

GOC White Knight Corps greets Awaam on "Rajouri Day"

RAJOURI, APRIL 13: Lt Gen Manjinder Singh, GOC White Knight Corps, accompanied by Maj Gen Rajeev Puri, GOC, Ace of Spades Division, dignitaries from civil administration and the people of Rajouri paid tributes to the Heroes of Rajouri on the occasion of "Rajouri Day". Brig N V Nanjundeswara, Station Commander, Rajouri, D S Sandhu, DIG BSF, Vikas Kundal, Deputy Commissioner, Rajouri as well as other civil and military officials also paid tributes to the bravehearts. In early 1947, the Pakistani Intruders captured the vital town of Rajouri. On April 12 1948, troops of 1 Kumaon along with Tanks of Central India Horse (CIH) and 5 and 30 Mountain Batteries advanced from Chingus for liberation of Rajouri. On Apr 13, 1948, Rajouri was liberated from the intruders by the heroic action of our armed forces assisted by the brave citizens of Rajouri. Rajouri Day is celebrated every year to pay homage to the military and civilian bravehearts who laid down their lives for liberation of Rajouri. On this day, homage is paid to the heroism of 2nd Lt RR Rane of 37 Assault Field Company who



was bravely responsible for clearing the road from Naushera to Rajouri. Inauguration of Rajouri Day Festivities 'Garv Ka Parv' started from April 7 onwards to include a series of events like an Ex-serviceman Rally & Veer Nari Sammelan, Sarpanch Conclave, Visit to Hall of Fame for the students of Rajouri, Painting Competition, Bike rally over 1000 kms, 'Run for Rajouri' Mini Marathon, Equipment Display, Women Empowerment Conclave, Kite festival, Musical evening and so much more were organized by the Indian Army, with support from the District administration and the citizens of Rajouri. The pitch was raised to a patriotic fervour on 13th April, which commenced

with paying homage to the bravehearts and the brave citizens of Rajouri who laid down their lives for its liberation from Pakistani raiders in the year 1948. The event progressed with an all religions prayer meet, affirming the bond of unity in India, followed by a cultural programme which consisted of a colourful display of ethnic kaleidoscope by the children of various schools. The mesmerizing performances by budding young children were appreciated by the gathering with loud cheers and tumultuous clapping. The young performers were felicitated by Reema Puri, Convenor FWO, Ace of Spades Division. The splendid performances by the renowned and reputed Army Symphony, Police, BSF Bands kept

the audience captivated. The performers were felicitated by Lt Gen Manjinder Singh, GOC White Knight Corps. The day's event also included display of Martial Arts, Equipment display, Equestrian show, a para motor show and a grand Military Dog Show. This historic event will be etched in the memories of the natives of Rajouri forever. Lt Gen Manjinder Singh, addressed the gathering and motivated all to join hands for a meaningful contribution in the overall development in the region. He fully assured of maintaining peace and tranquility in the region and extending all possible cooperation to the Awaam at all times. Meanwhile, a Cultural program "Rajouri Day" (Azadi Ka Amrit Mahotsav) was organized by the Cultural Wing of Information Department Jammu in collaboration with the Indian Army at Rajouri. Lt. General Manjinder Singh YSM, VSM, GOC White Knight Corps was Chief guest on the occasion. The Artists who performed in the program were Vijay Anand, Surjit Singh, Vikram Charbathia, Balbir Singh, Mohinder Kumar, Amit Kumar and Harpal Singh.

JKPCC Jammu organises "Save Tawi Campaign" on eve of "Holy Sakh Visarjan"

JAMMU, APRIL 13: To create awareness among people about scientific waste management and mitigate River water pollution due to waste littering during puja ceremonies / rituals, a "Save Tawi Campaign" was organised by J&K Pollution Control Committee, Jammu. The event coincided with "Holy Sakh Visarjan" which was held in collaboration with DISHA organization, Live For Others-Being helpful foundation & Climate Front Jammu. Around 150 students from GGM Science College, GCW Parade, MAM College, commerce college, Jammu University (Department of Environmental Sciences & Sociology), staff of J&K Pollution Control Committee, Jammu Municipal Corporation and Rural & Urban Development Agency (RUDA) participated. Awareness cum waste collection camps were setup at two main Visarjan Ghats, viz., Har ki Paudi and Bikram Chowk by the J&K Pollution Control committee in order to reach out to the devotees at the spot of Sakh Visarjan, to interact with them and sensitize them to not immerse any other puja material apart from holy Sakh to prevent pollution of Holy River. During the "Save Tawi Campaign", segregated waste collection was done directly from devotees, followed by secondary segregation of waste with help of workers engaged by Jammu Municipal Corporation and all segregated waste including plastic was collected by Rural and Urban Development Agency (RUDA) for further recycling and scientific disposal. Mata Chunri shall be sent to NGO Goonj, based in Delhi for making dresses for needy children. Coconuts were distributed as Prasad among devotees and local people. Flower waste was collected by JMC for further composting at Bandu Rakh. Clay pots used for growing Sakh shall be used by people for feeding water to birds, food to stray animals etc. Neelu Gera, Chairperson, JKPC appreciated the initiative taken by JKPC, Jammu to raise awareness among people and stressed upon the need to prevent littering and dumping of non-biodegradable items including plastics and polybags etc. She also pointed out that Cleanliness is Godliness and urged all citizens to come forward to ensure Rivers rejuvenation / conservation and pledge for preservation of water bodies for our future generations.

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7:10	4:24	21	14	6:57	4:47	9
7:10	4:22	22	15	6:58	4:45	7
7:11	4:21	23	16	6:58	4:43	8
7:12	4:19	24	17	7:00	4:42	9
7:13	4:18	25	18	7:01	4:41	10
7:14	4:17	26	19	7:01	4:39	11
7:15	4:16	27	20	7:02	4:38	12
7:15	4:15	28	21	7:03	4:36	13
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Culture-Heritage-Tradition

The music of the mountains is absolutely soothing, pleasant to hear and that is one that takes you into a world where being in trance is the most obsessive thing

By: M S Nazki

Mendhar: Music has ancient roots in Jammu and Kashmir. The music of Jammu and Kashmir signifies cultural glory and not just mere ornamentation or entertainment, but as an intrinsic part of heritage. The Union Territory of Jammu and Kashmir holds a history of traditional musical instruments which became the soul of the music here.

-'In your most desperate moments where you crawl on the ground like worms, sometimes you suddenly hear the voice of a savior, the voice of the music which immediately carries you away to the stars!'

-'The ideal backdrop of the Pir Panjals provides the ideal natural stage for the music from the mountains to flourish and flow! It's very different to the music with the ear jamming notes. This is soft, a lullaby that can put a restless soul to peace!'

- I have an incident to quote here, 'Those were the days when a singer from across the LOC had taken the Northern region of India by storm. The name Ataullah Khan Esakhalvi as he chanted out numbers that were for broken hearts and broken arrows that could not pierce the hearts of their lady love's! The rustic heavy voice backed by music composed on an array of instruments was quite pleasant. The lyrics and tunes were melancholic and they went with the mood prevailing in the mountainous tracts of Rajouri and Poonch! Once I was descending down to Gambhir Brahmana and I met three youngsters playing the music through a black blow pipe. The music was shrilling but did tend to get into the right corners of my brain. I distinctly remember he was playing Ataullah's rustic melancholy ridden number 'Dil Tod Kar Mera' which had been reproduced by the T-series cassette industry! The boy I thought was playing it beautifully. I asked him his name and he told me that his name was Jehangir. We were comparatively new to the area, so I did not get into an elaborate conversation because it usually took 45 minutes to reach Gambhir Brahmana from Chorgali! But the music by the long haired boy was produc-



ing was magical! Once I called three to the company headquarters and made them sit in the visitors hut! It was here I came to know the other two were Izhaar (teacher as he introduced himself to be) and Hamid who was in the Forest Department (again this was told by him). We offered them Rum and after two tots I asked Jehangir if he would play what he was playing that day when we first met! He played it! I asked him if he would play another Ataullah Khan Number. He smiled, 'I watched him closely and he said, 'Jenaab Ko Pakistani Mausiki Pasand hai'. I replied 'what is wrong in this, every music is the same!' It was time to pack up and also for the shadow patrols to shadow them! Music was Jehangir's forte but his one question got the doubt settled in my brain and it was the musical word, Mausiki that got it ticking! My doubts were correct. All three were from JKLF. Encounter was not required, three bottles of Rum they had asked from me after fourteen days I met them for the first time drowned them! That is what I would say as talent wasted as they landed in jail as they proved to be overground workers working as guides!'

-'The picture with the story took me back to the days when we used to do hill hopping during the maddening chases and the insurgency had grown up from infancy with mehmaan mujahideen getting

into the circuit with devious deviousness! The first thing to die in those circumstances had to be music especially so in the mountainous terrain of Rajouri and Poonch and some wasted their natural talent. An example I have given!

(The first four introductory paragraphs are from my friend's diary)

-The Pahari, the Gujjar and Bakerwal tribes, mainly residing in Rajouri and Poonch play some weird but traditional musical instruments had to be dumped into gunny bags as survival against the onslaught of terror was the prime time aim! The instruments that remained in gunny bags for such a long time included:

- Alghojo which is a type of flute made from a single hollow shaft of mainly wild-bamboo called 'Nagal' in Gojri with six or seven finger holes. Since this instrument is mainly associated with pastoral nomads and cowherds, you will feel the same chords as the music touches your ears!

- Jodhi /Do naal is another one meaning two flutes (Aloghozas) which when played jointly are called Jodhi. The tune of the Jodhi instruments resembles that of flute. Playing of Jodhi is still popular in nomadic Gujjar, Bakerwal and Pahari society. It is made of hilly bamboo cutting small reeds. Folk tunes are played on it.

- Yet another one is Banjli, a flute which varies in size from less than 12 inches to nearly 30. Every nomad is fond of Banjli. They keep this in side-pockets of their upper wear. They play the tune of folk

songs like shopia, maahiya, jangbaaz, besides the traditional tribal tunes on this instrument.

- Adding to this is specially flavored Bisili, a typical folk instrument used by people from the mountains. It is triangular /trilateral in shape. The instrument has a hollow belly with a hole at the centre and two holes on either side, besides a mouth pipe.

- Yaktaro is a one-string instrument is also popular among the people of Rajouri and Poonch! These are the music producing instruments but the percussion ones are different like, Dhol (drum) to get the bass effect going!

- Sharnai is the instrument that usually accompanies the Dhol. Sharnai is largely known as a wind instrument and it goes well with the Dhol!

- The list of instruments is long and that includes a kitchen tool (tong in English) mainly used to grip and lift objects. But music can be innovated using it!

- Ghadhoo/ Ghodholi: Ghara is an earthen pot / pitcher which is also used as musical instruments by artists. They are a super-duper hit in marriages.-Sargi (Tota) is slightly different to 'Sarangi'- a string instrument used in Indian classical and other folk music.

- The Instruments of mountains are very rich in terms of their inheritance. Other communities residing in the areas of the tribesmen area also share the same culture. During

the course of research it has been observed that a number of folk instruments which were in use in the past are on the verge of extinction and that too rapidly. And this should not happen because the traditions will not survive because this music is different, in fact very different! The music from the land of dreams!

Now with peace and love in the air the musical instruments are out of the gunny bags and in hands of those who consider themselves as specialists on the instruments mentioned above! And instead has been stuffed inside the same gunny bags perhaps forever!

The Indian army has played a massive role in Rajouri and Poonch to get folk and mountain music back to the center stage by organizing musical evenings and live concerts. Because the Indian Army knows the value of customs and traditions and how to promote the talent that has a potential. Traditional music is the foundation of what the folk music revival was about songs of unknown authorship handed down through the generations. They touch your heart, and for anyone trying to write new and original songs and composing original music, they stand as an unspoken challenge: make something as good and as timeless as this and you will have won the heart of your listener. You also will have added something to the story of humankind. Traditional songs and music didn't just spring from the earth, of course. Somebody somewhere came up with a melody through which to tell a story, and that story-song-music got passed along. These songs and music survive in the memory of a culture because they tell stories of universal emotion and experience of love, heartbreak, mourning, abandonment, victory, and defeat and because they are so very adaptable to so many times, to so many people. And this is not the end because the musical story has just again re-started! Finally I will just say one thing. It is sublimely mysterious and immeasurably powerful in terms of the impact that the sounds of music can have over us and if it is played in the backdrop of mountains the effect it has on us is awesome!

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وادی تم برعش کوڑکھ معمران عرش پتھر کو دیا رسول کریم
نی پختہ آنت فرآن پاک سفر
مومن پتھارہ رسول کریم
بے کس غم ڈن سے مسکین پتھر چوڑاوان ہوا رسول کریم
نورنش پانڈری پاک ذہن راحت اولیاء رسول کریم
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سورہ اعراس: منافقت سے بچاتی ہے۔
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سورہ قلن: مادوں سے بچاتی ہے۔
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سورہ مگک: ظالموں سے بچاتی ہے۔
سورہ اتق: ظالموں سے بچاتی ہے۔
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Jaffar Ali Asar is no more

HT NEWS NETWORK

Jaffar Ali Asar a well known poet of Delina Baramulla and former Administrative officer passes away. The deceased was maternal uncle of Taseer Afzal.

Various literary organisations have condoled the sad demise. Chief Patron of Headlines Today S Sad ud din Saidi has also expressed solidarity with



the bereaved family and prayed for the departed soul.

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India-US relationship making its weight felt in world affairs: EAM Jaishankar

Washington/New Delhi, April 13 (UNI) The India-US relationship has undergone a real transformation in the past two decades and is making its weight felt in world affairs, External Affairs Minister S Jaishankar said, adding that during the severe Delta wave of the coronavirus infection last year while a lot of countries came forward to help, the one country that stood out for its help was the US.

Participating in a conversation with students, faculty, and leadership of Howard University, along with US Secretary of State Antony Blinken on Tuesday evening, the EAM said the 4.5 million strong Indian diaspora in the US has helped forge relations between the two countries, and that the students, academics and researchers have contributed a lot to the progress in the bilateral ties.

Speaking on the formation of an 'India-U.S. Education and Skills Development Working Group' that was decided during the 2+2

meeting Monday, the EAM said that India's New Education Policy announced in 2020 aims to attract more foreign students to India, and the working group was aimed to address this issue. He said while the Study in India programme has been there earlier, "it is now that we are really focusing on how to we attract more international students. It is a work in progress, what has changed is the need to have international students.. we haven't scaled it up in the way many countries have, there have to be mechanisms for that. Part of the working group is to address this problem.

"We would like to see many more international students in India, which is good for our universities," he said, adding that they would encourage student exchange programmes so that there can be more American students studying in India.

To a question on the importance of STEM (Science, Technology, Engineering, and Mathematics), the EAM



said that the Covid experience has been "enormously stressful and scarring" and the silver lining has been that it "showed what friendships and relationships in the world can do".

He said three vaccines that India is producing - Novovax, Corbevax and Covovax - are a direct outcome of relations with the US.

"When everybody was busy making vaccines, and it was difficult to make the supply chains going, and at that time I reached out to Tony

Blinken and shared what all we needed in India so that the supply chains would move smoothly.. and I count it as a great achievement and I must say he went out of his way to move the American system and getting things done," he added.

He said that during last year's severe wave of the Delta variant, there was an enormous demand for oxygen and respirators and some drugs. "A lot of countries came forward to help and the country that stood

out there was the US." On STEM, he said that Indian students come to the US to study and become part of the research community, it ends up as contributions that help people in their daily lives, including in such crisis situations.

Jaishankar said the very strong trust and bonding between the two nations is the human element, which comprises the 4.5 million diaspora who move back and forth between the two countries.

"We would like to see many more American students come to India, more tourists, and business people, all of it adds to the chemistry," he added.

Blinken said that 200,000 Indian students are enriching the American campuses, and that many US students are studying in India too.

He said the new working group on education and skill training would help develop new research programmes, "so that more of our people can learn from each other". It will help build bonds be-

tween the higher education systems of both countries.

He said in Foreign Policy, the importance of people to people ties is very important. "What really matters is the bond between people, students, tourists, what brings us together".

Blinken said the US-India strategic partnership is "absolutely essential to combat the problems of the 21st century".

"We are looking across all different pursuits on how we can connect our two countries through exchange programmes and research programmes."

He described India as the most vibrant, vital democracies in the world and added that the two sides are finding ways to further revitalise, reenergise and carry forward these programmes.

He said under Quad 500 million vaccines are being donated to the Indo Pacific region, which is a work which cannot be done without collaboration of the four partners - the US, India, Japan and Australia.

SC agrees to hear Nawab Malik's plea

New Delhi, April 13 (UNI) The Supreme Court on Wednesday agreed to hear Maharashtra Minister Nawab Malik's plea seeking to be freed from prison in connection with charges of money laundering.

A Bench headed by Chief Justice N V Ramana directed that the matter be listed after hearing the arguments of senior advocate Kapil Sibal appearing for the jailed NCP leader. Sibal sought an early hearing, saying he was wrongly arrested by the Enforcement Directorate.

The law under which the ED made the arrest was enforced in 2005 but the charges leveled against him pertain to transactions done in 2000.

Giving its nod to hear the plea on urgent basis, the Bench said: "Yes, we will list the matter."

On February 23, when Malik was arrested, he was sent to ED custody till March 3. He has been in jail since then.

The NCP spokesperson had approached the Bombay High Court seeking interim relief. The High Court rejected his plea on March 15. Thereafter, he approached the apex court.

India, EU discuss economic ties

New Delhi, April 13 (UNI) The Indian government on Wednesday discussed economic ties with the European Union with a group of senior MPs from the Committee of International Trade of the EU.

The Indian side was led by Sanjay Verma, Secretary (West) in the Ministry of External Affairs.

MEA spokesperson Arindam Bagchi said the European delegation included Svenja Hahn, Jan Zahradi, Soren Gade, Bernd Lange and Arnaud Danjean.

"Both sides expressed commitment for advancing economic ties with the early conclusion of trade and investment agreements," Bagchi said.

The meeting also came in the backdrop of the ongoing Russia-Ukraine war which has affected global economy and trade.

The EU is India's third largest trading partner, accounting for Euro 62.8 billion worth of goods in 2020 or 11.1 per cent of total Indian trade after China (12 per cent) and the US (11.7 per cent). The EU is the second largest destination for Indian exports (14 per cent of total) after the US.

BJP to study rape, murder in WB

New Delhi, April 13 (UNI) The BJP on Wednesday nominated a five-member fact finding committee to look into the alleged rape and murder of a 14-year-old girl at Hanskhali Nadia in West Bengal on April 4.

BJP President J.P. Nadda has nominated the committee to visit the place of rape and murder of the girl, said General Secretary Arun Singh in a statement.

Nadda asked the members to submit a report at the earliest.

The committee members include Rekha Verma, Baby Rani Maurya, Vanathi Srinivasan, Kushbu Sunder and Rupmitra Chaudhary. The police have arrested a Trinamool Congress leader's son for the crime.

PM, VP, others pay tributes to martyrs of Jallianwala Bagh

New Delhi, April 13 (UNI) Prime Minister Narendra Modi, Vice President M Venkaiah Naidu and others on Wednesday paid rich tributes to the martyrs who were massacred in Jallianwala Bagh on this day in 1919.

In a tweet, the PM wrote, "Tributes to those martyred in Jallianwala Bagh on this day in 1919."

He said their unparalleled courage and sacrifice will keep motivating the coming generations.

Paying his homage to the martyrs, the VP in a tweet said, "We are eternally indebted to them for their supreme sacrifice for the freedom of our motherland."

Naidu said the best tribute we can pay to our freedom fighters is building an India that they envisioned.

Union Home Minister Amit Shah in a tweet said, "Their sacrifices for the freedom of the country will continue to inspire the coming generations."

"The Jallianwala Bagh massacre had the greatest impact on the Indian freedom struggle. I pay my tributes to all the martyrs. We can never forget their sacrifice," BJP national president Jagat Prakash Nadda tweeted.

Congress MP Rahul Gandhi also took to twitter and wrote, "103 years ago, the massacre at Jallianwala Bagh showed the world the cruelty of an autocratic regime. Humble tribute to the courageous martyrs."

The former Congress president said their supreme sacrifice has continued to inspire generations to fight against injustice.

Cabinet approves continuation of Rashtriya Gram Swaraj Abhiyan till 2026

New Delhi, April 13 (UNI) The Cabinet Committee on Economic Affairs chaired by Prime Minister Narendra Modi on Wednesday approved continuation of revamped Rashtriya Gram Swaraj Abhiyan (RGSA) till 2026 with an outlay of Rs 5911 crore. Addressing a press conference on decisions by the Cabinet, Information and Broadcasting Minister Anurag Thakur said the government took the decision to develop governance capabilities of Panchayati Raj Institutions.

"The total financial outlay of the scheme is Rs.5911 crore with the Central Share of Rs.3700 crore and that of State Share of Rs.2211 crore," he said.

The central components of the scheme will be fully funded by the Government of India. The funding pat-



tern for state components will be in the ratio of 60:40 among Centre and States respectively, except NE, Hilly States and Union Territory (UT) of J&K where Central and State share will be 90:10. However, for other UTs, Central share will be 100%. The approved scheme of RGSA will help more

than 2.78 lakh rural local bodies including traditional bodies across the country to develop governance capabilities to deliver on Sustainable Development Goals through inclusive local governance with focus on optimum utilization of available resources, a Cabinet statement said.

Priority will be given to subjects of national importance principally under themes, namely- Poverty free and enhanced livelihood in villages, Healthy Village, Child Friendly Village, Water Sufficient Village, Clean and Green Village, Self-Sufficient Infrastructure in Village, Socially Secured Village, Village with Good Governance and Engendered Development in Village, the statement added.

The scheme will strengthen Gram Sabhas to function as effective institutions with social inclusion of citizens particularly the vulnerable groups. Around 60 lakh elected representatives, functionaries and other stakeholders of rural local bodies including traditional bodies across the country will be direct beneficiaries of the scheme.

Free ration disbursed to 80 cr during pandemic: Piyush Goyal

New Delhi, April 13 (UNI) Union Minister of Commerce and Industry Piyush Goyal on Wednesday said under the Pradhan Mantri Garib Kalyan Anna Yojan (PM-GKAY) government has provided five kg of food grain per month to 80 crore people in the last 25 months.

The world's largest food security programme has been run in India and, under the scheme, 1,000 million metric tonnes of food grains have been delivered to the poor in 25 months, the Minister said while addressing a press conference here.

Praising the Prime Minister for implementing the scheme, he said India has introduced a new thought to the whole world and the way Prime Minister Narendra Modi is keeping the poor's welfare at the center has shown the whole world his sensitive leadership and character.

Speaking about the One Nation - One Ration Card initiative, he said, "It was a vision of the Prime Minister to connect 80 crore beneficiaries of the country with technology and provide them with the facility to get food anywhere in the country."

Goyal also said the work of the Prime Minister has also been appreciated on the international stage.

Right now, the IMF, while assessing the entire situation in India, said that the free food grains that have been given, whether they are under NFSA or the Garib Kalyan Anna Yojana, both of these schemes have had a huge impact in India, due to which poverty and inequality have decreased," he added.

Leverage 'Jan Shakti' for societal progress: PM

New Delhi, April 13 (UNI) Prime Minister Narendra Modi has met district panchayat members from Gujarat and spoken at length about issues relating to rural development and leveraging 'Jan Shakti' for societal progress, the PMO said on Wednesday.

"Yesterday, had an excellent meeting with District Panchayat members from Gujarat. We talked at length about issues relating to rural development and leveraging Jan Shakti for societal progress," Modi tweeted.

The Prime Minister virtually attended a number of programs in poll-bound Gujarat.

He inaugurated the hostel and education complex of Shri Annapurnadham Trust at Adalaj, Gujarat via video conferencing on Tuesday. Prime Minister also addressed the 14th Foundation Day celebration at Umiya Mata Temple at Gathila, Junagadh in Gujarat on Rama Navami virtually. Last Friday, the Prime Minister urged devotees to participate in Sound and Light show at Ambaji shrine in Gujarat which is one of the 51 Shaktipeeths situated in the Indian subcontinent.

Rajnath in Hawaii after 2+2 dialogue

New Delhi, April 13 (UNI) Defence Minister Rajnath Singh reached Hawaii on Wednesday for a visit to the headquarters of US Indo-Pacific Command, America's oldest and largest combatant command.

"Reached Honolulu in Hawaii for a visit to the Headquarters of United States Indo-Pacific Command. I shall also be visiting the Headquarters of US Army Pacific and Pacific Air Forces, during my brief stay in Hawaii," the Defence Minister said in a tweet.

On his arrival from Washington DC, Rajnath Singh was received by Commander of US INDOCOM Admiral John Aquilino.

Known earlier as United States Pacific Command (USPACOM) since its inception, the command was renamed to US Indo-Pacific Command on May 30,

2018, in recognition of the increasing connectivity between the Indian and Pacific oceans.

The USINDOPACOM and Indian military have wide-ranging engagements, including a number of military exercises, training events and exchanges.

The Defence Minister is scheduled to visit the headquarters, Pacific Fleet and the training facilities in Hawaii on Wednesday before returning to India.

He is also expected to lay wreath at National Memorial Cemetery of the Pacific and visit Headquarters of US Army Pacific and Pacific Air Forces, during his brief stay in Hawaii.

In Washington DC, US President Joe Biden held a virtual meeting with Prime Minister Narendra Modi in the presence of Rajnath Singh, External Affairs Minister Dr S Jaishankar, US

Secretary of State Antony Blinken and US Secretary of Defence Lloyd Austin.

Later, Rajnath Singh and External Affairs Minister S. Jaishankar had co-chaired with their US counterparts the 4th India-US Ministerial 2+2 Dialogue on Monday. Before the 2+2 Dialogue, Rajnath Singh held a bilateral meeting with US Secretary of Defence separately in Pentagon.

The Defence Minister sought partnership towards co-development and co-production of military equipment with US companies in the 2+2 Ministerial Dialogue between the two countries. Rajnath said that the "participation of US entities in industrial collaboration and partnership in research and development will be critical for success of India's Aatmanirbhar Bharat campaign."

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IIT, IIM, Central Universities made functional in record time in J&K: Kansal

Mobile Film making workshop organized at Central University Jammu I

JAMMU, APRIL 13: Jammu & Kashmir is witnessing an unprecedented era of positive developments with setting up of premier education institutes like IIT, IIM, AIIMS, Central and Cluster Universities among other avenues of education. The remarks were made by Principal Secretary Higher Education, Rohit Kansal while addressing students of Central University Jammu. He was chairing the valedictory function of a 3-day Mobile Film Making workshop. The workshop was organised by the Mass Communication and New Media Department of Central University of Jammu. The participants have been trained by Ritesh Taksande from Film and Television Institute of India (FTII) Pune.

Speaking on the occasion, the Principal Secretary said, 'In the fast changing and fast developing world of today, it is pertinent to identify ideas and develop the wherewithal to implement them meticulously to fruition. Ideas have the potential to develop into billion-dollar companies these days.'

Explaining the scope of technology and its advantages, the Principal Secretary added that they have demolished barriers of time and space and provided 'level playing field' to youngsters and bright minds from all sections of society. He explained how the digital world has enabled people to collaborate across time and geographies and how distance and remoteness were no longer barriers to a bright idea. He advised the students to 'think through chaos to identify world changing opportunities'.

The Principal Secretary also shed light on the implementation of National Education Policy-2020. He reiterated that all educational institutions across J&K would be implementing NEP in full from the current session. He also revealed that J&K would now follow a uniform academic calendar that would be in sync with the national academic calendar. This would immensely benefit the students and also enable students from J&K to compete for admission to the best colleges and universities across India without any loss of time. He also revealed that in order to



reduce the burden of multiple examinations, a committee of Vice Chancellors was examining the mechanism of centralized test and a synchronized admission process to various UG, PG and technical courses in J&K. He also highlighted the need for increasing employability and growth through skill based courses and said that the present workshop was one such example of the introduction of skills and technical courses. He also assured all support to the Central University Jammu for the implementation of the NEP 2020. Veteran BBC Editor and documentary film maker, Vijay Rana also spoke on the event and shared his professional experiences with the students. He urged the students to move ahead with confidence and faith and nothing could prevent them from being successful.

Speaking at the event, Vice Chancellor Sanjeev Jain assured successful implementation of NEP-2020 in the university and assured that the Central University would enhance the emphasis on employability and skill based courses and continue organising 'outcome based' practical training sessions in the university in the future also. Three films, namely Ek Fauji, Educated Fools and Mitra were adjudged the three best films and the teams were awarded cash prizes. Those present at the event included Registrar, Dr Yashwant

Singh, Dean School of Knowledge Management and Media Studies, Prof Devanand, Head of Department MCNM, Prof Bachcha Babuamong staff, students and others. Jammu & Kashmir is witnessing an unprecedented era of positive developments with setting up of premier education institutes like IIT, IIM, AIIMS, Central and Cluster Universities among other avenues of education. The remarks were made by Principal Secretary Higher Education, Rohit Kansal while addressing students of Central University Jammu. He was chairing the valedictory function of a 3-day Mobile Film Making workshop. The workshop was organised by the Mass Communication and New Media Department of Central University of Jammu. The participants have been trained by Ritesh Taksande from Film and Television Institute of India (FTII) Pune.

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IIT Madras joins IAF to speed up indigenization

New Delhi, April 13 (UNI) Indian Air Force and IIT Madras on Wednesday signed an MoU for various developmental projects to speed up the indigenization process and to support the requirements of the IAF. The MoU was signed by Air Commodore S Bahuja, Command Engineering Officer (Systems), Headquarters Maintenance Command, IAF and Professor HS N Murthy, Head of Department Aerospace Engineering IIT Madras, at Air Force Station, Tughlakabad, Delhi, the IAF said. "Joint Partnership between IAF and IIT Madras aims to accelerate IAF's indigenisation efforts for achieving 'Atma Nirbhar Bharat'." Under the ambit of MoU, IAF has identified key focus ar-



ea's involving technology development and finding indigenous solutions towards sustenance of various weapon systems," the IAF added. IIT Madras will provide consultancy duly supported by research for feasibility studies and prototype development.

IIT Madras in partnership with IAF will significantly contribute in indigenisation efforts by Base Repair Depots (BRDs) of Maintenance Command IAF, towards enhancing sustenance capability, obsolescence management and achieving Self Reliance, the IAF said.

UP govt to crack whip on substandard nursing colleges

Lucknow, April 13 (UNI) The Uttar Pradesh government has decided to crack the whip against operators of the nursing colleges who are operating against the rules or are imparting substandard education, officials informed on Wednesday. During a meeting with the officials on Wednesday Chief Minister Yogi Adityanath said, "Nursing homes operating against rules or are substandard should be identified, an FIR should be lodged against their operators and stern action should be taken."

He said that running a college without accreditation is playing with the future of the youths. "Each and every such information or complaint should be taken seriously and prompt action should be taken on it," he said.

Yogi directed the officials to take immediate cognizance of the public complaints and resolve them. "No file should remain pending in any office for more than three days. Accountability will be fixed in the case of delay," he said. He said that timely attendance of every officer and employee should be ensured in the government offices. "Dilly dallying will not be tolerated at any cost. Senior officials should make surprise inspections on a regular basis. Stern action should be taken against officers and employees having a lax and dilly dallying attitude," he directed.

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Engineering student stabbed to death inside college at Meerut

Meerut, April 13 (UNI) A student was stabbed to death during a violent clash between two groups of students in an engineering college on Wednesday. Police said five students have been arrested and heavy force has been deployed after the incident. Police said two groups of students of MIT college, located near Meerut-Baghpat bypass, clashed allegedly over supremacy this morning. "During the violent clash 23-year-old Nikhil Chaudhary, mechanical second year student, was stabbed. He suffered around two dozen stab injuries in the clash," it said. Police said that Nikhil was taken to nearby Subharati hospitals where doctors declared him dead. Superintendent of Police (Rural) Keshav Kumar said five students, including the main accused Abhishek Sharma, have been arrested. "The murder weapon has been recovered and the arrested students are being quizzed. Nikhil was assaulted in the past as well," he said.

Iconic Week celebration: Various activities held across Pulwama

PULWAMA, APRIL 13: As part of 'Azadi Ka Amrit Mahotsav' celebrating 75 years of India's Independence and celebration of Iconic Week, various activities were held across the Panchayats of the district to spread awareness through the medium of Grass roots level democracy. During Maha Gram Sabhas, a number of resolutions were adopted for saturation of 100 point programme indicators identified by the LG administration for the UT of Jammu and Kashmir. Besides, the Gram Sabhas also ensured to work out a strategy to eradicate the use of plastic, develop Swachh Panchayat and formulate Panchayat heritage plan. The Gram



Swaraj Month activities were also held at Block Kakapora, Block Dadsara and Block Pampore. The programme with 100 different commitments and agendas will focus on rural infrastructure, good governance, youth empowerment, environment protection, wage employ-

ment and increased women participation. The officials and PRIs manning the Panchayat Secretariats to work in team spirit for redressal of the individual and community based issues through Panchayat Secretariats making optimal use of the Panchayat and

forward the cases to higher authorities through proper channel wherever the intervention of the superior officials is required on priority basis, so that the main purpose of the panchayat Secretariat is achieved in letter and spirit. Gram Swaraj Month is being observed to strengthen Panchayati Raj Institutions to realize the vision of Gram Swaraj. Speaking on the occasion, the DDC Chairperson said that it is an appropriate time for appraising the functioning of PRIs in different ways so as to reflect on emerging trends and to identify the impediments that have emerged in the process of democratic decentralization.

Day-long Post Graduate Research Presentations held at GDC&H, Srinagar

SRINAGAR, APRIL 13: A daylong 5th PGRP (Post-Graduate Research Presentations) was on Wednesday held in the auditorium of Govt. Dental College & Hospital, here.

The research programme was inaugurated by Prof. (Dr.) Riyaz Farooq, Principal/Dean of the institution. Speaking at the event, the Principal explained the importance and significance of holding of said research events from time to time in improving the standards of dental education and dental treatment rendered to the ailing dental patients. Earlier, Prof. (Dr.) Shabir Ahmad Shah, Medical Superintendent and Convener of the said event welcomed the faculty, registrars and the PG scholars of the institution who participated in the said research event.

16 research presentations including 3 each from the Departments of Oral and Maxillofacial Surgery, Prosthodontics/Crown & Bridge, Oral Medicine & Radiology, Periodontics and 2 each from the Departments of Conservative Dentistry / Endodontics & Orthodontics/ Dentofacial Orthodontics were conducted during the whole day with active interaction and deliberations by the participants about the various topics of research



which were presented during the said brain storming academic event.

The research event concluded with distribution of certificates of appreciation by the Principal/Dean of the institution among all the research presenters of the day. A daylong 5th PGRP (Post-Graduate Research Presentations) was on Wednesday held in the auditorium of Govt. Dental College & Hospital, here. The research programme was inaugurated by Prof. (Dr.) Riyaz Farooq, Principal/Dean of the institution. Speaking at the event, the Principal explained the importance and significance of holding of said research events from time to time in improving the standards of dental education and dental treatment rendered to the

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Wadura camps SKUAST-K organised expert lecture on "Impact of climate change"

Prof. P. V. Vara Prasad has discussed about the consequences of climatic changes on the environment

DR. AB QAYOOM

Sopore, Apr. 13: An expert lecture on 'Impact of climate change factors on crops & opportunities to enhance resilience of Agri-food systems' was organized under NEHEP-SKUAST-K by the Faculty of Agriculture, Wadura today in the conference hall. Prof. Raihana Habib Kanth, Dean, Faculty of Agriculture welcomed the speaker Prof. (Dr.) P. V. Vara Prasad, Distinguished Professor, Crop Ecophysiology and Director of Feed the Future Sustainable Intensification Innovation Lab (Agronomy Department) at Kansas State University, USA. Dr Parvaiz A. Sofi introduced the guest speaker, highlighting his glorious research achievements mainly focused on understanding responses of food grain crop to changing environments (temperature, water and climate change factors), screening germplasm collections for tolerance to abiotic stresses, determining physiological basis of tolerance and developing crop, soil, water and nutrient management strategies for efficient use of resources. In his lecture Prof. (Dr.) P. V. Vara Prasad has discussed about the consequences of climatic changes on the environment. According to him, although modification of climatic condition is triggered by natural factors but the intervention of humans accelerated this process. So he has promoted the sustainable development which



means development but not on the cost of destruction of natural environment. He added that better understanding the interactions between various climatic change factors on nutritional composition is needed to address nutritional security. Interaction of climate change factors with biotic pests (e.g., diseases, insects and weeds) and on host plant susceptibility is essential to quantify the overall impact on crop productivity. To address these multiple challenges (food, nutrition and climate security), focus should be on systems approaches such as sustainable agricultural intensification, climate smart agriculture, broader one-health, and using principles of circularity.

This will require a stronger, meaningful and targeted dialogue and collaboration between multiple disciplines and convergence of sciences which includes both biophysical and social sciences. Emphasis should be on co-learning, co-creation and co-development that brings scholars, policy makers, private sector and practitioners together to ensure development and adoption of appropriate technologies occurs at scale to have positive impacts on food and nutritional security and environmental outcomes. At the end of session, he also interacted with faculty members & PG students cleared their doubts and queries. The lecture ended with the concluding remarks of Prof. Ali Anwar.

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5 morning drinks that help in reducing belly fat

Reducing belly fat can be quite a task. It is like that uninvited guest who simply refuses to leave. It, undeniably, takes a lot of effort to bid bye to those rigid extra inches. From exercising regularly to eating healthy food, there are several lifestyle changes you need to make in order to fit into your old pair of jeans again. If you have also been trying to melt that belly fat lately, here's some help. We list 5 easy-to-prepare morning drinks that you can consume on an empty stomach to reduce belly fat quickly.



HONEY AND LEMON WATER
Drinking honey and lemon water the first thing in the morning is an age-old trick for weight loss and is a common practice in Indian households. All you need to do is to add a bit of lemon juice and one teaspoon of

honey to a glass of lukewarm water. That is it. It also gives a refreshing start to your day and helps boost your immunity.

APPLE CIDER VINEGAR
In a glass of lukewarm water, add one teaspoon of apple cider vinegar. Drink it first thing in the morning and make sure you do not eat anything for the next 30 minutes. Doing so is known

to aid weight loss. Moreover, apple cider vinegar also helps control cholesterol and blood sugar levels. Jeera is a staple ingredient in Indian kitchens. It not only adds that extra flavour to your favourite curries but is also beneficial for your health. It has detoxifying properties and is known to regulate sugar levels and cholesterol. You just need to

soak a tablespoon of cumin seeds in water overnight. Strain the water and drink it in the morning on an empty stomach.

SAUNF WATER
Drinking saunf (fennel seeds) water in the morning not only promotes weight loss but also helps deal with digestion issues. Just soak a teaspoon of fennel seeds in water overnight. Strain it in the morning and consume it on an empty stomach.

GREEN TEA
You can also start your day with a hot cup of green tea with mint leaves if you are trying to reduce belly fat. You need to boil one and a half cups of water with a few mint green leaves in it. Once the water boils, add green tea. Boil for another 2-3 minutes. Strain it into a cup and consume it in the morning. It is said to be an effective drink for weight loss.

Alopecia areata: 1 in 3 people regrow hair with arthritis drug

An autoimmune disease alopecia areata attacks the body's hair follicles, causing hair loss.

There is currently no cure for alopecia areata, which affects 147 million people globally. Researchers recently published promising results from a phase 3 clinical trial for possibly the first treatment for alopecia areata approved by the United States Food and Drug Administration (FDA).

The trial found that 1 in 3 patients with the condition were able to regrow hair after treatment with baricitinib — a drug normally used for rheumatoid arthritis.

New research from the Yale School of Medicine in New Haven, CT, found that 1 in 3 people with alopecia areata are able to regrow hair following treatment with an arthritis drug. This study is part of phase 3 clinical trial for potentially the first FDA-approved treatment for the skin condition.

The results from this study appear in The New England Journal of Medicine.

MEDICAL NEWS TODAY NEWS-LETTER

Stay informed on skin remedies with our newsletter. Open your inbox to care tips, research, and treatment updates on skin conditions such as eczema, acne, and more. Enter your email. Your privacy is important to us. What is alopecia areata? Alopecia areata is an autoimmune disease that causes the body to attack hair follicles. The disease destroys hair follicles all over the



body, causing hair loss.

People of any age, gender, and ethnic background may develop alopecia areata. However, it is more common for a person to develop alopecia areata before the age of 40.

According to the National Alopecia Areata Foundation, about 6.8 million people in the United States and 147 million people globally have or will develop the condition.

There is currently no cure for alopecia areata. Some people with mild forms of the disease may spontaneously regrow hair over time. Current treatments include corticosteroids, topical minoxidil (i.e. Rogaine), and immunosuppressive drugs.

Treating alopecia areata with an arthritis drug. A team of researchers led by Dr. Brett King, an associate professor of dermatology at the Yale School of Medicine recently published results from a phase 3 clinical trial.

The study examines the use of baricitinib — a prescription medication for the treatment of moderate to severe rheumatoid arthritis. Baricitinib is a Janus kinase (JAK) inhibitor, which

disrupts the body's ability to communicate with specific proteins called cytokines. Trusted Source associated with inflammation.

“We think baricitinib works by interrupting the messaging between hair follicles and immune cells that lead to immune cells attacking hair follicles and ultimately hair loss,” Dr. King told Medical News Today.

“When the messaging is interrupted, the immune cells leave hair follicles alone and the hair follicles can do what they are supposed to, that is, grow hair.”

For the study, Dr. King and his team studied 1,200 people in two large, randomized trials. The study sponsor, American pharmaceutical company Eli Lilly, designed the study trials.

Study participants included both males and females over the age of 18. All participants had severe alopecia areata defined by a Severity of Alopecia Tool (SALT) score of 50 or higher. SALT ranges from a score of 0 with no hair loss from the scalp to 100, which is the complete loss of all hair from the scalp. During the 36-week trials, participants received either 2 milligrams or 4 milligrams of baricitinib each day, or a placebo. According to the study results, about 39% of Trial 1 participants and 36% of Trial 2 participants given the 4-milligram dose of baricitinib grew enough hair back to move to a SALT score of 20 or less by week 36. Study results also showed possible side effects of using baricitinib as an alopecia areata treatment. According to researchers, the most common side effects among study participants were acne, elevated levels of creatine.

Alzheimer's: Loss of wake-promoting neurons may explain sleepiness

Researchers investigated the link between wake-promoting neurons and sleep quality in people with neurodegenerative conditions including Alzheimer's.

They found that having fewer wake-promoting neurons was linked to a higher sleep drive.

The researchers say their findings suggest that subcortical arousal mechanisms are linked to sleep disturbances in the early stages of neurodegenerative conditions. Sleep disruption is common among patients with neurodegenerative conditions. For example, those with Alzheimer's disease (AD) often experience daytime sleepiness and sundowning.

On the other side of the spectrum, people with progressive supranuclear palsy (PSP) — a rare neurological disorder affecting movement, walking, and balance — find it harder to sleep.

Previous studies have found that, in AD, groups of subcortical neurons linked to wakefulness are affected by a buildup of tau protein in the brain, and that these produce extreme neuronal loss.

However, in PSP, these same wake-promoting neurons are protected. Trusted Source despite tau accumulation.

Understanding the reasons behind different outcomes from tau-protein buildup in AD and PSP could help researchers develop more effective ways to improve sleep for both conditions.

Recently, researchers investigated the relationship between wake-promoting neurons and sleep quality among patients with AD and PSP.

They found that the loss of wake-promoting neurons among patients with neurological conditions may disturb the sleep-wake cycle.

“These findings indicate that AD and PSP target areas of the brainstem and hypothalamus that regulate wakefulness and keep people awake,” Bryce Mander, Ph.D., assistant professor of Psychiatry and Human Behavior at the University of California, Irvine, not involved in the study, told Medical News Today.

“These diseases do so in different ways, resulting in the clinical sleepiness phenotypes observed. In AD specifically, degeneration of these centers leads to increased sleepiness because the wakefulness drive is reduced by the loss of wake-promoting neurons,” he added.

The study was published in JAMA Neurology. Trusted Source.



Brain analyses

For the study, the researchers enrolled 33 people with AD, 20 people with PSP, and 32 typical controls. All individuals underwent electroencephalographic (EEG) and polysomnographic (PSG) sleep assessments. They were able to perform a postmortem neuronal analysis of brainstem wake-promoting neurons on 10 patients with AD and 9 with PSP.

In these analyses, the researchers focused on three wake-promoting nuclei: Noradrenergic locus coeruleus (LC)

Orexinergic lateral hypothalamic area (LHA) Histaminergic tuberomammillary nucleus (TMN)

Compared to controls and those with PSP, those with AD had a greater sleep drive including more sleep time, higher sleep maintenance, and less wakefulness after sleep onset.

The researchers found that higher numbers of LC, LHA, and TMN were linked to less total sleep time, less sleep maintenance, and more wakefulness after sleep.

They also found that greater numbers of LC neurons correlated with less rapid eye movement (REM) sleep — the dreaming stage of sleep — and that greater numbers of LHA and TMN neurons correlated with less stage 2 non REM (NREM2) sleep — which is important for the consolidation of motor sequence memories. Trusted Source.

When asked to explain how the loss of wake-promoting neurons may promote drowsiness in people with Alzheimer's, Dr. Lea Grinberg, professor of neurology at the University of California San Francisco and one of the study's authors, told MNT: “Our brain has a network of neurons tasked to keep us alerted and awake.

It is called the ascending arousal system. In extreme cases, damage to this system leads to coma.”

“In Alzheimer's disease, this very network is one of the first to accumulate pathological changes and degenerate, long before the memory areas get involved. Early loss of these neurons in Alzheimer's disease affects individuals' capacity to stay 100% alert and awake, regardless if they slept well the night before.”

— Dr. Grinberg

The researchers wrote that the different responses to tau buildups among wake-promoting neurons in those with AD and PSP explain differences in sleep quality between the conditions.

“This study adds correlative evidence that is consistent with the view that those who appear to have the most loss of the special wakefulness-promoting neurons also tend to have greater problems with maintaining wakefulness, which would present primarily as increased drowsiness,” Russell Swerdlow, MD, director of the University of Kansas Alzheimer's Disease Research Center, not involved in the study, told MNT.

The researchers concluded that the subcortical system is a primary mechanism linked to sleep disturbances in the early stages of neurodegenerative conditions. Study limitations

The researchers also highlighted some limitations to their findings. As the postmortem studies were cross-sectional, they could not measure what happened over time. They also note that the time gap between sleep measures and post-mortem results may reduce the quality of their data. The authors also highlight that all patients involved in the study were white so the results may not be applicable to all racial and ethnic

groups. When asked to comment on the study, Dr. Clifford B. Saper, professor of Neurology and Neuroscience at Harvard Medical School, not involved in the study, told MNT:

“Because the clinicopathological measure was a PSG, the outcome measures are hard to interpret. For example, the shorter total sleep time is interpreted as ‘lower sleep drive,’ which may be the case, or it may be that the patients slept more during the day and less at night. Unfortunately, this appears not to have been measured.”

“The bottom line is that while the study provides some interesting additional data points, I do not think one can draw the conclusions that this study does (i.e. that daytime sleepiness of AD patients is due to loss of arousal neurons).”

“To determine whether AD patients are excessively sleepy, or have normal sleep drive, you need to compare them to controls, not PSP patients, and record their wake-sleep across several complete days,” Prof. Saper concluded. When asked to comment on the study, Dr. Clifford B. Saper, professor of Neurology and Neuroscience at Harvard Medical School, not involved in the study, told MNT:

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Department of Pediatric Cardiology

Dr Adil Mohmad Lanker
Senior Interventional Pediatric Cardiologist
MD Pediatrics, GMC sgr
FNB pediatric Cardiology (FLL, Chennai)
Ex. Consultant, Narayana Superspecialty Hospital, Kolkata
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Shikhar Dhawan, Odean Smith Star As PBKS Beat Mumbai Indians By 12 Runs

IPL 2022, Mumbai Indians vs Punjab Kings (PBKS) on Wednesday beat Mumbai Indians (MI) by 12 runs in match 23 of the ongoing IPL 2022 season at the MCA Stadium in Pune. Chasing a target of 199, MI were restricted to a total of 186 for nine. Dewald Brevis top-scored for MI with a counter-attacking 49 while Odean Smith was the pick of the bowlers for PBKS, having bagged four wickets. Earlier, PBKS managed to post a total of 198 for five against MI. After being put into bat first, openers Shikhar Dhawan (70) and Mayank Agarwal (52) hit half-centuries to give PBKS a solid platform, before Jitesh Sharma also played a fine knock of 30 not out. For



MI, Basil Thampi took two wickets while Jasprit Bumrah, Jaydev Unadkat and M Ashwin also bagged a wicket each. Earlier, MI won the toss and elected to bowl first. (SCORECARD) Mumbai Indians: Ishan Kishan (wk), Rohit Sharma (capt.), Dewald Brevis, Suryakumar Yadav,

Tilak Varma, Kieron Pollard, Tymal Mills, Jaydev Unadkat, Murugan Ashwin, Jasprit Bumrah, Basil Thampi IPL 2022, Mumbai Indians vs Punjab Kings Highlights: Punjab Kings (PBKS) on Wednesday beat Mumbai Indians (MI) by 12 runs in match 23 of the ongoing IPL 2022

season at the MCA Stadium in Pune. Chasing a target of 199, MI were restricted to a total of 186 for nine. Dewald Brevis top-scored for MI with a counter-attacking 49 while Odean Smith was the pick of the bowlers for PBKS, having bagged four wickets. Earlier, PBKS managed to post a total of 198 for five against MI. After being put into bat first, openers Shikhar Dhawan (70) and Mayank Agarwal (52) hit half-centuries to give PBKS a solid platform, before Jitesh Sharma also played a fine knock of 30 not out. For MI, Basil Thampi took two wickets while Jasprit Bumrah, Jaydev Unadkat and M Ashwin also bagged a wicket each. Earlier, MI won the toss and elected to bowl first.

Australia appoints Andrew McDonald as cricket coach

Australia's top cricket body appointed Andrew McDonald as the national coach on Wednesday, two months after the shock departure of Justin Langer. McDonald, 40, secured a four-year contract after winning praise for his performance as interim coach since Langer's abrupt resignation on February 5 shook the cricket world. He takes on one of the highest-profile jobs in Australia, where cricket is an essential part of the country's identity and the team's exploits grip much of the nation. "It's an exciting opportunity, exciting role, and I am really happy, happy and grateful," McDonald told reporters after being confirmed in the job by Cricket Australia. McDonald returned last week from the side's successful Pakistan tour where they won the Test series and the sole Twenty20 (T20). Langer left after failing to win the public support of key players including captain Pat Cummins, despite guiding Australia to a 4-0 Ashes victory over archrivals England and a maiden T20 World Cup title. Langer was also credited with overhauling a toxic Australian cricketing culture that led to the 2018 "Sandpa-



per-gate" ball-tampering scandal. In the run-up to Langer's departure, disgruntled players had complained anonymously to Australian media about his intense coaching style. "Fantastic job! By contrast, limited-overs captain Aaron Finch had praised former Test all-rounder McDonald's "calm approach". "He never seems to get flustered by any situation or result — it's all about the process and making sure your preparation and attention to detail is 100 per cent," Finch told reporters shortly after McDonald took over in the interim role. Cricket Australia said McDonald will be head coach in all formats but

some white-ball series may be led by an assistant to alleviate the "significant workload ahead". "I think he will do a fantastic job," former Australia Test captain Michael Clarke said on Tuesday on the eve of McDonald's widely anticipated appointment. He warned, however, that Australia would be under pressure to perform with McDonald, who had been an assistant to Langer since 2019. "To me, it looks like this is exactly what the players want, which puts extra pressure on them if they don't perform," Clarke said in an interview with Sky Sports Radio. As captain, Cummins in particular would face "extreme pressure", Clarke predicted. "He's had Justin Langer sacked, pretty much ... he's come out and said this is what the players wanted," Clarke said. Cummins has denied that a player revolt was behind Langer's resignation, saying he had tried to show respect for "proper process" by not intervening publicly to support or criticise him. McDonald, who has red hair and was inevitably nicknamed Ronnie, played four Tests for Australia with his biggest knock a 68 against South Africa.

Sports Competitions hosted in Doda under My Youth My Pride programme

DODA, APRIL 13: Sports Competitions for Kabbaddi, Kho-Kho and Chess were today conducted here at Sports Stadium Doda under My Youth My Pride Programme.

Kho-Kho and Chess were organised under the dynamic leadership of Secretary sports council Nuzhat Gil under the guidance of Div. Sports officer Jammu and supervision of Rajesh Kumar and concerned game coaches especially Hockey Coach Dalbir Mehta, Ajay Gupta Kabaddi Coach, Anil Sharma Kho-Kho Coach and Manmeet Kour Kabaddi Coach.

The Chief Guest of the sports competition was Ravinder Thakur and Shivali Rana Sarpanch was Guest of Honour. Sports activities which are organised by the Sports council are a big boost for sports lovers. These types of sports activities are required to be organised in future for the betterment of the local youth of District Doda.



A total of 110 sports persons participated in the game of Kabaddi, Kho-Kho and Chess.

City, Liverpool look to move a step closer to Champions League final clash

PARIS: A point separates the two in a tantalisingly close Premier League title race. They face each other in the semi-final of the FA Cup on Saturday. And they could still meet in the Champions League final on May 28. But for Manchester City and Liverpool to meet in the European Cup climax in Paris at the end of the season, they still have to confirm their berths in the semi-finals. That will be known on Wednesday when the two sides play the second legs of their respective quarter-final ties. That will put them one step away from a mouthwatering final clash to be crowned European champions in a season where their rivalry has transcended any other. One of these teams will win the Premier League after a riveting clash between them on Sunday

ended in a 2-2 draw. One of them will go into the FA Cup final as the heavy favourites. And then there is the Champions League where Premier League leaders City are chasing a title which has proved elusive. Pep Guardiola's side, bidding to become the first English side since city rivals Manchester United in 1999 to win the treble, travel to Atletico Madrid holding a 1-0 lead from the first leg at home. Juergen Klopp's Liverpool, chasing an unprecedented quadruple of titles with the League Cup already in the bag, have one foot in the last four after winning the first leg of their tie with Benfica 3-1 in Portugal. MANCHESTER: John Stones of Manchester City takes part in a training session on Tuesday.—AFP And so, naturally, at Klopp's

pre-match news conference on Tuesday there was more discussion on the FA Cup semi-final rather than the Benfica clash at Anfield. Klopp insisted the City clash will have no impact on his team selection on Wednesday. "The next game has no influence on the line up for tomorrow but the last game [in the Premier League] has so we have to see," Klopp said. "There is nobody injured as far as I know but we need to look at who is fresh enough for this game. We see it as a super important game to us. We tried so hard last year to qualify for the Champions League and now we can make it to semis, which is incredible." As for Liverpool's ongoing bid for the quadruple, Klopp said: "We are part of four competitions, and thankfully we are good enough this year."

Anderson still waiting on word from England after being dropped

LONDON: Fast bowler James Anderson said he has not heard from the England set-up since being controversially dropped from the squad but expects to hear from them after a new coach and director of cricket has been appointed. Anderson and Stuart Broad, England's all-time leading Test wicket takers with 1,177 victims between them, were left out of the 16-man squad for the three-test tour of the West Indies in March. The country's board (ECB) had a string of high-profile departures following the 4-0 Ashes drubbing in Australia including director of cricket Ashley Giles, head coach Chris Silverwood and batting coach Graham Thorpe. "After an Ashes defeat everything comes under scrutiny," Anderson told British media on Monday. "There's lots going on, people losing



their jobs and stuff. I would have loved a sit-down, face-to-face, but obviously that's not always possible. "I would have loved more than a five-minute phone call ... "It's difficult because there is no one in those positions yet, there is an interim director of cricket and interim head coach. With stuff up in the air like that, I would expect to hear something once those positions are filled." England captain Joe Root said in the wake of the defeat to West Indies that there had been.

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شعبان ۲۰۲۲				رمضان ۲۰۲۲					
شعبان	۲۰۲۲	ایام	سحری	افطار	رمضان	۲۰۲۲	ایام	سحری	افطار
16	18	بہار	4:30	7:07	1	3	آوار	4:52	6:55
17	19	منگل	4:28	7:08	2	4	بہار	4:50	6:56
18	20	بدھ	4:27	7:09	3	5	منگل	4:48	6:57
19	21	جمعرات	4:25	7:10	4	6	بدھ	4:47	6:57
20	22	جمعہ	4:23	7:10	5	7	جمعرات	4:45	6:58
21	23	سنچر	4:22	7:11	6	8	جمعہ	4:43	6:59
22	24	آوار	4:21	7:12	7	9	سنچر	4:42	7:00
23	25	بہار	4:20	7:13	8	10	آوار	4:41	7:01
24	26	منگل	4:19	7:14	9	11	بہار	4:39	7:01
25	27	بدھ	4:17	7:15	10	12	منگل	4:38	7:02
26	28	جمعرات	4:16	7:15	11	13	بدھ	4:36	7:03
27	29	جمعہ	4:14	7:16	12	14	جمعرات	4:34	7:04
28	30	سنچر	4:13	7:16	13	15	جمعہ	4:33	7:05
29		آوار	4:12	7:17	14	16	سنچر	4:32	7:05
30	2	بہار	4:10	7:17	15	17	آوار	4:31	7:06

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