrying Al Jazeera's Arabic and English channels went blank, apart from a message in Hebrew saying they had "been suspended in Israel". The shutdown does not apply to the Israeli-occupied West Bank or Gaza Strip, from which Al Jazeera still broadcasts live on Israel's fighting with Hamas.

Al Jazeera immediately condemned Israel's decision as "criminal", saying on social media site X that it "violates the human right to access information".

Iran-Backed Houthis Say Exposed "Spy" Network Aiding US, Israel: Report

■ HT News Network

Yemen: Yemen's Iran-backed Houthi rebels said Monday they had exposed a "spy" network aiding the United States and Israel and arrested suspected members of it. The Houthi-run Saba news agency published footage of the detained men, describing them as "spies recruited to collect information and monitor sites operated by the Yemeni (Houthi) armed forces on Yemen's western coast for the benefit of the American and Israeli enemy". According to Saba, the group had been recruited after the Houthis in November began targeting vessels in the Red Sea and the Gulf of Aden, disrupting global trade in a campaign they say is in solidarity with Palestinians amid the Israel-Hamas war. The report did not specify the number of suspects arrested, but unverified images Saba shared on social media showed at least 18 people. No evidence was provided to substantiate the charges, which Saba said the suspects had confessed to. The Houthis, who control parts of war-torn Yemen, "will spare no effort in carrying out their responsibility to secure the home front and protect it from infiltration attempts by the American and Israeli enemy", Saba said. The United States in December announced a maritime security initiative to protect Red Sea shipping from Houthi attacks, which have forced commercial vessels to divert from the busy shipping lane, which normally carries 12 percent of global trade. Since January the United States and Britain have launched repeated strikes on Houthi targets in Yemen in response to their attacks on shipping. The Houthi-run news agency said the suspects were tasked with monitoring anti-ship missile and drone launch sites and the locations of Houthi vessels, and submitting coordinates to facilitate strikes by the US as well as British forces.

Under CSR initiative, J&K Bank donates 2 e-carts, 4 metal barricades to NIT Srinagar

■ HT News Network

Srinagar, May 07: As part of its Corporate Social Responsibility and "Go Green" Initiative, the Jammu and Kashmir Bank on Tuesday donated 2 Electric carts, 4 Metal Barricades to National Institute of Technology (NIT) Srinagar.

On behalf of the Bank, Shabir Ahmad Bhat, Zonal Head Srinagar, handed over the e-vehicles to Director NIT Srinagar, Prof. A. Ravinder Nath.

The function was attended by Institute's Registrar Prof. Atikur Rahman,

Dean Students Welfare Prof. Abdul Liman, DR (Admin) Faisal Irshad Ganai, DR (Accounts) Nazia Nazir, AR (Director's Office | Legal) Mohammad Hazik and AR (Special Secretary to Director) Shahid Hamid Najar.

DGM J&K Bank Tariq Ali, Asmat Ara (Cluster Head), Branch Head NIT Srinagar Nasreena Hassan and other dignitaries were present on the occasion.

On the occasion, Director NIT Srinagar, Prof. A. Ravinder Nath expressed his gratitude to J&K Bank for donating e-carts and 4 traffic barriers to the Institute. These e-carts will help in the reduction of carbon



emissions and traffic congestion within the campus, he said.

Director also urged J&K Bank to organise awareness workshops for

students and scholars, so that they can take benefit of various schemes and educational loans.

He said bank should actively sponsor workshops, seminars, and facilities to enhance community engagement and support educational endeavors.

Institute's Registrar, Prof. Atikur Rahman said that J&K Bank is not only famous for its services in Union Territory but also in other parts of the country. The bank's commitment to excellence has significant impact on communities beyond regional boundaries, he said.

Speaking on the occasion, Zonal

Head Srinagar, Shabir Ahmad Bhat reiterated that J&K Bank's pledge to support initiatives aligned with the nation's goal of achieving carbon neutrality by 2070.

"The bank will keep working on activities that benefit society and communities through its Corporate Social Responsibility (CSR) initiatives. These actions aim to support lasting growth in society.

Bhat said that the primary goal of the CSR Policy is to demonstrate the bank's ongoing dedication to engaging in economically, socially, and environmentally friendly activities that uplift all parts of society.

CUKashmir's Deptt of English celebrates Tagore's Day

■ HT News Network

Ganderbal, May 7: To commemorate the unparalleled contributions of Rabindranath Tagore towards art, literature, music, and philosophy, the Department of English, Central University of Kashmir (CUKashmir), organised a day-long event to remember the legendary poet and Nobel Laureate on his 163rd birth anniversary here on Tuesday. Mr. Sunil Kumar Mannil, departmental coordinator for literary activities, started the proceedings with a welcome note. In her inaugural speech, Prof. Sandhya Tiwari, Head, Department of English and Dean School of Languages, who presided over the function, cast light on Tagore's art and aesthetic. She encouraged students to come forth and participate in similar literary activities with verve and enthusiasm. Dr. Ihsan Malik proposed the vote of thanks. The inaugural was followed by an online lecture on the topic "Rabindranath Tagore - Philosophy, Life and Education: Indian Ethos with Global Outlook" by Dr. Jai Singh, Associate Professor in the Department of English Literature at the English and Foreign Languages University, Hyderabad. Dr. Singh highlighted the pulchritude of Tagore's artistry and reiterated the need to revisit the Tagorian philosophy for building a peaceful nation and a secure world. The session was moderated by Dr. Krishna Chaitanya while Dr. Ishrat Bashir proposed the vote of thanks. In the third session, a documentary based on the life and poetic art of Tagore was screened. In the last session, poetry recitation and versification competitions were held in which students from the Departments of English, Urdu and Kashmiri participated. Ms. Iqra Jehan and Mr. Shahid Nabi, students of second semester, M A English, conducted the programme proceedings.

RTA discusses matters of public transport in Kathua District

■ HT News Network

KATHUA, MAY 07: Regional Transport Authority (RTA) Kathua today discussed various matters related to public transport in the district at its meeting chaired by Deputy Commissioner, Dr. Rakesh Minhas.

RTO Kathua, Kewal Krishan (Member Secretary RTA), members of RTA, other concerned officers and officials were present in the meeting. During the meeting, the Deputy Commissioner, who is the chairman of RTA, along with other members, scrutinized the applications received for approval of different road permits. The Deputy Commissioner directed the enforcement departments to deploy adequate personnel for effective traffic regulation besides taking action against violators. The RTA, after due deliberations with all stakeholders, approved thirteen applications seeking Taxi Cab permits under All J&K

DC Kulgam reviews functioning of Revenue Department

■ Farooq Rather

KULGAM, MAY 07: In order to review the functioning of the Revenue department, the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of officers at the mini-secretariat Kulgam.

The meeting took Tehsil wise appraisal of Revenue related public services delivery system in the district.

At the outset, the DC reviewed status of migrant, offline/online grievances and online public services delivery system.

He instructed all the Tehsildars to pay special thrust on ensuring effi-



cient and prompt delivery of public services to their best satisfaction as envisaged under Public Services Guarantee Act (PSGA).

He further asked the officers to work with added zeal and dedication while redressing the grievances to ensure their time bound, prompt and quality redressal.

The DC also directed all the Tehsildars to ensure proper enforcement of Model Code of Conduct in their jurisdictions according to ECI Guidelines and ensure smooth conduct of election related functions.

The meeting was attended by ACR Kulgam, Mushtaq Ahmad Lone, Tehsildars and other concerned officers.

DC Samba reviews working of Jal Shakti Department

■ HT News Network

SAMBA, MAY 07: District Development Commissioner Samba, Abhishek Sharma today chaired a meeting of Jal Shakti Department officials to review the progress of ongoing projects.

He reviewed the physical and financial progress of the Civil, Mechanical, Tube well and Drilling works under execution in district Samba. ADDC Champa Devi, Superintending Engineer Hydraulic Circle, Bodh Raj Baghat, SE Mechanical Rural Circle, Manish Bhat Consultant (B) Civil, Chief Planning Officer, Executive Engineer Ground Water Drilling, Executive Engineer, PHE, DPMU team, AEEs Civil and Mechanical besides contractors attended the meeting.

The PHE officials apprised the Deputy Commissioner about physical progress on various projects all over the district. The DC instructed to speed up works on the projects to complete them at the earliest.

After threadbare review of ongoing projects, instructions were issued for



close monitoring of ongoing works and submission of report on daily basis, gearing up for procurement of machinery for the water supply schemes, enhancing drilling process of Tube wells, borewells and maintaining the quality of all works at sites by TPI.

The chair further directed for completion of Geo Tagging of water sources and installation of Sigh-

boards, HCG certification of 100% covered villages by 14th of May 2024 upto the extent of minimum 50%.

Furthermore, due to onset of summer season, the directions were issued to Executive Engineer PHE for setting of control room and installation of at least 2 filling points in each sub division so that the general public may not suffer and uninterrupted water supply can be maintained.

DC Kulgam reviews functioning of Jal Shakti Department

■ Farooq Rather

KULGAM, MAY 07: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today presided over a meeting with officers of the Jal Shakti Department to assess the water supply situation in the district.

During the meeting, Officers briefed the chair regarding the current status of water supply across the district.

The DC instructed the concerned to increase water tanker services in areas experiencing water shortage.

He stressed officers for mobilization of all available resources to ensure smooth water supply to the people in the district.

Furthermore in view of Lok Sabha elections 2024, the DC directed the officers/Engineers of the department to ensure availability of potable drinking water at all polling stations across the district.

He also took stock of the pace of progress on ongoing work projects in the district.

ADDC, Bashir Ahmad Wani; JDP, Zahid Sajjad; Executive Engineers, AEEs and other officers attended the meeting.

Promoting Road safety education among youth paramount for safe roads: DM Jammu

■ HT News Network

JAMMU, MAY 07: Deputy Commissioner (District Magistrate), Sachin Kumar Vaishya has underscored the urgent need for promoting road safety education among the youth. "Educating our young drivers is paramount to enhance road safety," he stated while chairing the Road Safety Meeting today.

The session brought to light the critical areas across the district prone to accidents. A focused dialogue on specific high-risk locations was a key agenda item.

The meeting deliberated on the strategic placement of reflectors as a preventive measure against accidents. The discourse extended to emergency interventions essential for the protection of drivers and pedestrians alike, promoting safer driving practices throughout the city and district roads.

In line with the discussions, officers received directives to identify and report on black spots. The provision of adequate street lighting was also featured in the talks, highlighting its significance in accident prevention.

Furthermore, the meeting took a firm stance on the necessity of reflector application on heavy vehicles, a measure aimed at reducing the risk of night-time collisions.

The meeting was attended by Additional Deputy Commissioner Shishir Gupta; Director IT (DIO Jammu) Sanjeev Kapoor; SSP Traffic Faisal Qureshi; Chief Planning Officer Uttam Singh, RTO Jammu besides senior officers of line departments.

DC reviews implementation of HADP in Samba District

■ HT News Network

SAMBA, MAY 07: The District Level Implementation Committee on Holistic Agriculture Development Plan (HADP) today reviewed recommendations/selection of the farmers/ beneficiaries by Agriculture Production and Farmers Welfare and allied Departments here, at its meeting chaired by District Development Commissioner Samba, Abhishek Sharma.

At the outset, Chief Agriculture Officer (Committee's Member Secretary) Madan Gopal Singh welcomed the participants. The chair reviewed and discussed the list of eligible beneficiaries for the final selection/approval of Agriculture and allied department's who had applied online on the HADP portal.

A total number of 258 beneficiaries have been selected under different programmes of the Holistic Agriculture Development Plan under Agriculture and allied departments.

DDC instructed to source more applications to provide benefits to the maximum number of eligible farmers. He further stressed on registering the utmost number of farmers on Daksh Kisan Portal for online training.

Additional District Development Commissioner, Chief Horticulture Officer, Chief Animal Husbandry Officer and other members of the committee also attended the meeting.

GDC Vijaypur celebrates World Athletics Day

■ HT News Network

SAMBA, MAY 07: NSS Unit (KHIDMAT) of Government Degree College Vijaypur and Department of Sports and Physical Education celebrated World Athletics Day by organizing a 100mtrs sprint on the college sports ground.

More than 10 athletes of the college participated in the run with great enthusiasm and fervor. The day is celebrated by the global athletics community to promote the sports activities and the values of participation, unity, peace, and fair play. It's a day to inspire people of all ages and abilities to get involved in athletics, whether as athletes, coaches, officials, or simply fans. The program was attended by faculty members, college students and NSS volunteers of the college.

Gorav Sharma of semester II secured first position, Adarsh Sharma and Parb Malpotra both of semester II



shared second position while Abhishek Sharma and Arfan

Ali both of semester II shared third position.

Principal of the college, Prof. (Dr.) Vandana Gupta congratulated the winning athletes and appreciated the efforts of the Sports Committee and NSS Unit for organizing such an event. The program was organized with the full support and coordination of the senior faculty members of the college Prof. Anita Jammwal (HOD Political Science), Prof. Mamta Gupta (HOD Commerce) and Dr. Anoop Bhagat (HOD Sociology).

The event was coordinated by Prof. Ritu Bhagat (HOD Education and NSS Coordinator) and co-ordinated by Dr. Manoj Heer (HOD Dogri), Dr. Naseem Chowdhary (NSS PO), Prof. Poonam Kundan (HOD Environmental Sciences), Dr. Jan Mohammad Wani (Physical Training Instructor) and Dr. Priyanka Ganjoo (Lecturer Sociology), Dr. Radhika Rasyal (Lecture History), Prof. Sonia Devi (Lecturer Hindi), Prof. Renuka Kundal (Lecturer Political Science).

MILK FOR HAIR AND SKIN



SHAHNAZ HUSAIN

Milk, a common household item, has been used for many centuries as a natural beauty product. Its benefits for skin have endured the test of time.

Milk consists of nourishing and moisturising properties. It helps in maintaining the health of your skin. It also helps in treating most of your skin concerns.

It's packed with vitamins A and D, as well as lactic acid. Some of these components are popular skin care additives. Drinking milk can also contribute to healthy, radiant skin.

Milk is considered a miracle drink to control melanin production and to achieve a fair, glowing and flawless complexion. It is one of the most nutrient-rich foods which is packed with proteins, enzymes, vitamins, minerals and lactic acid that works effectively for lighter, blemish and acne-free skin. Milk helps to nourish and soften the skin. It contains many Vitamins and minerals which are very necessary for healthy skin. Milk also contains alpha hydroxy acid, which actually helps to reduce blemishes and has an anti-tan effect on the skin. Cotton wool soaked in cold milk can be used to wipe the skin to remove tan and soothe the skin. Cold milk applied daily, using cotton wool, not only helps to soothe the skin but also keeps it soft. It also makes the skin colour lighter over a period of time, if used daily. It would



suit normal to dry skin.

If you have a sunburn, applying milk to your skin can provide relief. The proteins in milk form a protective layer on the skin, reducing pain and redness associated with sunburn.

Turmeric and Raw Milk Face Pack ----
Take: 2 tablespoons of raw milk and 1 teaspoon of turmeric powder. Apply the mixture on the face and wash it after 15 minutes. Use it twice a week. It will lighten your skin and give radiant look.

Turmeric is known for its anti-inflammatory and brightening properties. When combined with the moisturizing effect of raw milk, this face pack becomes a potent solution for reducing blemishes and dark spots.

Take two to three tablespoons of cold raw milk, add half a tablespoon of glycerine into it and mix it up. Apply on the face and lips with a cotton ball, and let it dry for 30 minutes. Wash your face with fresh water. It will result in smooth and glowing skin and your skin will remain moisturised throughout the day.

Milk also contains lactic acid, which nourishes and moisturises the skin and helps to delay the visible signs of ageing. Milk can be added to face packs very easily. However, it suits normal to dry skin more. Soak Lotus flowers in 3 to 4 tablespoons of warm milk for an hour. Crush the flowers with your fingers. Add three teaspoons of gram flour (besan) and mix it with the milk and crushed flowers into a paste. Apply on the face, avoiding the lips and area around the eyes. Wash it off after 20 to 30 minutes. Raw milk should be used on the face for beauty care. Boiling the milk destroys several nutrients. For a face pack. Add 2/3rd tsp of gram flour to raw milk and mix well. Add very little honey and rose to the mixture. Apply on the face and wash off with water after 10 minutes.

It contains different kinds of proteins. How to Apply Milk on the Face?---- Start with cleansing your skin using a face wash. Dip a cotton ball into milk and apply it gently to your face. Gently massage the milk into your skin in circular motions.

Allow it to sit for 10-15 minutes. Rinse your face with lukewarm water and pat dry.

Milk for Hair ----

Hair is also made up of a protein matter called keratin. Therefore, protein in milk is beneficial for the hair, in terms of adding strength and body. Milk also contains fats, which help to soften and smoothen the hair. It is of particular benefit to dry hair, as well as hair that has been subjected to chemical treatments. Milk also contains vitamins and minerals, which are nourishing for the hair. Many of them are powerful antioxidants and nourish the hair follicles.

Milk can be applied on the hair to nourish and soften it and also to give it a healthy lustre. If the hair has been subjected to sun-damage, applying milk would help to nourish, soften and restore health to it.

After your shampoo, rinse the hair with milk and leave on for 5 minutes. Then rinse off with plain water. It would help to add body and shine to the hair.

For extremely dry hair, add a little milk to egg yolk and apply on the hair half an hour before shampoo. This is a wonderful nourishing treatment for dry hair. The hair looks soft, smooth and shiny.

A pre-shampoo treatment can also be done with a hair pack containing powdered milk. Add a little water to make a thick paste. Apply it on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the pack bet

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

NEWS

08 Immunity Boosting Drinks To Stay Healthy This Summer



Summer often brings hot weather, leading to increased perspiration and dehydration. Immunity-boosting drinks can help keep you hydrated while providing essential vitamins and minerals to support your immune system. Read on as we share a list of drinks you can add to your summer diet for better immunity.

1. Green tea

Green tea is rich in antioxidants such as catechins, which help strengthen the immune system by fighting off free radicals. Consume it by brewing green tea leaves in hot water for a few minutes, then strain and drink it warm or chilled.

2. Lemon water

Lemon water is high in vitamin C, which supports immune function and aids in collagen production. Squeeze fresh lemon juice into a glass of water and drink it first thing in the morning for a refreshing boost to your immune system.

3. Turmeric milk

Turmeric contains curcumin, a compound known for its anti-inflammatory and antioxidant properties. Mix turmeric powder with warm milk, add a pinch of black pepper for better absorption, and drink it before bedtime to support immune health.

4. Ginger tea

Ginger has immune-boosting properties and can help reduce inflammation. To make ginger tea, steep fresh ginger slices in hot water for 5-10 minutes, strain, and add honey or lemon for flavour. Consume it warm for best results.

5. Coconut water

Coconut water is rich in electrolytes and minerals, which help hydrate the body and support immune function. Drink it chilled directly from the coconut or a bottle for a refreshing boost during hot summer days.

6. Orange smoothie

Oranges are packed with vitamin C, which strengthens the immune system. Blend fresh orange juice with yogurt or almond milk, add a handful of spinach for extra nutrients, and enjoy it as a cool and nutritious smoothie.

7. Aloe vera juice

Aloe vera contains vitamins, minerals, and antioxidants that support immune function and promote overall health. Drink pure aloe vera juice, or blend fresh aloe vera gel with water and a splash of lemon juice for a refreshing beverage.

Life Changes You Should Make Today To Lower Arthritis Risk

Making lifestyle changes can significantly reduce the risk of developing arthritis and promote overall health and well-being. Read on as we share a list of lifestyle changes you can make today to lower your risk of arthritis.

1. Maintain a healthy weight

Excess weight puts added stress on joints, increasing the risk of arthritis, particularly osteoarthritis. Maintaining a healthy weight reduces this strain. Adopt a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Engage in regular physical activity to support weight management.

2. Stay active

Regular exercise helps maintain joint flexibility, strengthens muscles to support joints, and reduces inflammation. It also promotes overall cardiovascular health. Incorporate a mix of aerobic exercise (e.g., walking, swimming) and strength training into your routine. Aim for at least 150 minutes of moderate-intensity exercise per week.

3. Protect your joints



Avoid activities that put excessive strain on joints, such as high-impact sports or heavy lifting, to reduce the risk of joint injury and subsequent arthritis. Use proper body mechanics when lifting heavy objects, wear supportive footwear, and use protective gear

during physical activities.

4. Eat a healthy diet

A balanced diet rich in anti-inflammatory foods such as fruits, vegetables, fish, nuts, and seeds can help reduce inflammation and lower the risk of arthritis. Focus on incorporating a variety of colourful fruits and vegetables, omega-3 fatty acids from fish, and healthy fats from sources like avocados and olive oil into your meals.

5. Manage stress

Chronic stress can contribute to inflammation, which is linked to arthritis. Stress management techniques can help reduce inflammation and promote overall health. Practice relaxation techniques such as deep breathing, meditation, yoga, or tai chi. Engage in activities you enjoy and prioritise self-care.

6. Quit smoking

Smoking has been linked to an increased risk of rheumatoid arthritis and can exacerbate symptoms of existing arthritis. Quitting smoking can help reduce this risk. Seek support from healthcare professionals, use smoking cessation aids if needed, and identify and address triggers that may lead to smoking.

Can Extreme Heat During Summer Increase Incidences Of Hospitalization?

World Asthma Day is commemorated on the first Tuesday of May every year in order to spread awareness about this respiratory disease and how to address it to further reduce mortality. This year World Asthma Day is being observed on May 7, Tuesday.

With scorching summer temperatures gripping India, pulmonologists urge people with asthma to take extra precautions to avoid hospitalizations. Every year, doctors witness a 5 % rise in admissions of asthma patients in the peak heat waves during the summer season, highlighting the dangers of extreme heat for those with respiratory conditions. This trend aligns with various studies conducted globally, where heat waves have been linked to a significant increase in asthma hospital admissions. "We see a significant rise in asthma cases during the summer months, coinciding with the peak of the heatwave season every year," says Dr Arunesh Kumar, Head of the Department of Pulmonology Paras Health Gurugram. He further added, "India, with an estimated over 30 million asthma sufferers, presents a unique challenge as this vast population of asthma patients coincides frequently with severe heat waves, making India particularly vulnerable to the rise in asthma hospitalizations



during the summer months."

Dr. Pritha Hazra, Department of Wellness, Healthians further adds, "During hot summer months, the rise in humidity poses a significant challenge for individuals with respiratory conditions like Asthma. What makes it worse is the combination of dry air, pollen, dust, mould, and pollutants, which triggers the symptoms or severity of the existing condition. As the air stagnates, it also becomes a carrier for respiratory viruses."

"During hot summer months, the rise in humidity poses a significant challenge for individuals with respiratory conditions like Asthma. What

makes it worse is the combination of dry air, pollen, dust, mould, and pollutants, which triggers the symptoms or severity of the existing condition. As the air stagnates, it also becomes a carrier for respiratory viruses. Dr Arunesh explains the connection between heat and asthma, stating, "Extreme heat can irritate and inflame the airways, similar to inhaling allergens. Additionally, hot weather often coincides with increased ground-level ozone concentrations. Ground-level ozone is a pollutant formed by chemical reactions between emissions of burning fuel emissions and volatile organic compounds (VOC), heat, and sunlight.

Eye Health For Busy Moms: Incorporating Quick And

For busy moms, maintaining eye health amidst a hectic schedule can seem challenging, but incorporating quick and effective habits into daily routines can make a significant difference.

Here are some practical tips shared by Dr Avani Sapovadia, Cornea & Refractive consultant at Netradeep Maxivision eye hospital, Rajkot to help busy moms prioritize eye health without adding unnecessary stress to their already-packed schedules:

Start the day by drinking a glass of water. Staying hydrated not only benefits overall health but also helps keep the eyes lubricated and reduces dryness, which is common during extended screen time or exposure to environmental factors like air conditioning or heating.

Whether it's managing household chores or working from home, busy moms often spend extended periods in front of screens. Encourage regular breaks by adopting the 20-20-20 rule: every 20 minutes, take a 20-second break and focus on something 20 feet away. This simple habit helps reduce eye strain and fatigue.

Incorporate eye-friendly foods into snacks and meals. Opt for nutrient-rich foods like carrots, bell peppers, berries, nuts, and seeds, which are packed with vitamins, antioxidants, and omega-3 fatty acids ben-



eficial for eye health. These snacks can be prepared and enjoyed on the go, making them convenient choices for busy moms.

Whether running errands or enjoying outdoor activities with the family, wear sunglasses that offer UV protection. Prolonged exposure to harmful UV rays can increase the risk of cataracts, macular degeneration, and other eye conditions. Choose sunglasses with broad-spectrum UV protection and wrap-around frames for maximum coverage.

Adequate sleep is essential for overall well-being, including eye health. Ensure you're getting enough rest each night by establishing a bedtime routine and creating a sleep-friendly environment. Dim the lights, limit screen time before bed, and avoid caffeine or stimulating activ-

ities close to bedtime to promote quality sleep.

Schedule routine eye exams for yourself and your family members. Regular check-ups allow for early detection and management of vision problems and eye conditions. Many optometrists offer flexible appointment times to accommodate busy schedules, making it easier to prioritize eye health.

Busy schedules can lead to stress, which can impact eye health. Incorporate stress-relief techniques such as deep breathing exercises, mindfulness meditation, or yoga into your daily routine to promote relaxation and reduce tension.

Physical activity benefits not only overall health but also eye health by promoting proper circulation and reducing the risk of conditions like glaucoma and AMD. Find ways to incorporate exercise into your daily routine, whether it's taking a brisk walk with the stroller, dancing with the kids, or practicing yoga at home.

By incorporating these simple yet effective habits into their daily routines, busy moms can prioritize eye health and ensure optimal vision for themselves and their families. Taking proactive steps to care for your eyes doesn't have to be time-consuming; with a little planning and consistency, it can seamlessly integrate into your busy lifestyle.

Wular Premiere League Tarzova Sopore, 2024 Edition-7

NAVEED BUNGROO, FAISAL MEHRAJ OF DEMOLISHES RISING STAR SOPORE, AFTER HITTING 42 BALLS FRIGHTENING 70 RUNS AND 4 WICKETS RESPECTIVELY, SOFI BROTHER'S SRINAGAR EMERGE VICTORIOUS BY 76 RUNS

HT Sports

SOPORE: After winning the toss Sofi Brothers Srinagar opt bat first and set a good total of 182 runs on the board in allotted 20 overs at Shiekh-ul-Alam Stadium Tarzova Sopore. A fabulous display of Clean, Crisp hitting by Naveed Bungroo with a speculating, frightening 42 balls 70 runs with the help of 10 fours and 2 huge sixes and make the atmosphere of opponents dressing-room desperate while Arshid Sofi also added valuable 29 runs of 25 balls.

In reply Rising Star Sopore lose wickets in regular intervals and loss the match by 76 runs. Junaid Dar show some resistance with 13 balls 33 runs but failed to reach the target and were bundled out for 106 runs in 14.1 overs. Faisal Mehraj and Faisal Syed took 3 wickets each for Sofi Brothers Srinagar. Naveed Bungroo was adjudged Player of the match for his frightening innings of 70 runs. The Wular Premiere League Tarana Sopore is organised under the banner of Sports Association Tarzova (SAT).



In an ongoing Chinar Premier League edition 3rd Organized by Mehboob ul Alam Sports and sponsored by Kashmir Harvard Esucational Institute at Radapora Nowhatta, two matches were played. In first match superstar Kakapora scored 150 runs in allotted 20 overs for the loss of 10 wickets. Gowher of Superstar. Kakapora contributed 45 runs. In reply JFC Club were all out in 20th over and lost the match by 20 runs. Danish Fayaz of JFC club scored 44 runs.

At the end Gowher of Superstar Kakapora declared Man of the match.

Photo/Shakir Afridi

IPL: High stakes as SRH host LSG in race to the playoffs

NEW DELHI: e high when SRH host LSG on Wednesday: both teams are on 12 points, separated by net run rate, and are trying to put some distance between them and the rest of the mid-table scrum to give their playoff chances a boost.

Both sides are also coming into the contest having suffered defeats in their most recent fixtures. LSG's NRR took a big hit when they were hammered by Kolkata Knight Riders. SRH also suffered a sizeable defeat against Mumbai Indians.

SRH, however, will take confidence from the fact that they play their remaining three league matches at home, where their batters have powered them to three wins in four games. In eight innings in Hyderabad this season, teams have scored 200 or more five times, and hit 92 sixes. That's where SRH will hope to have the edge over LSG.

SRH have hit the most sixes in the powerplay this season, 41 to LSG's 20, while going at a run rate of 11.04 as compared to LSG's 8.48. In the death overs, they have hit 36 sixes, again the most, while LSG's 16 sixes are the fewest in that phase. LSG's batters will need to level-up as they play their last three league games on the road at potentially high-scoring venues: Hyderabad, Delhi and Mumbai.

But scratch the surface of SRH's run-scoring and it hasn't been great in recent games. While Travis Head has shown consistency, Abhishek Sharma's form has slipped with scores of 15, 12, and 11 in their last three matches. SRH have also struggled with their No. 3: they have used six players in that position, the second most behind Delhi Capitals, without much success. It's an area the LSG bowlers could target.

The winner of Wednesday's



day's contest will move to third place, two points clear of Chennai Super Kings. The loser will remain outside the top four, and a further deterioration of their net run rate will significantly hurt their playoff hopes.

Umran Malik had marked his run-up and was all set to be SRH's Impact Player in their previous game but they needed to bring in the batter Sanvir Singh during a first-innings collapse. It is likely

that one of T Natarajan or Umran might play the Impact Player role again, swapping with Mayank Agarwal or Abhishek Sharma. Marco Jansen had a forgettable match in Mumbai and SRH could give Glenn Phillips his first game late in the season.

Probable XII 1 Abhishek Sharma, 2 Travis Head, 3 Mayank Agarwal, 4 Nitish Kumar Reddy, 5 Heinrich Klaasen (wk), 6 Marco Jansen/ Glenn Phillips, 7 Abdul

Samad, 8 Shahbaz Ahmed, 9 Pat Cummins (capt), 10 Bhuvneshwar Kumar, 11 T Natarajan, 12 Umran Malik/Jaydev Unadkat

Mohsin Khan hit his head on the turf while fielding during LSG's previous game and was replaced by a concussion substitute. He has, however, travelled with the squad to Hyderabad. Arshin Kulkarni has been LSG's impact player in their last two games - with Quinton de Kock out with a niggles - but he hasn't had an innings of note.

With 15 wickets in nine games, striking every 14 balls this season, T Natarajan is a contender for the Purple Cap. It's his death bowling that has stood out this season, with nine wickets in the phase, second behind Jasprit Bumrah. While his economy of 10.58 has been on the higher side, Natarajan has held the SRH bowling together in the death, landing his yorkers with precision.

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